

Why We Need Water While BREASTFEEDING

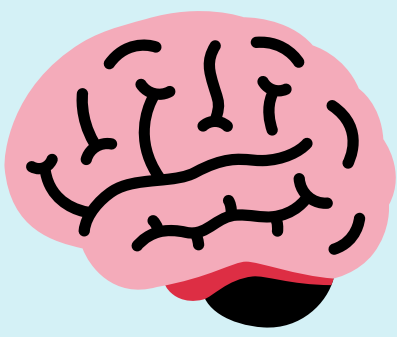
KEEP ORGANS HYDRATED

Without water our body will continue to feed baby, but our organs won't work as well.



PREVENT "MOMMY BRAIN"

A dehydrated brain means clouded judgement, forgetfulness, inability to concentrate, irritability & more.



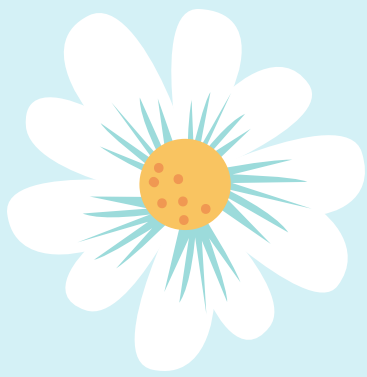
SLOW AGING

Dehydrated skin is a great way to look old & exhausted.



ELASTIC SKIN

Our breasts are shrinking & expanding as our body transforms. Keep hydrated to maintain the skin's elasticity.



AMPLE BREASTMILK

Breastmilk mainly consists of water. Stay hydrated for an ample supply.

