AMMA MIDWIVES
Moffett Midwifery Alliance Professional Corporation

Natural labour preparations

Evening Primrose Oil

(helps to ripen the cervix)

38 weeks—1000mg 3 times a day with meals

39 weeks—2000mg 3 times a day with meals

Continue this dosage until delivered

Red Raspberry Leaf

(helps to strengthen the uterus)

34 weeks—1 capsule or 1 cup of tea 3 times a day
Continue to take until delivery
Contains calcium, citric acid, essential oils, iron
Magnesium, pectin, phosphorus, potassium
Selenium, silicon, sulfur, tannic acid,
Vitamins B1, B3, C, D, and E