

# Multi-Mam<sup>®</sup> Compresses



READ THIS ENTIRE INFORMATION LEAFLET CAREFULLY BEFORE YOU USE MULTI-MAM COMPRESSES AND KEEP IT FOR REFERENCE

## MULTI-MAM COMPRESSES SORE NIPPLE TREATMENT FOR BREASTFEEDING MOTHERS

- Supports the natural healing process
- Direct cooling and soothing effect on sore nipples
- Optimizes the condition of the nipple area/ skin
- Neutralizes harmful micro-organism
- Based on natural ingredients (and harmless when swallowed)

## INDICATIONS

- Nipple problems caused by breastfeeding
- Painful, sore and swollen nipples
- Blisters, inflamed areas and peeling of the nipples
- Insufficient moisture in the nipple skin

## HOW MULTI-MAM COMPRESSES WORKS

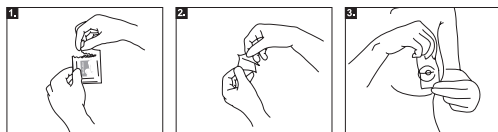
Multi-Mam Compresses are especially developed for the nipple care of breastfeeding mothers. Multi-Mam Compresses have a direct cooling and soothing effect on sore nipples, optimize the condition of the skin and reduce swelling. Each compress is impregnated with bio-active gel based on the patented 2QR-complex. This natural, plant-derived substance has the unique ability to block harmful bacteria from attaching to the tissue. Multi-Mam Compresses form a soft and comfortable pad on the nipple and create an optimal situation for the natural healing process. It is not necessary to remove the gel prior to breastfeeding. The bio-active gel consists of natural plant ingredients and is harmless to swallow.

## DIRECTIONS FOR USE

Wash your hands. Open the sachet, unfold the compress and place the gel-impregnated side on the sore nipple. Leave the compress on for as long as needed, but for at least 10 minutes, preferably 30 minutes and maximum 1 hour. Any excess gel does not need to be removed prior to breastfeeding as the formulation is harmless when swallowed. Apply at least twice a day until your discomforts are relieved. The compress is for single use only. Dispose the compress after use, for hygienic reason.

Compresses should not be used longer than 30 consecutive days. In case of persistent or recurrent complaints contact your physician.

### Directions for use



1. Open the package

2. Take out the compress

3. Place the side with the gel on your nipple

## MULTI-MAM COMPRESSES IS BASED ON NATURAL INGREDIENTS

Multi-Mam Compresses is a natural product, based on the patented bio-active 2QR-complex.

## ACTIVE INGREDIENTS

Galactoarabinan Polyglucuronic Acid Crosspolymer\*, Glycerin (plant origin), Xanthan Gum

\*2QR-complex: patented bio-active polysaccharides

## ALLERGY INFORMATION

Allergies to the ingredients of Multi-Mam Compresses are very rare. We advise people who are allergic to herbal substances to try a little bit on the inside of the forearm. When an itching red spot appears we advise you not to use Multi-Mam Compresses.

## STORAGE

Store out of sight and reach of children in the original package at room temperature at 10°C and 25°C. For expiry date, see sachet and base of box.

## BACKGROUND

### Sore nipples

Breastfeeding is the most natural way of nursing your baby and gives essential nourishment, comfort and security. Normal neonatal sucking induces visible changes in the nipple skin, especially swelling. Nipple problems such as sore, painful and swollen nipples are common during breastfeeding. Around 80-95% of breastfeeding mothers will experience some degree of soreness, with 26% reporting extreme nipple pain. Finding the correct latch is very important to achieve nipple comfort during feedings, along with the effective sucking of the baby. Other factors are also contributing to cracked nipples such as products which remove the natural lubrication from the nipple area (soaps, shampoos) or a tendency to have dry skin.

### Latching

A good breastfeeding experience starts with good latching. When the baby is latched on properly, the entire nipple and the surrounding areola are in their mouth, with the nipple positioned towards the back of the baby's mouth. Baby's tongue is covering the bottom teeth, protecting the nipple from possible damage.