

# Randomised controlled study of the effects of yeast based supplement on milk production in breastfeeding women

ACTRN12619000704190

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**Status** RECRUITING  
**Sponsor** Janet Weber  
**Enrollment** 72 participants

## Plain Language Summary

Many new mothers worry about whether they are producing enough breast milk for their baby. This study is investigating whether a yeast-based supplement — a natural product — can help boost milk supply when taken daily over four weeks. Breast milk production is influenced by many factors, and researchers want to understand whether this supplement makes a meaningful difference.

The study will recruit 72 breastfeeding women who have babies aged between 1 and 7 months. Half of the women will receive the yeast-based supplement (5 grams per day in capsule form), while the other half will receive a placebo capsule made from cornstarch. Neither group will know which they are taking. Researchers will visit each mother twice — once at the start and once after four weeks — to collect small milk samples and check the baby's growth. Online questionnaires will track how mothers feel about their milk supply and any side effects.

This study is open to breastfeeding women (including those who are expressing or mixed feeding) who have a single healthy baby aged 1–7 months. Women with a yeast allergy, Crohn's disease, diabetes, or compromised immunity are not eligible. If the supplement works, this could offer a safe, accessible option to support breastfeeding mothers.

## Key Eligibility Criteria

### Inclusion (2)

- One healthy baby aged at 1-7 months;
- Breastfeeding, either directly from the breast, expressing and feeding your baby with expressed milk or mixed feeding, or complementary feeding

### Exclusion (7)

- Allergy to yeasts;
- Taking medicines such as Phenelzine (Nardil), Tranylcypromine (Parnate), Selegiline (Ensam, Eldepryl), Isocarboxazid (Marplan) and Meperidine (Demerol) or any other medications containing Monoamine Oxidase Inhibitors;
- Having health conditions or taking medications that can influence milk secretion related hormones, or milk supply;
- Crohn's disease;
- Diabetes;
- ... and 2 more (see full listing online)

## Locations (1 total)

Manawatu-Wanganui, and Wellington City along the west coast., New Zealand

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12619000704190>

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