It is important for WIC CPAs to be aware of galactogogues as many moms do come into clinic discussing them. We should be able to point them to reputable sources and give them general information to their questions while encouraging them to discuss potential galactogogues with their MD.

However there is little actual research that food substance galactogogues help to increase milk. It is possible that they may work as placebos in helping mom reduce stress and in turn help increase milk production. There are a few medications that research has shown to increase milk production, but these certainly need to be prescribed by an MD.

Some galactogogues have adverse reactions for people, such as Fenugreek causing possible anaphylaxis for people with allergies to ragweed, peanuts, and soybeans. Dr. Ann Eglash has been very pointed in saying that an IBCLC’s scope does not allow her to prescribe galactogogues for women unless she is in direct contact with an MD.

So in summary: I am unaware of research that suggests a reason to discuss galactogogues with moms unless they bring it up. When mom does bring the usage of galactogogues up, mom needs to be seen by an RD. This RD than can use her critical thinking to bring her to good information and they can discuss it. Obviously is questions about galactogogue cookies with extra oatmeal, will be handled differently than her question about adding large amounts of Fenugreek to her diet.

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