



What are the benefits of the Colostrum?

Colostrum is a super food for the immune system.

It is full of protective factors and antibodies that provides immunity and protects your baby against infection

The first milk your body makes during pregnancy is **colostrum**

We call it 'Liquid gold' for its golden yellow colour and precious composition

Breast milk is the best nutrition your baby can get and improves your babies' health and developmental outcome

It is considered vital for premature infants, and if possible every drop should be collected and saved

If your baby is small, born early or poorly, every drop of **colostrum** is extremely beneficial and is ideal to give them as their first milk



Colostrum: Liquid Gold

Even if you do not intend to breast feed your baby, they can benefit from having even a very small quantity of colostrum

Colostrum is concentrated nutrition and it comes in perfect small quantities for newborn babies

It is easy to digest and protects your baby's developing gut

The antibodies help coat the lining of the preterm infant's immature intestines and help prevent infections

You can remove colostrum effectively by doing massage; hand expressing and using a breast pump with a stimulation cycle

Drops of colostrum collected can be taken and given to your baby as soon as you collect it

Expressing within 2 hours of your baby being born helps you to get a good supply of milk later and is the best medicine your baby can get

If you express regularly (8 times in 24hrs including at night) your mature milk supply will "come in" by day 3 to 5.