

How to use this document - Every section is color-coded to a category pertaining to your pregnancy journey from Fertility through Postpartum and Lactation. Products and information under “Essential” are very important for a healthy pregnancy. Products and information under “Helpful” are for suggestions for items that could be helpful if a solution to a problem is needed. Products and information under “Planning Ahead” are for items that will be useful to have on hand at the beginning of or through the next phase. **For more information, visit www.herblore.com**

Fertility & Pre-Conception

Essential

Vitex Tincture: Helps to balance the female hormone system, helping to ease PMS symptoms, menopausal symptoms, and helping aid fertility. When the female hormones are in balance, it makes conception much easier.

Pre-Conception Tea (or) Pre-Conception Tincture: Helps to increase and enhance fertility. The tincture is the same blend as the tea but in the convenient liquid extract form.

Prenatal vitamins: Take these now. Choose a prenatal that contains at least 400mcg of Folate or Folic Acid (Folate is preferred). This is the vitamin that helps prevent neural tube defects in the baby, which is formed before you even know that you’re pregnant.

Treat yourself as if you’re already pregnant.

Helpful

Pregnant Mother’s Liver Tonic: Gently helps detox the liver. Formulated specifically for pregnant and trying-to-become pregnant mothers. May help prevent morning sickness, especially when used prior to conception.

Red Raspberry Leaf Tea (or) Tincture: nourishes and strengthens the uterus. Its benefits build with consistent use over several weeks. It typically does NOT cause contractions - it simply provides nutrition. It’s one of the main herbs in the Pre-Conception Tea and Tincture.

Shatavari Tincture: An Ayurvedic herb used to tone and nourish the male and female reproductive systems, aiding in fertility and conception. It’s also noted as one of the best herbs to increase breastmilk production in nursing mothers, making it a good choice for nursing moms wishing to conceive again.

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Pregnancy

Essential

Pregnancy Tea (or) Pregnancy Tea Tincture: Provides nutrition to mother and baby, helps prepare mother's body for birth, helps ease morning sickness, and helps with postpartum recovery. The tincture is the same blend as the Pregnancy Tea but in the convenient liquid extract form.

Prenatal Vitamin: Continue taking your prenatal vitamin every day!

Helpful

Booty Salve: An herbal salve used to soothe painful and itchy hemorrhoids.

Cramp Bark/Black Haw Tincture: Helps ease uterine cramping - traditionally used for menstrual cramping, pre-term labor or threatened miscarriage.

Dandelion & Nettle Tincture: Helps lessen water retention and swelling. Also may help prevent or lessen allergies. Swimming also helps to alleviate swelling as it lifts the baby off of the vessels going to the legs. Kicking while swimming further helps to move the fluids out of the legs, ankles and feet.

Ease The Quease Tincture: Helps to relieve morning sickness, travel sickness, or any type of nausea. Created specifically for use by pregnant women. Keep in mind that usually morning sickness lasts only for the first trimester, so hang in there! This product will really help get you through.

Pregnancy - continued

Helpful - Continued

Healing Salve: Helps to soothe tight pregnant belly skin, burns, or any skin irritation or discomfort.

Iron Tonic Tincture: Helps support healthy blood levels naturally and may help with anemic-type situations without causing constipation like a pharmaceutical iron supplement would. Created with pregnant women in mind.

Itch Soother Tincture: Helps alleviate itchy skin, including pregnancy and postpartum itchiness. Helpful for any type of itching or rashes for anyone.

Pregnant Mother's Liver Tonic Tincture: Gently helps detox the liver. Formulated specifically for pregnant and trying-to-become pregnant mothers. May help prevent morning sickness, especially when used prior to conception.

Red Raspberry Leaf Tea (or) Red Raspberry Leaf Tincture: is a nutritive herb with an affinity for the uterus. It helps nourish and strengthen the uterus through nutrition. It typically does NOT cause contractions in most women. Best if used over several week's time as its benefits build slowly. This is one of the main herbs in the Pregnancy Tea and Pregnancy Tincture.

