

QUICK REFERENCE SHEET

NF

(Formerly Nursing Formula)

Blessed Thistle, Fennel, Marshmallow, Raspberry Leaf



1.00 Blessed Thistle
1.00 Marshmallow
1.00 Raspberry Leaf
0.50 Fennel

Total Herbs 3.5 oz
Tincture Ratio - 1:12
Glycerin Ratio - 1:12

NF increases the quantity and increases the fats and proteins in the milk. If the supply is ample but the milk looks thin and the baby isn't gaining weight at the appropriate rate, use just Marshmallow alone.