



- Stimulation of lactogogue function
- Body weight balance
- Nervous system wellness
- Tiredness and fatigue
- Pregnancy and breastfeeding

Food Supplement



MADE IN ITALY

# BREASTFEEDING

## INGREDIENTS

### DESCRIPTION

Caremilk is a food supplement based on Galega officinalis, Milk thistle, dl-phosphoserine, Hay greek, Griffonia, Vitamin B12, Folic acid. It's indicated during the breastfeeding to improve the lactogogue function thanks to galega officinalis, promoting mental and physical well-being.

### HOW TO USE

It's recommended to take one tablet a day, before meals.

### THERAPEUTIC INDICATIONS

In normal cases of low lactation or also due to:

- pcos
  - diabetes
  - thyroid problems
  - hormonal disorders
  - breast hypoplasia
  - surgery or breast trauma
- associated also with:
- tiredness and fatigue
  - mental illness

Preventive action against post-partum depression

### CONTENUTI MEDI in 1 cpr / AVERAGE CONTENTS in 1 tbl

Ingredienti/Ingredients	Q.ta/Q.ty	.*%VNR/NRVs
Griffonia e.s. tit. 95% 5-http / Griffonia d.e. tit. 95% 5-http	50 mg	-
Vitamina B12 / Vitamin B12	0,033 mg	1320
Acido Folico / Folic Acid	0,4 mg	200
Galega e.s. / Galega d.e.	200 mg	-
Cardo Mariano e.s. tit. 80% silimarina / Milk thistle d.e. tit. 80% of silymarin	156,25 mg	-
di cui Silimarina / of which Silymarin	125 mg	-
Fosfoferina / Phosphoserine	100 mg	-
Fieno greco e.s. / Hay greek d.e.	100 mg	-

\*VNR/NRVs: Valori Nutritivi di Riferimento / Nutrient Reference Values

## PLUS

### Folic Acid + Vitamin B12 + Griffonia tit. 95% 5-http (precursor of serotonin)

⇒ elimination of post-partum depression.

### Galega officinalis + Hay Greek

⇒ increased secretion of breastmilk.

### Silymarin + Phosphoserine

⇒ phospholipid complex that makes Silimarin more bioavailable.

⇒ Inflammation modulator.

Modulating for any intrahepatic metabolic process.