YOU MAY EXPERIENCE: Body aches and pains that you've never had before. This is due to the hormone Relaxin that helps relax the body's joints, including the pelvis and pelvic bones, to allow passage of the baby. Chiropractic is a helpful therapy for this. Make sure you choose a practitioner who is experienced in working with pregnant women.

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Late Pregnancy - Last 6 Weeks

Essential

Pregnancy Tea Plus Tincture: A healthful and nutritionally-rich blend specifically for the last six weeks of pregnancy, to help prepare the body for labor and birth.

Alfalfa Tincture: Used during the last 6 weeks to build up Vitamin K levels in pregnant women prior to birth. May help to prevent postpartum bleeding in mom, even if she’s had a history of it.

Helpful

Booty Salve: An herbal salve used to soothe painful and itchy hemorrhoids.

Cramp Bark/Black Haw Tincture: Helps ease uterine cramping or pre-term labor.

Dandelion & Nettle Tincture: Helps lessen water retention and swelling.

Iron Tonic Tincture: Helps support healthy blood levels naturally and may help with anemic-type situations without causing constipation like a pharmaceutical iron supplement would. Although anyone can use it, this was created for pregnant and nursing moms.

Itch Soother Tincture: Helps alleviate itchy skin, including pregnancy and postpartum itchiness.

Red Raspberry Leaf Tea (or) Red Raspberry Leaf Tincture: is a nutritive herb with an affinity for the uterus. It helps nourish and strengthen the uterus through nutrition. It does NOT typically cause contractions in most women. Best if used over several week’s time as its benefits build slowly. This is one of the main herbs in the Pregnancy Tea Plus Tincture.

Res-Q Blend: A flower essence combination used to ease stress, anxiety, panic attack, trauma, or fear. Helps to balance the emotions. This flower essence blend is extremely helpful during transition when mom feels like she can’t do it anymore or go any further.

Late Pregnancy - Last 6 Weeks - cont.

Helpful - Continued

YOU MAY EXPERIENCE: Body aches and pains that you've never had before. This is due to the hormone Relaxin that helps relax the body's joints, including the pelvis and pelvic bones to allow passage of the baby during birth. Chiropractic is a helpful therapy for this. Make sure you choose a practitioner who is experienced in working with pregnant women.

Planning Ahead

After Birthing Ease Tincture: Not every pregnancy will need After Birthing Ease Tincture but it is available if needed. Eases after birth pains and cramping, which commonly happen for women having their second or subsequent baby.

Ease The Quease Tincture: Laboring women frequently feel nauseous and may even vomit. This product has herbs that are safe for pregnant women and will help ease this nausea.

Healing Salve: Helps to soothe and clear diaper rash, cracked nipples, tight pregnant belly skin, burns, or any skin irritation or discomfort. Helps with easy removal of meconium (newborn baby's first poops), which can be sticky and difficult to remove.

Labor Tincture: Not every pregnancy will need Labor Tincture but it is available if needed. Contains herbs to help initiate labor, to re-start a stalled labor, to detach a retained placenta, to stop postpartum bleeding and to help with an incomplete miscarriage.

Postpartum Sitz Bath Herbs: This is helpful immediately after birth. Helps to soothe and calm the perineal area after birth. Helps keep the area healthy and alleviates pain and swelling. The frozen pad method and peri bottle are two of the most popular ways of using it. Directions for both (as well as other uses) are on the bag label or on our website. Winner of the Essential Postpartum Products for Mama and Baby 2015 award.

Pregnancy Tea (or) Pregnancy Tea Tincture: This is perfect for postpartum recovery! The Red Raspberry in the tea & tincture will help mom with uterine recovery after birth. The entire blend is full of readily absorbable vitamins and minerals making it a healthful for both mom and baby. It also helps gently support and enrich breastmilk production.

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Birth & Immediate Postpartum - For Mom

Essential

Postpartum Sitz Bath Herbs: Helps to soothe and calm the perineal area after birth. Helps keep the area healthy and alleviates pain and swelling. Winner of the Essential Postpartum Products for Mama and Baby 2015 award.

