

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

Breast 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®



BE-BIO-01
EU/non-EU Agriculture

COMPOSITION

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

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

Glazing agent : hydroxypropyl methyl cellulose (capsule shell) - rice powder* - anticaking agents : talc, silicon dioxide

*Product of organic farming. Checked by Certisys BE-BIO-01.

Fennel and **anise** 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. Do not administer 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 herbal tea

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

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

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

www.tilman.be



Tilman®

TILMAN S.A. • B-5377 Baillonville

Plant based healthcare