

*“There is no substance that can come close to human milk. Baby formula is missing over 400 ingredients, which cannot be duplicated by scientists in a laboratory”
-United States Breastfeeding Committee*

For Baby

- Lower risk of Type 1 & 2 Diabetes
- Lower risk of allergies, ear infections, asthma, infections, respiratory illnesses
- Lower risk of obesity
- Lower risk of SIDS
- Fewer doctor visits
- A special bond with mother

FOR MOM

- Easier weight loss after birth
- Lower risk of breast cancer, ovarian cancer, and osteoporosis
- Lower risk of type 2 diabetes
- Lower risk of post-partum depression
- Lower risk of post-partum depression
- Saves time and money



BRINGING BACK THE TRADITION OF BREASTFEEDING

BENEFITS OF BREASTFEEDING

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