

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

the
first
parents

™



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

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

the
first
parents

™