

Your Amazing Placenta **** Encapsulation ****

- Placentophagy (Ingesting your Placenta) is an ancient Practice of many cultures.
- Encapsulation is the dehydrating, grinding and enclosing the Placenta powder into capsules.
- The hormonal make up of your encapsulated placenta is unique to you.
- Benefits may include
 - Decrease in baby blues and Postnatal Depression
 - Increase and enriched breastmilk
 - Increase in energy
 - Decrease in lochia and postpartum bleeding and a decrease in postpartum pain
 - Rich source of Iron
 - Decrease insomnia and sleep disorders
- Your placenta is encapsulated in a vegetable based capsule
- **Dosage is 2 capsules 2 to 3 times per day with or after food for the first 1 to 2 weeks, then 1 capsule 2 to 3 times a day with or after food until all capsules are taken. DO NOT exceed 9 capsules in 24 hours.**
- It is unlikely you will suffer any negative side effects, however if you are taking an additional iron supplement you may suffer headaches. As your placenta is rich in iron it is recommended that you **do not** take an iron supplement at the same time as your encapsulated placenta. Stomach pain may also occur but it is usually due to incorrect storage.
- Stop taking your capsules if you develop mastitis, once your infection clears you may continue with your capsules again.
- Store in the fridge or freezer, Keep no longer than six months in the fridge and then transfer from the jar into a ziplock bag and into the freezer.
- Your encapsulated placenta can be kept in the freezer for many years and even used and beneficial for menopause.
- All of the equipment I used to prepare your placenta was thoroughly cleaned and sanitised before and after use for your safety.

Discontinue use if you have a fever as placenta capsules are said to be heat creating. Consider ceasing iron supplements (if you are taking them) while you are taking the encapsulated placenta and they are also rich in iron, please discuss with your midwife.

If you have any questions or concerns please don't hesitate to contact me on **0448 897 869** or blissfulbeyondbirth@outlook.com