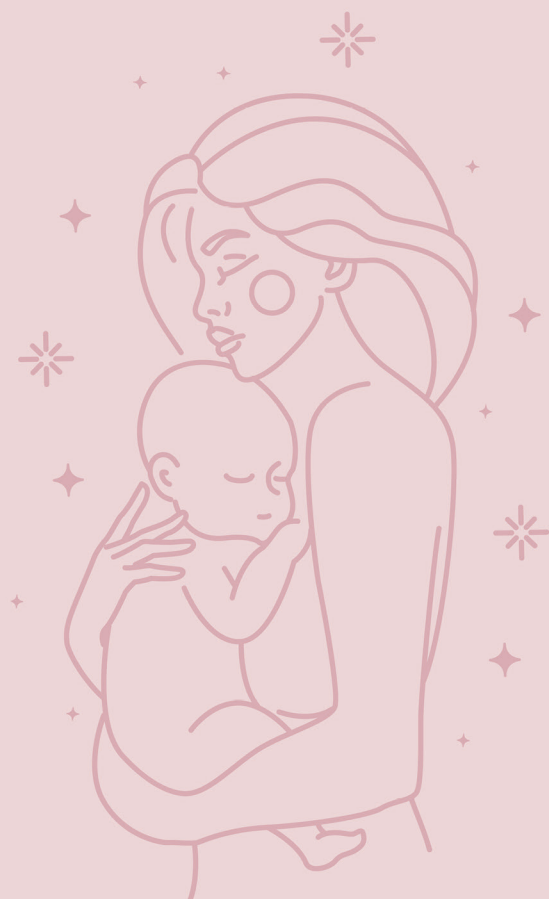




**neno<sup>®</sup>**

*Lactation guide*



## *Dear Moms,*

We present you a lactation guide. It is a collection of answers to frequently asked questions as well as dilemmas that accompany you during pregnancy and motherhood. We want to provide you with reliable knowledge, debunk myths and educate you about the most beautiful, but also the most demanding period of your life, which is motherhood.

That guide would never have been created without you. You are our greatest inspiration! Your needs, questions and commitment drive us to act. We are proud to be able to create products for mothers. Thank you for your trust and we invite you to read it.

**Neno Crew**







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# *„Do you know that...?“*

## *a few facts about breastfeeding*

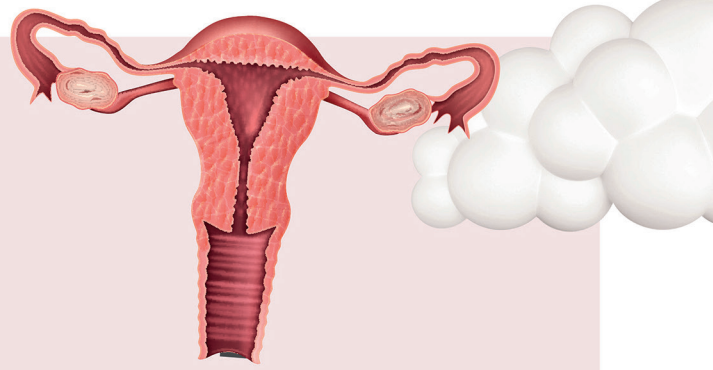
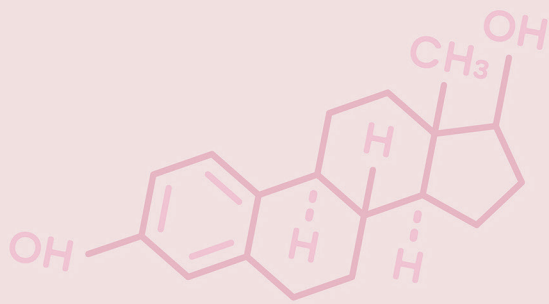


- Mom's milk is a bioactive substance that has not yet been copied!
- The mother's body starts producing milk around week 16 of pregnancy.
- Milk is made from mom's blood and lymph components – not from the stomach.
- Feminine food can come in different colors: it can be bluish, yellowish or even tints of orange.
- Milk changes its composition and nutritional value as lactation develops. Adapts to the baby's changing and growing nutritional needs.
- The composition of milk also varies depending on the time of day: it is richer in proteins during the day and fats in the night.
- According to the latest research, mom's milk is alive, i.e. it adjusts individually to the needs of a baby.
- Breastfeeding promotes natural regeneration and helps the uterus return to its pre-pregnancy size.
- The baby itself controls the flow of milk by creating a vacuum with the appropriate work of the mouth and tongue. Neno breast pumps mimic your baby's suckling rhythm.
- Each time the breasts are empty while pumping, they will produce more milk.
- The size of your breasts does not determine the amount of milk you produce.

