

# How mothers produce *breastmilk*

Lactation is naturally controlled by a baby's needs and not breast size

## Alveoli/Breast gland

Where milk develops

## Milk (Lactiferous) ducts

Through which the breastmilk flows, thanks to small muscle cells

## Nipple

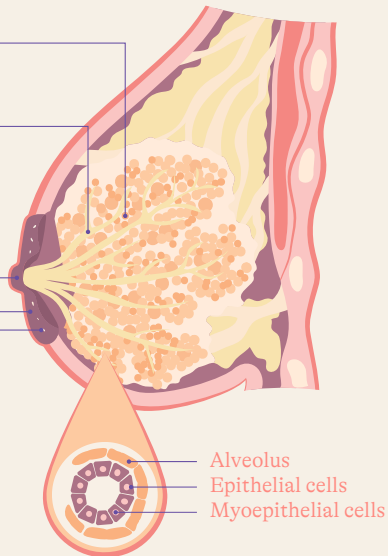
Where the breastmilk is released  
There is on average 9 pores per breast

## Areola

The darker pigmented area, which may serve as a target or beacon for baby

## Montgomery Glands

The oils moisten & lubricate to protect the nipple & discourage bacterial growth



# Breastmilk *composition*

## 1. Immunological & growth factors

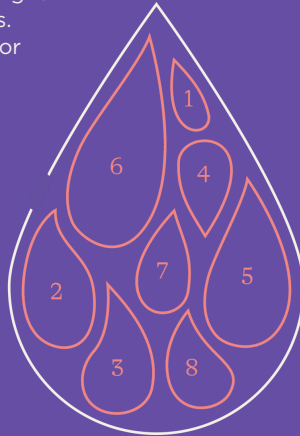
Immunoglobulins are antibodies to fight bacteria, viruses, fungus, & parasites. They also create a protective coat for the infant's lungs and intestines.

## 2. Vitamins & Minerals

A,D,E,C, and B complex minerals - iron, zinc, calcium, sodium, chloride, magnesium, & selenium. Build strong bones, make red blood cells, keep muscles & nerves functioning.

## 3. Hormones & Enzymes

Hormones support growth, development, metabolism, and manage stress, pain, and appetite. Enzymes help with digestion and protect from infection.



## 4. Protein & Amino Acids 1%

Whey, casein, and nucleotides promote growth and development. A key protein-lipid complex protects against 40 types of cancer.

## 5. Fat 3-5%

Rich in omega 3's, cholesterol, triglycerides, and other lipids. Vital for growth, weight gain, brain development, vision.

## 6. Water 87%

Hydration.

## 7. Stem cells up to 15%

To create and repair the body.

## 8. Lactose 7%

Provides energy, maintains milk consistency, and supports absorption of healthy gut bacteria.

Breastmilk contains all the nutrients that an infant needs in the first 6 months of life.. It strengthens the infant's immune system to provide protection against infection.

Lansinoh.