

OASIS PRO LACTATION TEA - DIRECTIONS

WARNINGS

- Pregnancy:** Fenugreek and Blessed Thistle are contraindicated during pregnancy
- Lupas:** Alfalfa has been known to aggravate lupus and other auto-immune disorders. Avoid alfalfa if you have an auto-immune problem.
- Diabetics:** Fenugreek may lower blood sugar levels / Diabetic
- Allergies:** If you are allergic to other members of the Compositae (daisy, ragwort, chamomile) family of plants, you may be allergic to Blessed Thistle.

GOAL: Produce More Breastmilk

The main goal for this tea is for you to produce more breast milk. Jack Newman, MD, FRCPC, is the leader in low breast milk research. He has documented the amount of herbs necessary for low milk suppliers to take. We have formulated, according to his research, the perfect tea base and powder for your drink 3 times per day to increase your breast milk for your little baby.

Our tea comes in two parts. First our loose leaf tea base which contains Alfalfa, Chamomile and Blessed Thistle. After you brew Oasis ProLactation Tea according to the directions, you add the lactation Power Booster, fennel seed and fenugreek powder that comes with it. This enables you to control how much power you need and adjust it if necessary.

DIRECTIONS

In order for you to maximize the benefits of this tea, follow the directions.

Enclosed, you will find two four ½ ounce bags of Oasis ProLactation Tea Blend and one seven ounce bag of Oasis ProLactation Power Booster, and a tea ball. You will need a teaspoon to further measure out correct amounts.

Take the tea ball and fill it half way so one part of the tea ball is filled (the tea will grow when wet). Boil 1 ½ cups of water. Add the tea ball to the water and let soak for 3 to 5 minutes. Your base Tea will be ready to drink. Since this is a loose leaf tea, some people will filter it twice by emptying the tea ball and straining the tea drink through the tea ball an extra time to remove particles of tea that might have escaped.

Next, add ¾ teaspoon of power booster to your tea and stir briskly. Some people who don't enjoy the taste of the powder will simply place the mixture on their tongue and swallow it, chasing it with a glass of water, much like one would swallow a teaspoon of sugar to get rid of hiccups. There is some research that suggests the herbs will have the greatest effect this way. Please note, your body might smell mapely after using this for 24 hours.

Drink this brew three times a day to get the optimum effect.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

PREGNANCY AND LACTATION: This product is intended to be used by lactating women, but should not be used during pregnancy unless with the recommendation of a practitioner trained in medical herbalism.

INCREASEBREASTMILK.COM

<http://increasebreastmilk.com>

Helping Mother's Breastfeed...Naturally