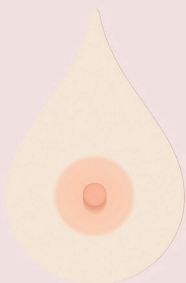


Neno Frutta





- The baby sucks on the breast until the hunger is satisfied and not until the breast is ,empty’.
- Milk immediately after delivery – the so-called „colostrum” – is called the first natural vaccine for a baby due to the richness of nutrients, antibodies, vitamins and stem cells.
- Breastfeeding reduces the risk of postpartum depression, coronary artery disease, osteoporosis, Alzheimer’s, premenopausal breast cancer and ovarian cancer if it lasts long enough. It also affects subsequent generations – thanks to the information stored in micro-RNA.
- The amount of milk at the beginning of feeding depends on the hormonal balance of the mother’s body, and then on how often the baby is latching on. The amount and type of fluid consumed is generally irrelevant, but it is important that the mother has a balanced diet during this time.
- During feeding, oxytocin, the love hormone, is released in the brains of mom and baby.
- Mom’s milk contains stem cells that can change into any cell in a baby’s body.
- Boy’s mother’s milk has a different composition than that of a girl’s mother’s. Boys have a greater energy requirement – protein and fat, and the milk of a girl’s mother contains more calcium.
- Feminine food has a cosmetic use, both for the baby and the mother. You can successfully use it for bathing.



*Ca+*





# *A land not flowing with milk and honey –or how to start lactation?*

Lactation is a process that requires work and patience. At the beginning, a woman's body does not produce large amounts of milk and it is worth being prepared for this. It is important not to have too high expectations of yourself, not to compare yourself with other women and, most importantly, not to make yourself feel guilty. When problems with lactation appear, it is worth seeking help and support based on reliable knowledge, and also trust your body. Breastfeeding might be difficult and we want to prepare you for it.

The mother's body begins to produce milk around week 16 of pregnancy. After the baby is born – regardless of the type of delivery – the so-called colostrum, yellow liquid, rich in nutrients. Colostrum protects the baby against pathogens, including viruses and bacteria, and supports the colonization of bacteria in the digestive system by stimulating meconium excretion. At the same time, the *baby's stomach in the first 24 hours of life is able to hold 2 to 7 ml of fluid*, so the produced – even small amounts of milk, should not be a cause for concern. The most important thing is to try to latch your baby to the breast as often as possible.

Lactation Science Center of Adolescence admits: effective suckling is the strongest *stimulus regulating the activity of the mammary glands*:

- ensures the production of prolactin secretion,
- releases oxytocin and thus leads to the outflow of milk,
- causes empty the breast, which is a strong stimulus for milk production,
- an empty breast produces 6 times faster than a full breast.<sup>1</sup>

So if you think you don't have milk, are tired and discouraged – rest and then try to put your baby on the breast again. Mother nature came up with this idea: action–reaction. In order for milk to be produced, there must be a stimulus in the form of suckling the baby or the support of a breast pump.

## *What is meconium ?*

(latin meconium) – the first high-density, viscous, dark-colored stools in a newborn's life, disappearing around the fourth day of life.



Neno Angelo

<sup>1</sup> Regulation of lactation Monika Żukowska–Rubik, Magdalena Nehring-Gugulska, Patrycja Stelmaszczuk: <https://cnol.kobiety.med.pl/pl/regulacja-laktacji/>

Be patient and act. The effort you put into starting your lactation makes you a SUPERHERO!

! *Above all, don't make yourself feel bad! After all, you are the best mother for your child. Take a deep breath and take a task-oriented approach to it: **I want to keep lactation up**, so I need to take measures. Contact your midwife or certified lactation consultant to find the causes of your problems together and create an action plan.*

In case when milk production is not enough, experts advise:

- correct any irregularities in the feeding technique. If you are not sure if you are positioning your baby correctly, consult your hospital midwife or ask for support a community midwife. You can also visit a certified lactation advisor,
- remember to feed your baby on demand – whenever he reminds you. This not only provides him with food, but also a feeling of closeness and security,
- learn to recognize the early signs of hunger – opening the mouth, the reflex to „look for” the breast, sticking out the tongue – a crying, very hungry baby is difficult to attach properly,

increase breast stimulation by frequent feeding: 8 to 12 times a day, including at least twice a night. The suckling mechanism is correct when the swallowing sound is heard for 5 to 15 minutes from each breast,

- offer both breasts alternately during one feeding session – it is important that the baby sucks effectively and does not fall asleep while eating,
- support yourself with a breast pump. The three-phase devices that, in addition to the traditional stimulation phase and the pumping phase, are also equipped with a third mixed phase, are perfect. This mode mimics your baby's natural suckling pattern, mimicking your baby's speed and power. It is perfect at the end of pumping to help empty the breast and stimulate lactation. Examples of three-phase breast pumps are Neno Camino in a double version and a single Neno Angelo,
- remember about rest, sleep and adequate rehydrating. Eat nutritious meals and try to relax. Find help from a person who will relieve you of your household chores. Remember that stress negatively affects the lactation process.

*We keep our fingers crossed for starting lactation!*



Neno Camino





# How to check if your child is eating enough?

Many mothers are not sure if their breastfed baby is satisfied. This is a common concern because you cannot measure the amount of milk in your breasts. It is also impossible to precisely determine how many milliliters of fluid we provided to the baby. However, we want to reassure you: there are methods that can help you determine your baby's fullness. Here are some useful tips:

## *Action observation*

Maintain eye contact with your little one. Control his movements and the way he sucks. A baby ready for feeding usually has an open mouth with lips slightly curled outwards. At the beginning of the meal, your little one sucks the breast fairly quickly and shallowly. After a while, the movements become slower and deeper. They are accompanied by the sound of swallowing milk. The suckling mechanism is normal when the swallowing sound is heard from each breast for 5 to 15 minutes. While eating, your baby should be happy and active. When it is full, it usually releases the breast itself, which, in the mother's opinion, should become softer.

