



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

MULTI-MAM LACTAMAX SUPPORTS BREASTFEEDING

- Fennel extract supports breastfeeding and the production of breast milk
- Vitamin C and vitamin B12 helps to reduce tiredness and fatigue
- Vitamin D supports the immune system

HOW MULTI-MAM LACTAMAX WORKS

Multi-Mam LactaMax is a duo formulation combining vitamins and galactagogues known to increase milk production. The herb Fennel contains galactagogues, which stimulate the milk glands. The vitamin D supports the immune system and vitamin C and vitamin B12 reduce tiredness.

DIRECTIONS FOR USE

Take one effervescent tablet dissolved in a glass of water (250ml). Two tablets a day is already effective, you can take a maximum of 4 tablets per day.

Maximum dosage

Take no more than 4 effervescent tablets per day. Please do not exceed this amount.

MULTI-MAM LACTAMAX IS BASED ON NATURAL INGREDIENTS

Multi-Mam LactaMax is based on galactagogues known to increase milk production.

INGREDIENTS

Acid (citric acid), acidity regulator (Sodium hydrogen carbonate), Fenugreek extract (trigonella foenum graecum), Vitamin C (L-ascorbic acid), Sweetener (sorbitol), Dextrose, Coloring (red beet), Flavoring (black currant), Fennel extract (foeniculum vulgare fruit), Tricalcium phosphate, Polyethylene glycol, Sweetener (sucralose), Vitamin D3 (cholecalciferol), Vitamin B12 (cyanocobalamin).

Multi-Mam LactaMax is a fizzy, nutrient drink. Fennel extract helps support the production of breast milk. Our fizzy drink offers an easy way to increase your fluid intake, which is important while you breastfeed. Vitamin C and Vitamin B12 helps to reduce tiredness and fatigue which are common problems for mothers with a newborn baby. Multi-Mam

LactaMax is dairy-free and suitable for vegan and lactose intolerant women.

What to do if:

- you take other food supplements: be aware of overdose.
- you do not drink the beverage immediately. Check if the liquid is still clear, if so you can drink the beverage. Maximum use within one day.

Cautions

If you have diabetes, please consult your doctor before using Multi-Mam LactaMax.

If you use medication, consult your physician for advice before using Multi-Mam LactaMax.

STORAGE

Keep closed and store in a cool, dry place. Store the product out of reach of small children.

BACKGROUND INFORMATION AND TIPS

Breastfeeding is the best option for you and your baby. It is the most natural and intimate way of nursing your baby. It has positive health benefits for both mother and baby. International health organizations, such as the World Health Organization (WHO), recommend breastfeeding. Being a breastfeeding mother, with a newborn baby makes big demands on your body. It is like being a top performing athlete! It's good to continue breastfeeding as long as possible because it benefits you as well as your baby. However, many breastfeeding mothers occasionally worry if they are producing enough breast milk. To help you make the breastfeeding period as comfortable as possible below some tips

Natural but challenging

Although breastfeeding is the most natural way of nursing your baby, it is also challenging. It is something you have to learn. For many mothers breastfeeding is a new experience. Don't worry about asking for help and advice if you need it. There are good resources available worldwide, such as La Leche League. They organize information meetings and can help connect you with other nursing mothers in your area.

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.

Relax

The connection between a mother and her baby is strong. If mother doesn't feel relaxed and confident, baby can sense this and react. If you feel relaxed your baby will also be more relaxed. Try to find a comfortable, quiet place to feed. Don't wait until your baby is crying with hunger before feeding. This will reduce stress for you and your baby.

Drinking water

Make sure you drink enough water during the day. When you are busy taking care of your baby it is easy to forget about yourself. During breastfeeding it is very important to take good care of yourself. Be aware of thirst, especially if you don't usually drink a lot of water. You don't have to double your intake, but if you have a glass of water every time you feed your baby it will help.

Rest

Make sure you get the rest you need. Childbirth, the daily care of your baby, disrupted sleep and breastfeeding all make big demands on your body. If you can, take a nap. Prioritize rest.