

*Breastfeeding
is better for
your baby
than formula*



Mom

- Protects from breast cancer, ovarian cancer and weak bones
- Help lose baby weight
- Delay menstration for longer
- Free
- Lowers blood pressure and your risk of diabetes

Baby

- Protects baby from sickness
- Allergies = ZERO
- Always fresh
- Easy to digest
- Different tastes for baby

