

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.herbllore.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.