



# LACTATION TEA RECIPE



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## INGREDIENTS

- Ajwain (Carom Seeds)
- Methi (Fenugreek Seeds)
- Sauf (Fennel Seeds)
- Suva (Dill Seeds)
- Jeera (Cumin Seeds)

## PROCESS

Take 1/2 teaspoon each and boil it in 1 Litre Water

## BENEFITS

- Manage Gas Issue
- Hydration
- Boost in Evening Milk Supply

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