## *Regular feeding*

In the first days after giving birth, the baby should be fed at least 8 times a day, and the intervals between meals should not be longer than 2–3 hours, both during the day and at night, counting from the beginning of feeding. If the baby signals the desire to eat too rarely, it should be woken up to a meal – at least in the first month of life. However, do not worry when your baby is extremely sleepy in the first 24 hours. Just like you, some newborns need to rest after giving birth. However, always report this fact to the medical staff.



Neno Vita





### *Control of the number of soaked diapers and stools*

As a rule, a child from the 5th day of life soaks about 8 diapers a day. Your baby's urine should be clean and odorless.

To make sure that the child is actually eating, you should also control the amount of stools passed. After expelling meconium – from about the third day of life until the fifth week after birth, the baby has a bowel movement at least 3–4 times a day. His body determines its own elimination rhythm.

The number of stools changes over time and the lack of a bowel movement is not always associated with inappropriate feeding. Between 6 and 8 weeks of age, the number of stools will decrease and it may happen that your baby does not have a bowel movement for several days. This is by no means a cause for concern, but any disturbing observations should be consulted with a midwife or pediatrician.

### *Weight gain*

This is the most objective of the indicators. According to the World Health Organization, an infant should gain an average of 26–31 g per day, i.e. 182–217 per week. The older the child, the smaller the increments are – for example, between 3 and 6 months of age, a child should gain 17–18 g per day, i.e. 119–126 g in a week. During the midwife's visits or during the consultation with the pediatrician, it is worth checking the weight of the baby to make sure that he is gaining weight properly.

### *Relax*

Take care of yourself! Take a deep breath and relax! The baby feels your emotions, so the calmer you are, the greater the chance of success! Good luck, Hero!

#### *Neno Bella Twin*

The Neno Bella-Twin wireless electronic double breast pump is designed to express breast milk quickly, painlessly and comfortably. The double version of our popular Bella breast pump ensures convenient milk drainage from both breasts at the same time.



# *How should you store your breast milk?*

Breast milk can be easily stored in the refrigerator and frozen. This can be helpful when you need to feed your baby or for moms who only use expressed milk. It is a great solution when you want to go out or be back to work.

When storing milk, heating it and defrosting it, you should absolutely remember a few rules. Here they are:

## *Hygiene, hygiene and once again hygiene*

After each expression of milk, thoroughly wash all parts of the breast pump, and also disinfect once a day the device and the elements that have been used. Sterilization can take place in boiling water, in accordance with the instructions attached to each breast pump, or in a dedicated sterilizer, eg Neno Vita. Reusable food storage containers should also be decontaminated.

## *Safe container or bag*

The collecting container should be made of a material approved for contact with food and should allow for safe storage of frozen food. The container should be tightly closed and easy to transport. Each Neno breast pump in the set includes a convenient bottle with a cap that allows you to safely store your milk.

To make it easier for moms to express milk, the Neno brand has created special bags for freezing and storing milk with an adapter. Thanks to the connector, which is part of the set, the milk can be expressed directly into the bag. After finishing work, all you need to do is close the bag, mark it with a date and, as needed, put it in the fridge or freezer. Thanks to this solution, mom does not have to waste valuable time disinfecting milk containers. The convenient cap prevents the milk from spilling, and also protects the food from the penetration of odors.



Neno Vita



### *Never fill the frozen bag full*

The frozen liquid expands during freezing, therefore the suggested filling level should not be exceeded.

### *Do not refrost a defrosted food*

Refreezing milk may lead to the development of unfavorable microorganisms and may poison the baby.

### *Do not mix defrosted milk with only extracted one*

This action may allow the penetration of bacteria that may adversely affect the baby's digestive system.

### *Never overheat breast milk*

Overheating causes valuable components of human breast milk to be irreversibly lost. Milk heated in this way must not be given to a baby. For heating, it is best to use dedicated products, such as Neno Vita (heater and sterilizer 5in1) or warm the milk in a water bath. Remember that the water for heating should not come into direct contact with food.



Neno Leite







Neno Claro

### Never heat milk in a microwave/electric oven or on gas

This method of heating destroys the nutrients contained in milk, and in addition, the effect of the microwave may have a negative effect on the body of the newborn.

### Defrost at a safe temperature

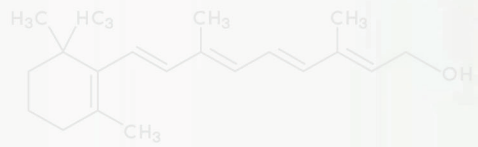
It is best to defrost the milk by putting it in the fridge. The defrosting process usually takes around 12 hours. In order to defrost milk, we can also use specially designed heaters with the use of warm air (e.g. Neno Vita) or defrost milk in a water bath at a temperature not exceeding 37 °C. Make sure that the container with milk is tightly closed during defrosting.

