Shaklee MAMA

EDUCATION SERIES

ALFALFA, YOUR NATURAL MILK BOOSTER AND MORE!

Find out what other nutrients you should take to ensure a healthier pregnancy and beyond.

Breast milk is chock-full of nourishing nutrients and protective compounds that will promote baby's health, growth and development. One of the nutrients essential to boost breast milk production is **alfalfa**. It's naturally nutritious as it contains more than 300 nutrients and minerals to promote a healthier you!

BOOSTS BREAST MILK PRODUCTION

- Acts as natural galactagogue, a substance that helps boost and sustain breast milk supply by stimulating and increasing breast milk tissue and milk supply.[1,2]
- Rich in vitamins and minerals including iron, calcium and vitamin Bs which are essential for healthier breast milk to promote baby's health.

CLEANSES AND DETOXIFIES

- Acts as blood and liver purifier.
- Replenishes supportive vitamins and minerals in the liver for optimum functions.

SUPPORTS IMMUNE HEALTH

- Stimulates production of white blood cells.[4]
- Acts as antioxidant to combat oxidative stress.[4]

ALKALINISING EFFECT

- Neutralises the acidifying effect of high fat, high protein diet.
- Relieves body odour, bad breath, sensitive skin, indigestion and fatigue.

AIDS DIGESTION

- Acts as a prebiotic and promotes good digestive health.[5]
- Contains digestive enzymes[2] that helps to relieve bloating and excess gas.

REDUCES INFLAMMATION

- Suppresses the production of pro-inflammatory cytokines.[3]
- Reduces body's inflammatory responses[3] such as joint pain, muscle soreness, cardiovascular disease and insulin resistance.

PROMOTES HAIR HEALTH

- Combats scalp ageing and stimulates hair growth.[6]
- Provides nutritional support and improves blood circulation in the scalp[7] for healthier hair.

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