After Birthing Ease Tincture: Usually you only need After Birthing Ease Tincture if you’re having your second or subsequent baby. Eases after birth pains and cramping while allowing the uterus to clamp down and regain its normal shape and size. After pains commonly happen for women having their second or subsequent baby.

Helpful

Booty Salve: An herbal salve used to soothe painful and itchy hemorrhoids.

Dandelion & Nettle Tincture: Helps lessen water retention and swelling. Also may help prevent or lessen allergies.

Happy Day Tincture: This is a formula that may be used to help people dealing with depression, including pregnancy depression, Postpartum Depression (PPD), Seasonal Affective Disorder (SAD), or any kind of depression. Safe for use by those on anti-depressant medications.

Healing Salve: Helps to soothe and clear diaper rash, cracked nipples, vaginal abrasions caused by birth, tight pregnant belly skin, burns, or any skin irritation or discomfort. Helps with easy removal of meconium (newborn baby's first poops), which can be sticky and difficult to remove.

Birth & Immediate Postpartum - For Mom

Helpful - cont.

Hem Stopper Tincture: Used to help staunch bleeding after a birth. (Midwifery Use Only)

Iron Tonic Tincture: Helps support healthy blood levels naturally and may help with anemic-type situations without causing constipation like a pharmaceutical iron supplement would.

Itch Soother Tincture: Helps alleviate itchy skin, including pregnancy and postpartum itchiness. Helpful for any type of itching or rashes for anyone.

Nursing Mother's Liver Tonic Tincture: These herbs have traditionally and successfully been used as gentle liver cleansers, and are all safe for use while breastfeeding. This is especially helpful for moms who received medications during birth.

Placenta Release Tincture: These herbs are traditionally used at birth to help expel the placenta (Midwifery Use Only)

Pregnancy Tea (or) Pregnancy Tea Tincture: Helps with postpartum recovery and uterine recovery after birth. Loaded with readily available vitamins and mineral to help enrich breastmilk and to provide nutrition to both mom and baby. The tincture is the same blend as the Pregnancy Tea but in the convenient liquid extract form.

Res-Q Blend: A flower essence combination used to ease stress, anxiety, panic attack, trauma, or fear. Helps to balance the emotions. Typically mom will cry on day 3 postpartum, due to shifting hormones, and this really helps. It's also helpful if nursing is difficult, especially due to emotional upset. Mom can take the drops orally as well as apply to her nipples. This soothes any pain and gives the baby a wet target to go for in finding the nipple. The baby will get the soothing of the Res-Q Blend as well and will calm them enough to have a successful nurse.

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Birth & Immediate Postpartum - For Baby

Essential

Healing Salve: Helps to soothe and clear diaper rash, cracked nipples, tight pregnant belly skin, burns, or any skin irritation or discomfort. Helps with easy removal of meconium (newborn baby's first poops), which can be sticky and difficult to remove.

Helpful

Iron Tonic Tincture: Moms can take this and the benefits get passed to the baby through the breastmilk. Helps support healthy blood levels naturally in both mom and baby and may help with anemic-type situations without causing constipation like a pharmaceutical iron supplement would. If the baby is not breastfeeding, you can include the drops into the baby's formula. Please see our Children's Dosage Guide on our website www.herbllore.com under Resources --> Articles & Information.

Res-Q Blend: A flower essence combination used to ease stress, anxiety, panic attack, trauma, or fear. Helps to balance the emotions. If nursing is difficult, especially due to emotional upset or a baby that is inconsolable, the drops can be given directly to the baby. Mom can take it too - having an inconsolable baby is not easy! If you give the drops directly to the baby, make sure they don't suck on the dropper because they will want to! Mom can also apply the drops to her nipples. This gives the baby a wet target to go for in finding the nipple and helps with nipple pain.

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Lactation

Essential

No products are “Essential” in lactation unless there is a problem, such as low breastmilk supply, breastmilk over-supply, plugged ducts or mastitis. Using a product to increase breastmilk production when you have adequate supply could cause over-production and the problems associated with over-production.

Helpful

Blessed Thistle Tincture: Helps to increase breastmilk production and is an excellent digestive tonic. It is a good choice for those who find that Fenugreek does not provide the expected results.