### Storage time and temperature

Please find all rules regarding the place of storage, temperature and storage period in the table below:

| Type of milk | Storage place                        | Recommended time                       |
|--------------|--------------------------------------|----------------------------------------|
| Fresh        | room temperature 19–25°C             | 4h, but no more than 8h                |
|              | temperature 25–37°C                  | as short as possible, max. 4 h         |
|              | fridge 0–4°C                         | max 96 h                               |
|              | cool bag with cooling inserts 4–15°C | jak najkrócej, max. 24 h               |
| Frozen       | freezer –18°C                        | 3–6 months                             |
| Defrosting   | fridge 0–4°C                         | up to 24h from the complete defrosting |
|              | room temperature 19–25°C             | as short as possible, max. 4 h         |





## *„After a year, only water is leaking”, How does the composition of breast milk change?*

Many women face negative comments about breastfeeding, especially when the baby has outgrown infancy. According to the report on long breastfeeding in Poland (2021), the argument „after a year, only water is leaking” is most often invoked by opponents of feeding older children.

This is completely untrue! The female food is adjusted to the current developmental needs of the child. Its composition changes over the course of a single feeding session, not to mention it changes over the weeks or months.

### *Did you know that the consistency of milk also depends on the weather?*

On hot days, the mother's food is more watery to quench the baby's thirst better. Therefore, it is not necessary to give your baby water before the age of 6 months. On the other hand, milk at night is more fat and filling. All this to help your little one sleep longer and gain weight better.

As a rule, breast milk consists of proteins, fats, carbohydrates – including lactose, vitamins and trace elements, as well as biologically active ingredients – enzymes, hormones and antibodies. However, the proportions of the individual components vary over time. It has been shown that the composition of milk of women at the initial stage of lactation, compared to women who are breastfeeding for more than 2 years, significantly differs in the content of carbohydrates (decrease) or fat (increase), with the simultaneous lack of changes in the protein content or the antioxidant potential of milk<sup>2</sup>.

Research carried out by Dr. Bernatowicz-Łojko shows that the milk of women who are breastfeeding for more than a year still has nutritional value, high protein content and a higher energy value compared to the milk of mothers who are breastfeeding less than a year or have premature babies<sup>3</sup>. All this is due to the fact that the baby's needs are changing – it begins to move and, consequently, needs more energy.

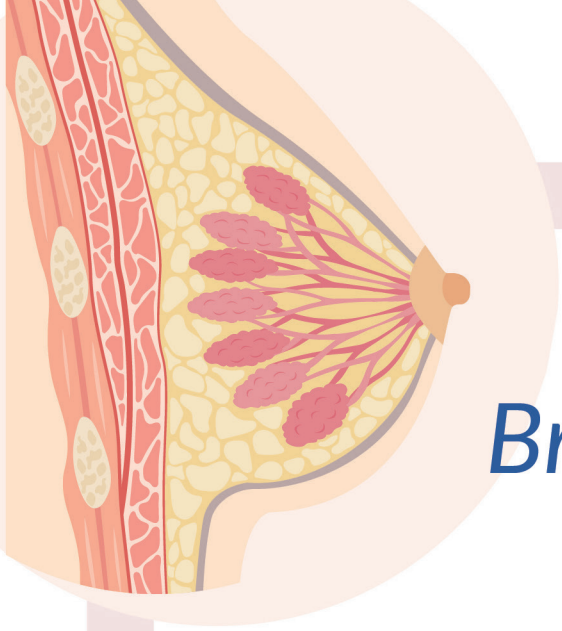
### *Dear Mothers*

— do not heed the arguments unsupported by scientific research. Feed your little ones for as long as possible, because it's the most wonderful gift you can give them!

<sup>2,3</sup> Length matters – Report on long breastfeeding in Poland, NutroPharma 2021,







# Breast diseases and pain during lactation

Motherhood is a wonderful time in a woman's life, but it is not always full of roses. Sleepless nights, fatigue and breast pain are the most common problems faced by moms. Below we present the most common ailments accompanying lactation.

## *Stasis, blocked duct and mastitis.*

Let us explain — how do these concepts relate to each other and what is behind them?

Milk stasis can lead to block milk ducts, which may result in mastitis.

*Milk stasis* generally speaking is the block of the milk ducts. It happens usually in the first weeks of breastfeeding. It is a consequence of overabundant milk supply or insufficient breast emptying. What else accompanies this? – Usually pain and breast engorgement, with a feeling of heat in that part and breast tenderness. It also happens that a woman starts to have a fever.

*The block of the milk ducts* usually occurs when the breast is not completely emptied and the residual milk presses against the milk ducts. A blocked milk duct usually appears as a white or yellowish pimple on the nipple. However, the milk duct does not always have to block at the end. It may also appear as a palpable lump in the breast or edema.

*Mastitis* is the most serious of the all above. It is related to insufficient breast emptying. It can also stand for a bacterial infection that should be quickly recognized and treated. The cause of this may be the wounded skin of the nipple and bacteria spread. It appears through redness and warming of the breast or its part. At the same time, the woman may feel worse and her body temperature increases. Always contact your midwife or a certified lactation consultant if you experience symptoms of mastitis. If the inflammation is acute, antibiotic therapy may be necessary.

