Breastmilk has more of what babies need.

Breastmilk:
- Antibodies
- Anti-Cancer (HAMLET)
- Growth Factors
- Enzymes
- Disease Fighting Stem Cells
- Hormones
- Anti-Viruses
- Anti-Allergies
- Anti-Parasites
- Probiotics
- Prebiotics
- Minerals
- Vitamins
- Fat
- DHA/ARA
- Carbohydrates
- Protein
- Water

Formula:
- Probiotics*
- Prebiotics*
- Minerals
- Vitamins
- Fat
- DHA/ARA
- Carbohydrates
- Protein
- Water

*Not in all formulas
Breastmilk provides what babies need to be strong, healthy and smart.

**Breastmilk:**

- Is always ready
- Is easy to digest, so—less spit up, diarrhea, and constipation
- Helps protect against asthma, allergies, diabetes and obesity
- Will change to meet your baby’s growing needs
- Helps your baby’s brain develop
When you breastfeed...

Your baby:

• Is healthier
• Doesn’t have as many ear infections

You:

• Are less likely to have post-partum depression
• Lose weight more quickly
• Share a special bond with your baby