After going through 9 months of pregnancy, a child is born and as a mom, we would of course want to give the very best to our beloved little one. Nutrilite has it all for both mom and child. Whatever food intake a mother consumed, all the nutritional vitamins & minerals will be channelled to the baby through the breast milk. Therefore it is very important for a breastfeeding mother to consume sufficient vitamins & minerals to ensure that the baby will get the benefit out of it.

First let us understand how does breast milk is produced.

The breast is a gland consisting primarily of connective and fatty tissues that support and protect the milk producing areas of the breast. The milk is produced in small clusters of cells called alveoli. The milk travels down ducts to the nipples.

**Breastfeeding success has nothing to do with the size of your breasts or nipples.** Breast size is an inherited trait and determined by the number of fat cells you have. The breasts will enlarge with pregnancy and breastfeeding. **Breastfeeding is a supply-and-demand process. Therefore, the more you nurse, the more milk you produce!**

The nipple and areola (the dark area around the nipple) enlarge and darken during pregnancy. This may help your baby latch on by providing a clear “target.”

The small bumps on the areola are called Montgomery glands. They produce a natural oil that cleans, lubricates, and protects the nipple during pregnancy and breastfeeding. This oil contains an enzyme that kills bacteria and makes breast creams unnecessary.

Use only water to clean your breasts. Soaps, lotions or alcohol might remove this protective oil.

Each nipple has 15 to 20 openings for milk to flow.

When your baby nurses, the action of baby’s jaw and tongue pressing down on the milk sinuses creates suction. This causes the milk to flow out of your breast and into your baby’s mouth.

**How your body responds to your baby’s suckling:**
Infant suckling stimulates the nerve endings in the nipple and areola, which signal the pituitary gland in the brain to release two hormones, prolactin and oxytocin.

**How Your Breast Responds to Your Baby’s Suckling:**
- **Prolactin** causes your alveoli to take nutrients (proteins, sugars) from your blood supply and turn them into breast milk.
- **Oxytocin** causes the cells around the alveoli to contract and eject your milk down the milk ducts. This passing of the milk down the ducts is called the “let-down” (milk ejection) reflex.
- Let-down is experienced in numerous ways including:
  - Your infant begins to actively suck and swallow.
  - Milk may drip from the opposite breast.
  - You may feel a tingling or a full sensation (after the first week of nursing) in your breasts or uterine cramping.
  - You may feel thirsty.

**NOTE:** There may be many let-downs during a feeding, of which you may or may not notice. Because the brain plays such a large role in the release of hormones that cause the milk to eject, it is very normal for let-downs to occur in other situations as well. For example, let-down may occur when

*The above are only recommendation.*
you think about your baby, hear your or another baby cry, when it is your scheduled nursing time, when you are sexually stimulated or during orgasm.

If the let-down occurs at an awkward time, cross your arms over your chest, or press the heel of your hand over the nipple area and apply pressure until the leaking stops. It may also help to wear cotton breast pads (without plastic liners) in your bra to protect your clothing, especially during the first weeks. This type of response will usually lessen after the first few weeks of nursing.

**Uterus response postpartum**
Release of the oxytocin hormone while breastfeeding will also cause the uterus to contract. This may be more noticeable if you have previously had children. This mechanism helps your uterus return to its pre-pregnancy size quickly.

**Interference with let-down:**
A variety of factors may interfere with let-down:

- Emotions such as embarrassment, anger, irritation, fear or resentment
- Fatigue
- Poor suckling from improper positioning
- Not enough time baby is actively nursing
- Stress
- Negative remarks from relatives or friends
- Pain in your breasts or uterus (i.e., sore nipples or afterbirth pains)
- Breast engorgement in the first few days

**Your milk**

*Colostrum*
Colostrum, the early milk made by your breasts, is present in small amounts for the first three days to match the small size of your baby’s stomach. Most babies do not need additional nutrition during this time. Begin breastfeeding as soon as possible after giving birth. **Breastfeed at least 8 to 12 times per 24 hours so your baby receives this valuable milk.** Colostrum and mature milk are designed to meet a newborn’s special needs. Colostrum has a yellow colour, is thick in consistency, and is high in protein and low in fat and sugar. The protein content is three times higher than mature milk, because it is rich in the antibodies being passed from the mother. These antibodies protect your baby and act as a natural laxative, helping your baby pass the first stool called meconium.

*Mature milk*
Your milk will change and increase in quantity about 48 to 72 hours after giving birth. It may take longer depending on when you start breastfeeding and how often you breastfeed. The change in milk occurs a little earlier if you have breastfed before.

