

Less Known Facts About Licorice Use During Lactation



There is no scientific evidence that licorice enhances breast milk production or quantity.

The compound glycyrrhizin can reach breast milk easily.



Glycyrrhizin in breast milk may lead to poor weight gain, fatigue, hypotonia, and poor reflexes in breastfed babies.

Deglycyrrhizinated licorice does not contain the substance glycyrrhizin and may be consumed in small quantities after consulting a doctor.



It is not scientifically proven that licorice can improve the taste and quality of breast milk.

Reference

Licorice; National Institutes of Health