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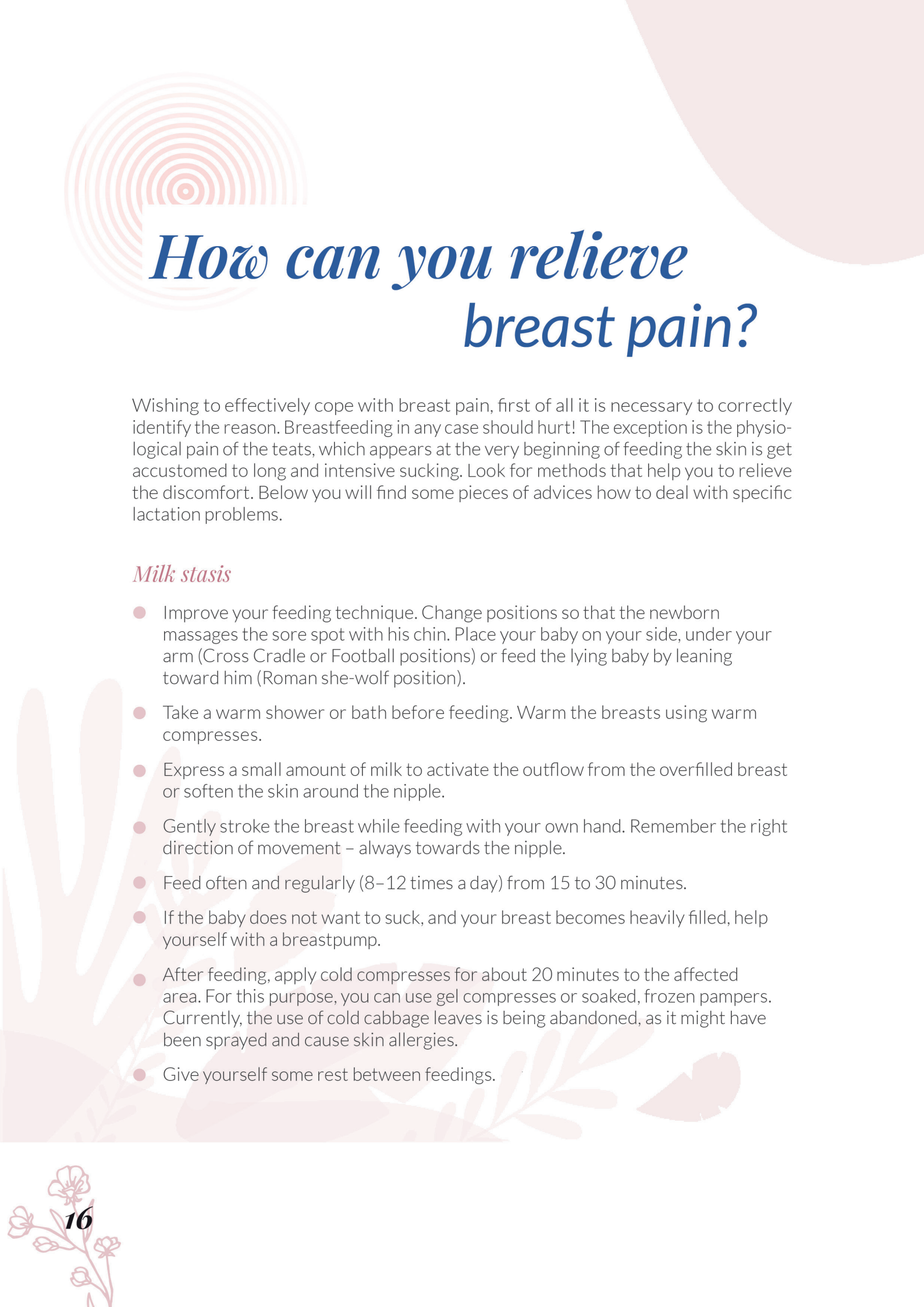


Neno Bella

**OVERABUNDANT MILK SUPPLY!** Overabundant milk supply is a physiological phenomenon that occurs between 2 and 6 days after birth. The minimum percentage of new moms an overabundant milk supply is experiencing faster, and some do not have it at all. Due to the increase in prolactin production, the breasts begin to produce more milk. They become large, heavy, tender and warm, and the skin becomes more taut. There is also a feeling of overfilling and discomfort. It passes, and the lack of overabundant milk supply is not a sign that there is not enough milk.

**I DON'T HAVE MILK!** Low milk supply is often an apparent phenomenon, i.e. moms think that they do not have enough milk in their breasts, when this may not always be the case. They start feeding the baby with modified milk, and this may have a real impact on the reduction of milk production in the breasts. It is worth consulting each such decision with a midwife or a certified lactation advisor, as the lack of milk may only be apparent.





# *How can you relieve breast pain?*

Wishing to effectively cope with breast pain, first of all it is necessary to correctly identify the reason. Breastfeeding in any case should hurt! The exception is the physiological pain of the teats, which appears at the very beginning of feeding the skin is get accustomed to long and intensive sucking. Look for methods that help you to relieve the discomfort. Below you will find some pieces of advices how to deal with specific lactation problems.