- **Foremilk**
  When first starting to breastfeed, the first milk the baby receives is called foremilk. It is thin and watery with a light blue tinge. Foremilk is largely water needed to satisfy your baby’s thirst.

- **Hind-milk**
  Hind-milk is released after several minutes of nursing. It is similar in texture to cream and has the highest concentration of fat. The hind-milk has a relaxing effect on your baby. Hind-milk helps your baby feel satisfied and gain weight. Feed your baby until you see a sleepy, satisfied look on your baby’s face.

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NOTE:
There is no such thing as “weak breast milk.” Your body will combine the exact ingredients necessary to meet your baby’s needs. What if the hormones are in low level which can lead to insufficient milk? What should you do? Having low hormones are very rare. If there are certain cases it might be due to your immune system and responses to some infections. Therefore, stay healthy.

In order to get your baby to have the full benefit of the breast milk, a mother has to ensure that she can produce the milk naturally and continuously. How? Below are 3 easy tips to follow:

1) Let your baby suckle for as long as possible. Use breast pump to get more milk when your baby is not nursing. This will stimulate the body to produce more milk.
2) Drink at least 10 – 12 glasses of water daily. Water helps to create liquids in the body.
3) Get enough rest and be healthy. The milk producing hormones will work effectively when the body have sufficient energy.

When you stop or do less in any of the three, it might affect the production of the milk.

So now, do you need supplement when you already producing breast milk? What’s the function of the supplement? Supplement is to help you getting sufficient vitamins & minerals in your body and indirectly, it will be channelled to the baby through your breast milk. You may think by consuming everyday foods you have already got all the vitamins & minerals needed for both of you and your baby. How do you know? Are you really taking a well-balanced diet? Do you colour your diet, with fruits and vegetables? Therefore by completing your diet with supplement you may get most out of it. It’s your choice to provide the best to your baby. But remember to stimulate the production of the breast milk. Or else you wouldn’t get anything even you are taking bundle of supplements.

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Here is the list of recommendation of few supplements from Nutrilite that will be able to provide you the nutrients that you and your baby need.

1) **NUTRILITE All Plant Protein Powder** (1 scoop a day with food – To be mixed with approx.225 ml cold water/skim milk/fruit juice or any cold/room temperature drinks)
   Or **NUTRILITE Protein Drink Mix Mixed Berries Flavour** (2 scoops a day with food – To be mixed with cold/room temperature water only)
   Or **NUTRILITE Protein Drink Mix Green Tea Flavour** (2 scoops a day with food – To be mixed with cold/room temperature water only)
   Protein is important for cell growth. Both mother and baby need it. As mentioned, Prolactin causes your alveoli to take nutrients like protein from your blood supply and turn them into breast milk. Therefore, you need to have sufficient protein in the body system in order to be utilised by your own body system and also help to produce milk.

2) **NUTRILITE Daily** (1 tablet a day with food – Avoid taking at the same time with Calcium Magnesium)
   Contains vitamins & minerals for general health for mom and baby and also important for the normal development of the baby. This supplement also contains alfalfa.

3) **NUTRILITE Calcium Magnesium** (1 tablet with food 3 times a day. Avoid taking at the same time with Nutrilite Daily as it contains Iron)
   It helps to keep bones and teeth of both mother and baby strong and the nervous, muscular and circulatory systems stay healthy. This supplement also contains alfalfa.

   *Alfalfa is known to have high contents and rich of vitamins, minerals & protein. Take note, if your baby is diagnosed with jaundice avoid taking alfalfa or liver or fruits or vegetables that are high in carotenes until the baby is free from the disease. Carotenes/Alfalfa that is converted into Vitamin A in our liver might slow down the healing of the baby from jaundice.*

4) **NUTRILITE Natural B Complex** (1 tablet with food 2 times a day)
   Vitamin B is important for the normal development of the nervous system, production of blood cells in bone marrow and energy generation. Your body system needs energy in order to produce hormones like prolactin and oxytocin. Having enough energy and rest will also help you to milk your baby effectively.

5) **NUTRILITE Bio C Plus All Day Formula** (1 tablet a day before taking food)
   Vitamin C function as an antioxidant and with a role in immune function for both mother and baby. Helps to prevent and/or treat numerous health conditions e.g cancer prevention & treatment, reduce risk of cardiovascular disease, common cold treatment & prevention, cataracts prevention etc.

6) **NUTRILITE Salmon Omega Complex** (1 tablet with food once a day)
   Salmon Omega Complex contains Docosahexaenoic acid (DHA), an omega-3 fatty acid to help support the development and function of the not only the mother but also the baby’s brain and eyes.

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