Fennel Tincture: Helps to ease nausea, gas, colic, reflux, indigestion, and heartburn. Can aid in bowel movements as it has gentle stool softening properties. Increases breastmilk production in nursing mothers.

Fenugreek Tincture: One of the most popular and effective herbs for increasing breastmilk production. Using it is like turning the faucet of breastmilk on. Suddenly decreasing it or using it inconsistently turns the faucet off, or up and down, causing an up and down milk supply, so it must be used with consistency for best results. Using it in a combination item can cause production problems as well. It's best used as a single herb item to ensure a consistent dose each time. Do not suddenly stop this herb unless absolutely necessary as it could drop your supply. Weaning down from the herb is recommended. See our website under Resources --> Articles & Information for directions. Fenugreek is one of the most popular herbs for increasing breastmilk production - you just need to know how to use it correctly.

Lactation - continued

Helpful - cont.

Goat's Rue Tincture: Helps to increase breastmilk production. Great choice for women with IGT, hypoplasia, previous breast surgeries, or a low milk supply right from the start.

Moringa Tincture: A superfood used to increase and enrich breastmilk supply. Great for women (or anyone) with nutritional deficiencies or weakened immune systems.

Nursing Tea (or) Nursing Tincture: Helps to increase breastmilk production while helping to ease gas, colic or reflux. Great choice for mothers with newborns, or babies with gas or sensitive tummies.

Poke Root Tincture: Used to help clear breast infection (mastitis) and plugged ducts. Typically works within 24 hours.

Sage Tincture: Used to dry up or decrease breastmilk. Also may help alleviate hot flashes in menopausal women.

Shatavari Tincture: An Ayurvedic herb used to tone and nourish the male and female reproductive systems, aiding in fertility and conception. It's also noted as one of the best herbs to increase breastmilk production in nursing mothers, making it a good choice for nursing moms wishing to conceive again.

WORDS OF WISDOM: If you're making enough milk, don't take anything to increase it. You may over-produce and set yourself up for problems caused by over-production.

If one breast produces more than the other, this is ok. You can put your baby to the least-producing breast first which will give it extra stimulation. This should help balance the breast's production. But if it doesn't, don't worry. Twins get only one breast apiece so your baby will be fine too!

Stress is a big contributor to low milk supply. And having low supply can cause stress in itself! Not to worry! Try to visualize waterfalls of breastmilk coming from your breasts while you nurse in a quiet, serene environment. Many women who have had multiple problems with breastfeeding were able to overcome them to go on and nurse their babies successfully.

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Babies & Children

Helpful

Garlic Ear Oil: Babies and children frequently get ear aches or infections. Dairy in the diet (mom’s or baby’s) is often to blame, so eliminating dairy may solve the problem. Garlic Ear Oil will also help to alleviate the pain and discomfort and help to clear any infection.

Healing Salve: Helps to soothe and clear diaper rash - a regular rash within a few hours - a bad rash within 24 hours. It also helps any skin irritation or discomfort. Helps with easy removal of meconium (newborn baby's first poops), which can be sticky and difficult to remove off of their tender skin.

Res-Q Blend: A flower essence combination used to ease stress, anxiety, panic attack, trauma, or fear. Helps to balance the emotions. If nursing is difficult, especially due to emotional upset or if you have a baby that is inconsolable, the drops can be given directly to the baby. Mom can also apply the drops to her nipples. This gives the baby a wet target to go for in the nipple. If you give the drops directly to the baby, make sure they don’t suck on the dropper (they will want to!).

Teething Tincture: Helps with the pain and discomfort of teething with it’s pain-relieving and soothing herbs. Mom and dad can also take it to help calm frayed nerves.

Tummy Tincture: Helps to ease nausea, gas, colic, reflux, and indigestion. Can aid in bowel movements. For newborns and young babies, the breastfeeding mom should take the herb which will pass to her nursing baby. If mom isn’t nursing, she can put the drops into the baby’s formula. Older babies (over 6 months old) can take the drops directly. See the Children’s Dosage Guide under Resources --> Articles & Information for dosage suggestions. Please note that this product may increase breastmilk production in nursing mothers.