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# No-Lactin<sup>TM</sup>

A safe and natural way  
to help decrease  
milk production and  
stop lactation.



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## A safe and natural way to stop lactation

No-Lactin was specifically formulated with this in mind.

Please note that although No-Lactin may help to reduce the production of breastmilk, mothers are encouraged to breastfeed for as long as possible.

In addition to reducing milk production, the Vitamin B6 (Pyridoxine) contained in No-Lactin may be beneficial in reducing breast engorgement which is an uncomfortable condition experienced by many lactating woman.

Vitamin B6 (Pyridoxine) has also been shown to be helpful in non-lactating woman who may experience breast pain and tenderness.

## What is Pyroxidine and how does it work?

Pyridoxine also known as Vitamin B6, is essential for the breakdown and use of proteins, carbohydrates and fats from food and for the release of stored carbohydrates for energy. It is used by the body in the production of red blood cells and antibodies.

Pyridoxine plays a role in the maintenance of a healthy digestive system. It also aids in the normal function of the nervous system and plays a role in the production of several hormones. Our normal diet contains pyridoxine in foods such as liver, chicken, cereals, vegetables, and fruit.

A deficiency in this vitamin may cause physical and mental weakness.

Depression, anemia and skin disorders are also common with an insufficient intake.

**High doses of Vitamin B6 (Pyridoxine) may inhibit the body's production of plasma prolactin. Prolactin aids in the production of breast milk.**

**At a dose of 200mg three times a day Vitamin B6 (Pyridoxine) may decrease milk production thereby stopping lactation.**

## Advantages of Breastfeeding

**Breastfeeding has many advantages for both the baby and the mother some of which are listed below.**

- For enhancing optimum growth and development, breastmilk is the most nutritious food for your baby.
- It reduces the incidence of colic, diarrhea and constipation.
- It provides protection and immunity from many infections which the baby may be exposed to.
- It contains specific proteins and fats which stimulate and help with brain development.
- It lowers the risk of allergic conditions, including eczema and asthma.
- It also lowers the incidence of nappy rash and thrush.
- Breastfeeding promotes bonding between mother and baby by the warmth of skin-to-skin contact.
- Breastmilk is constantly available at the right temperature.

**There are also many advantages to the mother:**

- Oxytocin is released when mothers breastfeed, causing the uterus to contract, decreasing bleeding and returning the uterus to its pre-pregnant state faster.
- The mother's risk of pre-menopausal breast cancer is also reduced.
- It is always more economical to breastfeed.

**If a decrease in lactation is necessary for reasons beyond your control, then No-Lactin offers a solution that is safe and natural with minimal side effects.**

