

Dosage Recommendations

Congratulations on the birth of your baby!

Now that you've received your placenta capsules here are some suggestions and tips for using them.

*If you ever have questions, concerns, or other tips for use that you find in YOUR experience, please call or email (415)933-5789 genuinedoula@gmail.com

Suggested Dosage:

Listen To Your Body! Take 1 capsule and notice if and how you feel a difference.

(Based on some recommendations, 1-2 capsules, 2-3 times daily for the first 2-3 weeks is recommended)

*If you have chosen the steamed method, take your capsules with caution if you are experiencing symptoms of cold, flu, or infection. Wait until symptoms subside to resume taking capsules. The capsules are 'tonifying' to your body, and my 'tonify' the sick. Some people have noticed their sick symptoms lingering.

Anecdotal evidence shows that Placenta tends to increase:

*Energy

*Milk Supply

*Body Heat

*Hormonal Balance

Most people notice that they feel quite a **euphoric calm or more easily balanced** after taking their capsule(s). You do not NEED to take the capsule with food, however, some people have found that if their burps taste funny, taking the capsules with food helps ease this sensation.

Tips and Ways to Use your BROTH:

Broth is safe in your refrigerator for use up to 4 days only!

Best practice is to freeze it in an ice cube tray and use each cube

1-3 cubes added to a soup broth or smoothies

1-2 cubes as water content for making rice, noodles, other grains

1-2 cubes as water content for steaming/cooking vegetables

1-2 cubes or two as water content in breads etc that are baked as well.

Please let me know if you find another use for your broth or broth cubes that works for you that you'd like to share ;)

Placenta Use:

-For a 'pick me up' with the midday slump in energy

-Iron and nutritional supplementation along with your multivitamin

-If you notice what looks to be an 'over abundant' milk production and this is problematic for you, take a look at the dosage you are taking and modify to less.

-Take a capsule during the middle of the night or very early morning feeding when you will most likely go back to sleep right away, and you'll wake up feeling refreshed instead of groggy

- If you notice that you are feeling really jittery or like you've had too much caffeine, you may want to take a look at how many capsules you are taking and modify to a lesser dose.
- To help prolong or increase milk production when you are going back to work or will be away for awhile.
- Energetic slumps during the later early parenting months, when the child is teething or switching sleep or nap schedules that affect your rest or down time.
- Hormonal shifts, like your first menses after the baby, or hair loss that is common in late postpartum
- Big transitions in the life of you or your family to help stay balanced. Moving homes, restarting a job or new job, a long travel trip with or without kid(s)

Storage of Capsules:

Store in a cool, dark place where moisture can't get in like a cupboard

When you feel like you do not need the capsules anymore, put them in the freezer and they can be saved for later use.

Placental use for longevity: (capsules can be used indefinitely if stored in the freezer, using a glass jar or bag is best)

- Use for balancing uncomfortable symptoms during menses
- Girl children can use their own placenta capsules for balancing first or uncomfortable menses symptoms too!
- Balancing symptoms of menopause (yes the capsules can last THAT long)

Tincture Instructions:

If you received a tincture, please store in a cool, dark place for 6 weeks. Once finished strain into another container, through a coffee filter and then add to a dropper bottle. The dropper bottle isn't essential, but helpful for dosage. Discard the contents of the coffee filter and store in the original jar in a cool, dark place, like a cupboard. Use as needed during hormonal shifts, first period, menopause, etc. 1-3 drops directly under tongue or 5-10 in water.