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*Breast-feeding is one of the greatest gifts a mother can give to her baby.*

Maternal milk offers a number of advantages. In addition to nourishing the baby in the most natural way, it is perfectly balanced, and its composition changes according to the needs of the baby as it grows, day after day. It also helps the baby to develop its natural defences well, which will allow it to resist infections in every season.



# Lactil®



## COMPOSITION

Dry **fennel** extract\* (6-8:1)  
(*Foeniculum vulgare*) 125 mg

Dry **anise** extract\* (4:1)  
(*Pimpinella anisum*) 150 mg

Bulking agents : rice bran extract\*, rice husk powder\*, talc - Capsule : hypromellose.

\* Products of organic farming.

**Fennel** and **aniseed** support the production of breast milk and promote digestion.

Babies like the hint of anise flavour of mama's milk and that encourages them to suck at the mother's breast.

## USE

2 capsules a day, one in the morning and one in the evening with a large glass of water.

## PRECAUTIONS

Not to be used during pregnancy. Not to be administered to children under 12 years of age.

## ORGANIC

The plants from which Lactil® is made are all **organically cultivated** and grown using production methods that use natural energy and resources in a responsible manner.

**Organic quality is certified** by Certisys BE-BIO-01. The capsules are of vegetable origin.

## RELATED ADVICE :

### Biolys® fennel & anise tea

You can reinforce the effects of Lactil® capsules even more by using it in association with Biolys® fennel & anise tea (1 to 2 cups per day).

**Based on fennel and anise**, as Lactil® capsules are, this organic tea also contains **fennugreek**, which also promotes the production of milk.

**Advantage :** drinking Biolys® fennel & anise tea also helps the mother stay well-hydrated.



[www.tilman.be](http://www.tilman.be)



TILMAN SA  
Z.I. Sud 15 - B-5377 Baillonville  
084 320 360

**Tilman®**

*Plant based healthcare*