

Galactagogues

Galactagogue	Dosing	Mechanism of Action	Notes
Moringa	1000 mg TID	Possibly increases prolactin	Like other green vegetables, can affect anticoagulant medication. Some minor GI upset/rash
Brewer's Yeast	500 mg TID	Improves insulin sensitivity	Made from <i>saccharomyces cerevisiae</i> . Don't confuse with nutritional yeast (seasoning)
Fenugreek	Up to 6g/day	Phytoestrogen, improves insulin sensitivity	GI upset, maple syrup smell, decreased BGL, allergy/asthma, liver toxicity/may interact with warfarin.
Shatavari (Wild Asparagus)	1000 mg TID	Phytoestrogen	Can experience paradoxical decrease in production, headache, interaction with lithium.
Goat's Rue	1050 mg TID	Improves insulin sensitivity	Metformin derived from goat's rue. Anticoagulant, liver toxicity. Adjust for weight.

Prescriptions

Glucophage (Metformin)	500-1000 mg ER	Improves insulin sensitivity	Initial GI distress/diarrhea.
Metoclopramide (Reglan)	10 mg TID-QID	Increases prolactin (dopamine antagonist)	Tardive dyskinesia risk, should be limited duration. Worsens depression, fatigue. Contraindicated with any psych/neuro illness history.
Domperidone	10 mg TID-QID	Increases prolactin	Not FDA approved. Risk of sudden cardiac death with prolonged QT. Depression, GI distress, drug interactions with antifungals, anticholinergics, erythromycin, lithium. Contraindicated with psych/neuro illness history.