

the
first
parents



GALACTAGOGUES

BOOST YOUR MILK SUPPLY





METHI SEEDS

Boost milk production & offer various health benefits



EDIBLE GUM (GOONDH)

Traditional galactagogue used to increase milk supply



SHATAVARI

Known for its hormone-balancing properties & milk-boosting effects



DRY GINGER

Helps improve digestion & enhance milk production



MORINGA LEAVES

Traditional galactagogue used to increase milk supply



FENNEL SEEDS

Aromatic seeds that can aid in lactation

For more info, reach out to www.thefirstparents.com

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SESAME SEEDS

Rich in calcium & a potential milk-boosting ingredient



STEEL CUT OATS

A wholesome grain that can help increase milk production



DILL LEAVES

Can stimulate milk flow & add a unique flavor to dishes



DRUMSTICKS

Not just delicious, but also a natural galactagogue



TULSI (HOLY BASIL)

Known for its therapeutic properties & lactation support



CINNAMON

Adds warmth to your milk supply & delicious recipes



GOURD VEGGIES

Bottle gourd & other gourd varieties are believed to aid lactation



NUTS & DRY FRUITS

Almonds, cashews, & more can be beneficial for lactation

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