## *Milk stasis*

- Improve your feeding technique. Change positions so that the newborn massages the sore spot with his chin. Place your baby on your side, under your arm (Cross Cradle or Football positions) or feed the lying baby by leaning toward him (Roman she-wolf position).
- Take a warm shower or bath before feeding. Warm the breasts using warm compresses.
- Express a small amount of milk to activate the outflow from the overfilled breast or soften the skin around the nipple.
- Gently stroke the breast while feeding with your own hand. Remember the right direction of movement – always towards the nipple.
- Feed often and regularly (8–12 times a day) from 15 to 30 minutes.
- If the baby does not want to suck, and your breast becomes heavily filled, help yourself with a breastpump.
- After feeding, apply cold compresses for about 20 minutes to the affected area. For this purpose, you can use gel compresses or soaked, frozen pampers. Currently, the use of cold cabbage leaves is being abandoned, as it might have been sprayed and cause skin allergies.
- Give yourself some rest between feedings.



### *Block milk ducts*

If you can not empty the breast and the duct becomes blocked (usually a white or yellowish spot appears at the end of the nipple), the gland opening should be cleared.

- As often as possible breastfeed your baby or express milk with a breast pump.
- Place an oil-soaked cotton ball on the nipples.
- As often as possible breastfeed your baby or express milk with a breast pump.
- Take a warm shower.

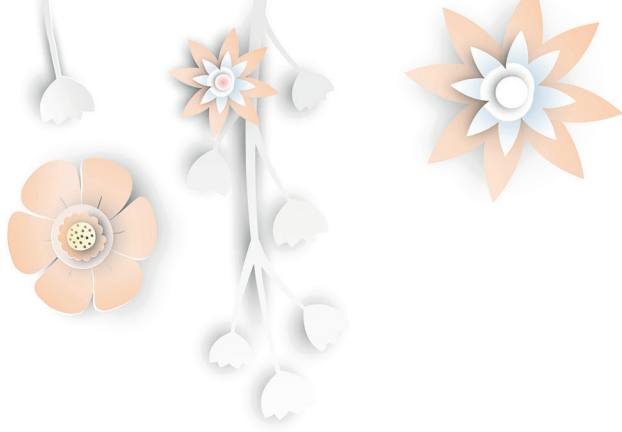
In case of fever or unbearable pain, you can take a non-steroidal antiphlogistic drug (eg, ibuprofen). If you don't feel better, contact your midwife or a certified lactation consultant.

### *Breast mycosis*

Breast mycosis may appear during lactation. It is characterized by burning pain radiating deep into the breasts during breastfeeding. Treatment should be given to both mother and child, as they can infect each other. Child's symptoms are most often treatment-resistant rash and a white covering in the mouth. The baby may reject the breast during feeding due to pain. Take special care and change the bra and breast pads frequently. All teats and teethers that the baby puts in his mouth should be regularly sterilized. Consult a midwife, a certified lactation consultant or a paediatrician if you experience the symptoms described above.

We hope that the above methods will be an ideal support for you in case of difficulties with feeding the baby.





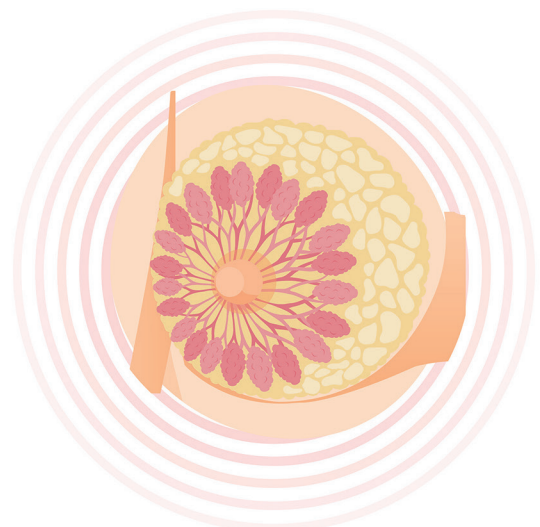
Neno Angelo



## *Mastitis*

The most often it is the result of improper treatment of milk stasis. The milk remaining in the breasts is an excellent culture medium that multiply and create inflammation. How to cope then?

- 1 Feed often starting with the affected breast and long enough to empty the breast
- 2 Apply cold compresses before and after feeding for about 20 minutes, unless you are relieved by a warmer compress.
- 3 Take care of yourself: lie down and rest. Remember to replenish yourself with fluids and eat well.
- 4 If necessary, take a non-steroidal antiphlogistic drug (e.g. ibuprofen). If symptoms persist for several days, consult a midwife or a certified lactation consultant. Antibiotic therapy may be necessary.
- 5 If your newborn refuses to suck on an infected breast because the milk may have changed the taste or the latching on is too painful, express with a breast pump.

