



The healthiest milk available.
see inside for details

You don't need to read the label to know that breast milk is 100% natural!

Breast milk gives your baby the best start in life, providing all of the nutrients your baby will need to grow strong and healthy. Protecting against a wide range of infections and illnesses, too, long after you stop breastfeeding. No other baby milk can do this. It also gives mothers some protection against breast and ovarian cancer and osteoporosis, as well as helping them get their figure back faster. Altogether, it's proof that the healthiest milk you can give your baby is your own.

For more information visit www.breastfeeding.ie or contact your GP, public health nurse, midwife, La Leche League of Ireland or Cuidiú – Irish Childbirth Trust breastfeeding support group.

Breastfeeding, the perfectly natural choice every time.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive