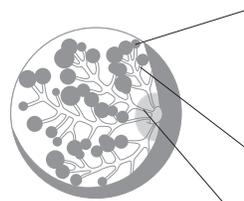


# What makes breast milk so amazing?

## The breast is an organ, too!

Your breasts can also be called mammary glands and they produce breast milk. Within each mammary gland, different parts play a role in making and transporting breast milk.



- 1 Alveoli**  
This is where breast milk is made and stored. Alveoli are clusters of small grape-like sacs in your breast. They are surrounded by tiny muscles that squeeze them and push the milk out into the secondary milk ducts. Alveoli develop during your pregnancy.<sup>1</sup>
- 2 Secondary milk ducts**  
This complex network of small tubes carries milk from the alveoli to the main milk ducts.<sup>1</sup>
- 3 Main milk ducts**  
These are tubes that carry milk straight to your baby. You have an average of 9 of these main milk ducts in your nipple.<sup>1</sup>

## Breast milk is more than just nutrition

Breast milk is packed with essential components and nutrients personalized to meet your baby's needs during each stage of development. This includes short and long-term immune protection, overall growth and brain development.

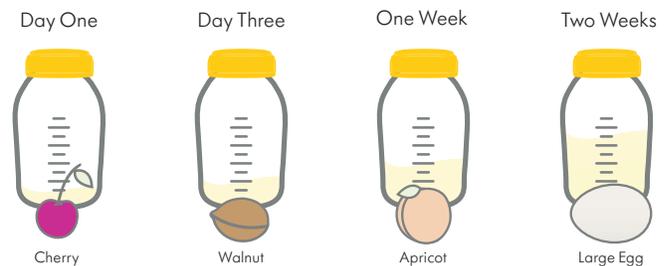


## The power of colostrum

The precious colostrum and the milk you make in the first weeks are different from mature milk. Colostrum may not seem like a lot of volume, but it is jam-packed with ingredients and contains double the amount of protein than your later milk.<sup>2</sup> These proteins protect your baby against diseases from the very beginning and help to jump start your baby's immune system.<sup>3</sup>

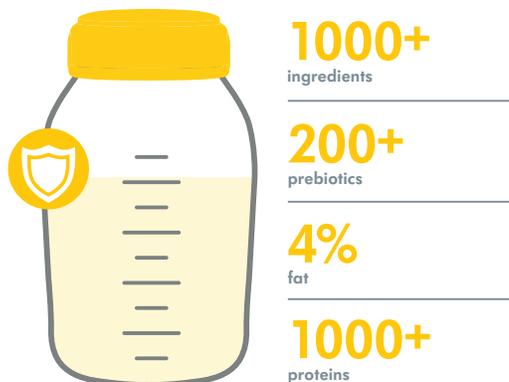
## Size of your newborn's stomach

In the first few days after birth, a newborn's stomach is tiny. So, colostrum is all your baby needs in those few days.



## Breast milk is the most natural defense

When your baby is born, breast milk is your baby's first immunization to help fight disease and illness.



## Thousands of ingredients

There is no substitute for breast milk. There are thousands of different ingredients in breast milk such as proteins, fats, lactose, vitamins, iron, minerals, water and enzymes. The vast majority of these ingredients cannot be replicated artificially.<sup>3</sup>

## Over 200 prebiotics

Breast milk contains prebiotics, more than 200 complex sugars (oligosaccharides) that help protect the gut from different types of microbes.<sup>4</sup>

## Just the fat your baby needs

Human milk is specifically designed for human babies. Your milk contains around 4% fat. The fats in your milk are important for growth and development, and are even antibacterial.<sup>3</sup>

## Over 1000

Many of the proteins in breast milk are active with functional roles! Some of these proteins can help to kill bacteria and others can identify pathogens. These immune proteins are guards that protect against microbes.<sup>3,5</sup>