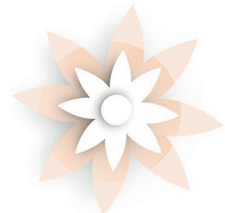
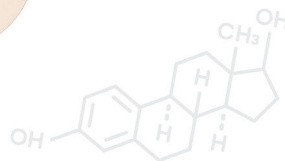
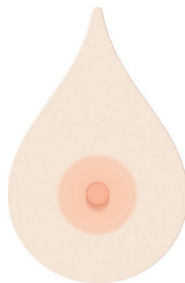
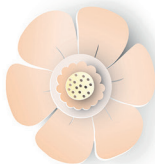
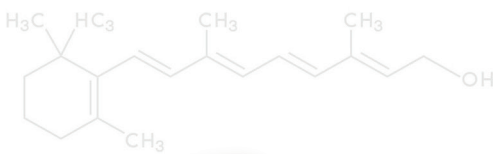


## Overabundant milk supply

If you experience an overabundant milk supply:

- 1 put the baby as often as possible, also „according to the mom`s needs”.
- 2 check if your baby latches on to the breast correctly. If the nipple is still hard and your little one has trouble latching it, express some milk with a breast pump to soften it.
- 3 if after feeding your breasts are still swollen, and the baby is already fed, express a little milk between feedings, but only to feel better,
- 4 if you still feel breast tenderness, apply cold compresses to relieve them.

*We hope that the above methods will be an ideal support for you in case of difficulties with feeding the baby.*





# *The benefits of breastfeeding for mom and for baby*

Breastfeeding has huge benefits, both for you – moms, and for your little ones. The infant during feeding experiences a multi-sensory stimulation: it learns the taste and smell of milk. Your touch and heartbeat make the baby feel safe. By observing the facial expressions of the mother and making eye contact with her, the infant learns to communicate, which is an important part of its development.

Based on scientific research, we would like to present to you the most important medical benefits of breastfeeding.

## *For moms:*

- According to the American Academy of Pediatrics, breastfeeding more than 12 months reduces the risk of developing ovarian cancer by 28%, and breast cancer year by year for about 4.3%.
- The risk of developing type II diabetes is 40 percent lower among breastfeeding women.
- The risk of early menopause has been shown to be reduced by 20% when breastfeeding over 12 months.
- The risk of stroke for women who breastfed for 13 months or more is 26% lower compared to women who did not breastfeed at all.
- Reduced risk of obesity.<sup>4</sup>



<sup>4</sup> Length matters – Report of long breastfeeding in Poland, NutroPharma 2021







### *For child:*

- Studies show that each month of breastfeeding reduces the child's risk of overweight and obesity by 4%.
- Breastfeeding meets our baby's emotional needs.
- Mom's food provides the child's body with many immunoactive components, so it is possible to shape the proper development of the immune system. Studies of milk composition of mothers who fed more than 12 months indicate that the level of lactoferrin — a protein with strong antibacterial, antiviral and immunomodulating properties — is significantly higher having compared to breast milk from 1–12 months and colostrum.
- Breastfeeding 6 months or more reduced the risk of childhood leukemia by 19%.
- Research indicates better behavioral development of breastfed babies and their higher IQ.
- Comparison of the incidence of malocclusion in long-breastfed vs. short-breastfed showed that the longer the baby was fed, the lower the probability of a disorder in the setting of the teeth (reduction by 60%)<sup>5</sup>.

*Remember that if for some reason you have to feed with modified milk, you are still the best mom for your little one!*

<sup>5</sup> Length matters – Report of long breastfeeding in Poland, NutroPharma 2021

# Comparison of Neno breast pumps



Mom's milk is second to none. It's true. Breastfeeding strengthens the natural bond between mom and her baby. That's true, too. However mom is not always around to feed the baby, who needs to be fed even 8–12 times per day. That's why breast pumps were created.

Which one should I choose? – There is no universal product for all women. The choice of the type of breast pump depends on the purposes for which it is to be used. Everything depends on the needs and preferences of the young mother.

Below is a comparison of Neno breast pumps that will help you answer the question „Which breast pump is best for me?“

## *Electric breast pump – what is it?*

A lot of mothers say that breastfeeding is the most pleasant and closest experience they can have throughout their motherhood. Nature has arranged it in such a way that a whole series of hormones control your body to make feeding as smooth as possible. Unfortunately, lactation does not always go smoothly – stress, nerves, external and internal factors can make breast milk too low. Properly selected breast pumps can help.

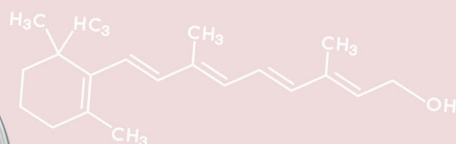
Lactation is a complex process. For you and for the child it is a new experience, so both of you will gradually get used to the new conditions. Like any skill, learning to use a breast pump takes some time. Moms who use breast pumps assure that it is worth your while because it brings a lot of benefits to them and their children.



Neno Mare







Neno Bella Twin



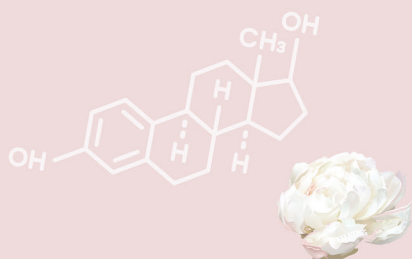
The Neno electric breast pump mimics your baby's natural suckling rhythm and suckling power, being fast and shallow at first, then slowing down and deepening. This is the stimulation and deep expression phase. The system built into the breast pump automatically changes modes, but you can also control them manually on the screen. So you just need to relax and the breast pump will do the job for you.

