



# LEO DESILETS

## BREASTFEEDING Comparative Table



**FENUGREEK**  
REGULAR VERSION

Original Formula



**FENUGREEK**  
X20 - 3000 MG

Formula specially designed to facilitate daily use.

<b>FORMULA</b>
<b>MEDICINAL INGREDIENT</b>
<b>DOSAGE PER CAPSULE</b>
<b>HEALTH PROFESSIONALS recommend a daily dose of 3000 mg to 6000 mg of Fenugreek</b>

Original Formula
Fenugreek seed ( <i>Trigonella foenum-graecum</i> )
500 mg <i>per capsule</i>
3000 mg to 6000 mg daily:

Formula specially designed to facilitate daily use.
Fenugreek seed ( <i>Trigonella foenum-graecum</i> )
3000 mg <i>per capsule</i>
3000 mg to 6000 mg daily:



**BLESSED THISTLE**  
REGULAR VERSION

Original Formula



**BLESSED THISTLE**  
X20 - 1500 MG

Formula specially designed to facilitate daily use.

<b>MEDICINAL INGREDIENT</b>
<b>DOSAGE PER CAPSULE</b>
<b>HEALTH PROFESSIONALS recommend a daily dose of 2000 mg to 3000 mg of Blessed Thistle</b>

Original Formula
Blessed thistle, Herb top ( <i>Cnicus benedictus</i> )
320 mg <i>per capsule</i>
2000 mg to 3000 mg daily:

Formula specially designed to facilitate daily use.
Blessed thistle, Herb top ( <i>Cnicus benedictus</i> )
1500 mg <i>per capsule</i>
2000 mg to 3000 mg daily:

Fenugreek Original + Blessed Thistle Original

Fenugreek X20 + Blessed Thistle X20

BREASTFEEDING PROTOCOL

DAILY TOTAL: 21 CAPSULES

DAILY TOTAL: 4 CAPSULES