



At a Glance: Useful Herbs for Fertility, Pregnancy, and Breastfeeding

	INFERTILITY	MORNING SICKNESS	PREGNANCY	LOW MILK SUPPLY	LABOR/DELIVERY
ALFALFA	★		★ (3 rd trimester only)	★	
ANISE				★	
BLESSED THISTLE				★	
DANDELION ROOT	★		★		
DILL				★	
DONG QUAI	★				
FENNEL SEED				★	
FENUGREEK				★	
GINGER TEA		★			
GOAT'S RUE				★	
MILK THISTLE SEED	★			★	
MINT TEA		★			
NETTLE	★		★	★	
OATS			★		
RASPBERRY LEAF	★	★	★	★	★
RED CLOVER	★				
SARSAPARILLA	★				
SLIPPERY ELM		★			

The information on this chart was provided by Kathryn Higgins, Founder of Motherlove Herbal Company.

Note: While herbs can play a positive role in fertility, pregnancy, and breastfeeding, remember that they only play a small part in the whole picture of pregnancy and beyond. Don't overlook the many other options available when addressing these issues. Be sure to do your own research, pick a high quality company, and consult with your health practitioner if you have any questions. Visit thecradle.com for more information on pregnancy and new parenthood.