

Family Education Sheet

Increasing Breastmilk Supply with Moringa



Boston Children's Hospital

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This sheet explains ways to increase your milk supply, including Moringa.

What causes problems with breast milk supply?

You might find it hard to produce enough milk if you:

- Are separated from your baby
- Cannot breastfeed
- Have problems with your hormones
- Have delays in growth of breast tissue
- Have had breast surgery
- Have a premature baby or your baby is in the hospital for medical reasons, which can cause stress

How can I increase my breast milk supply?

You can increase your breastmilk supply by:

- Breastfeeding more often
- Fixing latch-on problems
- Adding more pumping times each day

Also, you may decide to take a nutritional supplement, such as Moringa, to help increase your milk supply.

What is Moringa?

- Moringa Oleifera is a tree that grows in tropical areas of the world, including California and Florida. The tree is also known as the Malunggay, Drumstick, Horseradish and Benzolive tree.
- Research shows that the leaves can increase breast milk production.
- Moringa leaves are very nutritious and contain vitamins, minerals, proteins and antioxidants, which protect your body from illness.
- The leaves can increase energy and lower cholesterol.

How do I take Moringa?

You can eat Moringa leaves raw or you can cook them like a vegetable, such as spinach or kale. The leaves are also dried and powdered in a special way to preserve the nutrients. You can buy Moringa powder as capsules, tea bags or powder.

Where can I buy Moringa?

- You do not need a prescription to buy Moringa. You can buy it at many drug stores, like CVS and Walgreens. Many companies make Moringa capsules. The dose depends on the kind you get, so be sure to read the labels carefully.

- **It's best to buy Moringa capsules that are USDA-approved and organic.**

- You can also buy Moringa capsules in the Milk Pod, a vending machine for breastfeeding mothers, at Boston Children's main campus.

How much do I take?

- Most Moringa capsules have 350–500 mg of Moringa dried leaf powder. The recommended dose is 1–3 capsules, 2 or 3 times a day.
- After you see an increase in your breast milk supply, you can either continue taking it at the same dose or go down to 1 or 2 capsules a day. You might choose to stop taking it altogether after it takes effect. You can start taking Moringa again any time.
- **Moringa leaf tea:** Begin by drinking 1 cup daily. You can drink up to 3 cups a day, using 1 tea bag per cup.
- **Moringa leaf powder:** You can add Moringa powder to a smoothie or other food. Use 1–3 teaspoons a day.

Are there any side effects from Moringa?

- Some mothers have reported passing bright green stools (poop) or noticed their babies had green stools. This is related to the chlorophyll (a green pigment found in plants) in Moringa, which is harmless.
- If you take too much Moringa, you could get an upset stomach.
- There have not been reported side effects from taking Moringa at recommended amounts.

Are there drug interactions?

- Moringa could affect anticoagulant (blood thinner) medications. Do not use Moringa if you have a medical condition that increases your risk of bleeding.
- Moringa can help regulate blood sugar levels in diabetic patients. If you have diabetes, be sure to check your blood sugar levels and tell your doctor if you notice any changes after starting Moringa.
- Tell your clinician about any prescription medications or dietary supplements you are taking with Moringa.

Contact us

Please contact the Lactation Support Program at 617-355-0005 for more information.

This Family Education Sheet is available in [Arabic](#) and [Spanish](#).