

Breastfeeding can be an exciting, confusing time for new mums and you will probably have lots of questions. Elevit Breastfeeding can help give you confidence.

What is Elevit Breastfeeding?

Elevit Breastfeeding is a specially tailored supplement designed to help you meet your increased nutritional requirements and support the healthy development of your baby.

Can I use Elevit Breastfeeding with Elevit Pregnancy Multivitamin?

The two products should not be taken at the same time. After your baby is born, we recommend you to switch from Elevit to Elevit Breastfeeding to support your new nutritional needs.

Can I use Elevit Breastfeeding if I'm already breastfeeding?

Yes. Elevit Breastfeeding is designed to help meet the nutritional needs of mums who are breastfeeding.

Where can I find further advice on breastfeeding health?

Further information on [breastfeeding nutrition](#) and lifestyle support can be found in the dedicated [breastfeeding](#) support section. For more information visit [Tresillian](#), [The Women's Hospital](#) , and the [Breastfeeding Association](#).

How do I take Elevit Breastfeeding?

Take one capsule daily with food or as directed by your healthcare professional.

Does Elevit Breastfeeding contain gluten?

No. Elevit Breastfeeding does not contain gluten.

Is Elevit Breastfeeding Halal?

Yes, Elevit Breastfeeding is halal certified.