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## Breast Pain Support | MATERNA® OPTI-LAC™

Contains *Lactobacillus fermentum* LC40™ (CECT5716)<sup>‡</sup> – a probiotic clinically shown to help reduce breast pain during breastfeeding<sup>1-3</sup>. From the #1 Doctor Recommended\*\* and #1 Prenatal Multivitamin\* brand.

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Maternal supplements | Nestlé® Materna® [6]

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Women 19 years or older.

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## Features & Benefits

- Once daily dose, to be taken prior to conception, during pregnancy and when breastfeeding
- Helps prevent neural tube defects\*\*
- Contains folic acid and 22 essential vitamins and minerals
- Helps support normal fertility, healthy bones, and the immune system
- Helps reduce tiredness & fatigue due to iron deficiency anemia

\*Nestlé 2016 vitamin research. Data on file.

\*\*When taken daily at least three months prior to becoming pregnant and during early pregnancy.

**Caution:** Do not exceed the recommended dose. If taking other supplements, read label, as other supplements may contain the same ingredients. In case of accidental overdose, contact a physician or poison control centre immediately. Keep out of reach of children. There is enough iron in this package to seriously harm a child. To exclude the diagnosis of a serious cause of infertility, consult a healthcare practitioner prior to use. Hypersensitivity has been known to occur; in which case, discontinue use.

## Ingredients

**Non-Medicinal Ingredients** : hypromellose, magnesium stearate, maltodextrin, sodium ascorbate, sodium

chloride, sucrose, titanium dioxide.

## Allergens

May contain milk.

### Product Highlights

Becoming a mom is life's biggest adventure and it's one you're embarked on. Breastfeeding can be one of the most amazing moments that you can have with your newborn baby. However, you can often experience breast pain which could lead to having to stop breastfeeding earlier than desired, MATERNA Opti-Lac Breastfeeding Probiotic Capsules (30 ct) is an easy-to-take postnatal breastfeeding supplement that helps reduce breast pain during breastfeeding.

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### Features & Benefits

Dosage

Ingredients

Nutritional Facts

Other formats/flavours available

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**Source URL:** <https://www.nestlebaby.ca/en/materna-opti-lac>

### Links

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[2] <https://pinterest.com/pin/create/button/?url=https://www.nestlebaby.ca/en/materna-opti-lac&media=https://www.nestlebaby.ca/sites/default/files/styles/thumbnail/public/custom-files/opti-lac-display-image.jpg&description=Breast Pain Support | MATERNA® OPTI-LAC™>

[3] <https://twitter.com/share?text=Breast%20Pain%20Support%20%7C%20MATERNA%C2%AE%20OPTI-LAC%E2%84%A2&url=https%3A//www.nestlebaby.ca/en/materna-opti-lac>

[4] <https://www.facebook.com/sharer/sharer.php?u=https://www.nestlebaby.ca/en/materna-opti-lac>

[5] <https://www.nestlebaby.ca/en/product-catalogue?product-stage%5B%5D=4521>

[6] <https://www.nestlebaby.ca/en/brand/start-your-journey-nestle-materna>

[7] <https://www.nestlebaby.ca/en/printpdf/2873007>

[8] <https://www.nestlebaby.ca/en/grow-mighty-gummies>

[9] <https://www.nestlebaby.ca/en/materna-lacto-plus>

[10] <https://www.nestlebaby.ca/en/materna-dha-prenatal-supplement-combo-pack>

[11] <https://www.nestlebaby.ca/en/materna-prenatal-gummies-dha>

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