Depending on the model you choose, they have several stimulation modes and several levels of pumping. You can adjust these settings according to your preferences. Make sure you're comfortable with it. Increase the vacuum until it becomes uncomfortable, then reduce it by a degree. This will guarantee you the best results. Pumping, however, is a matter of practice, so don't be frustrated by expressing just a few drops on the first attempt.

### *Which breast pump should I choose?*

Modern moms choose electronic breast pumps. Why use the manual breast pumps when you can make pumping easier and more enjoyable? Neno breast pumps are recommended by moms due to their quiet work. Sometimes you have to express milk at night and the silent breast pump will not wake up your partner or the baby sleeping next to you.

Neno electronic breast pumps have a battery that allows for 120 minutes work without recharging. This feature is especially appreciated by working moms, the breast pump can be hidden in woman bag and used when it is needed.



Neno Due





## *Neno Angelo – 3-phase electronic single breast pump with LED lamp*

Neno Angelo is our bestseller among single breast pumps. This is the first single electronic breast pump with 3 operating phases, each with 9 levels of stimulation and expression.

**1** *phase* is stimulation and massage that stimulates the milk ducts to work. This is a mode that simulates shallow and fast suction.

**2** *phase* is pumping – deep and slow. The transition from phase 1 to phase 2 is automatic.

**3** *phase* is mixed mode. It imitates a baby's suckling and combines the first two phases. It is used to completely empty the breasts and also to increase lactation. After the entire cycle, the Neno Angelo breast pump turns off automatically.

Neno Angelo is completely wireless – compact size and a battery integrated with the bottle and shield allows you to use it in all conditions. You can use it at night, or wherever you do not want to shine additional light, thanks to its own built-in LED lamp that allows you to control the amount of milk taken.

*The set includes: a pump, a bottle, a bottle top, 2×valves, a membrane, a teat, a breast shield, a breast shield top, an USB-C cable, a manual.*



## *Neno Bella – 2-phase electronic single breast pump*

Neno Bella is the bestseller of 2020. This is an electronic breast pump in a beautiful powder pink color. Unlike the Neno Angelo, the Neno Bella model does not have a battery integrated in the bottle, but the pump of the device is a separate component. Thanks to this, you only hold a bottle with a soft silicone breast shield, and you can put the control device on a table or sofa.

The Neno Bella breast pump works in 2-phase stimulation (6 levels) and pumping (9 levels) modes and automatically switches from one mode to another. You can chill and relax because only then you achieve good pumping results. Don't worry, you won't forget to turn it off, as Neno Bella will automatically turn off after 30 minutes.

*The set includes: a pump, a bottle, a bottle stand, a teat, 2×valves, a membrane, a teat, a breast shield, a breast shield top, an USB-C cable, a manual.*



## *Neno Uno – 2-phase electronic single breast pump*

Neno Uno is often chosen by young moms due to its low weight – only 300 grams, compact size and the lack of additional tubes and wires. The pump and the screen are placed in the bottle top, so all the elements necessary to adjust the suction power and the operation of the breast pump are at one hand.

Like all Neno breast pumps, this model is fully wireless so you can take it with you wherever you go – to the park, to work or on a trip. One charging with the USB plug provides you with up to 2 hours of operation, i.e. 4 full cycles of the breast pump operation.

The wireless design and special construction of the breast pump makes it easy to apply it to the breast and turn it on, and the expressed milk will not go back, so the device helps to keep food fresh and cares about the health of the mother using it.

*The set includes: a pump, a bottle, a bottle stand, a teat, 2×valves, a membrane, a breast shield, a breast shield top, an USB-C cable, a manual.*







## *Double breast pump – a breast pump for active moms*

Double breast milk expressing is more efficient than using only single breast pump. A double breast pump improves lactation and thanks to this you draw 1/5 more milk than with alternate expressing. You do not have to worry if during your absence the child has prepared the right amount of food. You can store the milk in the refrigerator or even freeze it in Neno bags.

## *Neno Camino – 3-phase electronic double breast pump premium*

The *Neno Camino* double wireless electronic breast pump was designed for modern moms who combine professional ambitions with conscious mothering. It is small, light and handy. Thanks to it, you will never feel the unpleasant feeling of excess milk in your breasts – even when traveling, at work or during a walk.

The *Neno Camino* is the perfect gift for a babyshower. Not only because of its functionality, but also a velvety storage bag and an exclusive box that closes with a magnet.

**1** *phase* – massage that stimulates the milk ducts to work. This is a mode that simulates shallow and fast suction. Here are 5 levels of work that you can customize to your needs.

**2** *phase* – pumping – deep and slow. Here are 9 adjustable levels of operation.

**3** *phase* – mixed mode. It imitates a baby's suckling and combines the first two phases. It is used to completely empty the breasts and also to increase lactation. Here are 5 levels of work.

The bottles in the *Neno Camino* lactator are also made of premium material. It is more resistant to damage, absorbs impact energy, does not change color, nor does it absorb odors.

*The set includes: a pump, 2×bottles PREMIUM, 2×bottle tops, 2×bottle stands, 2×teats, 4×valves, 2×membranes, silicone tubing, 2×breast shields, 2×breast shield tops, an USB-C cable, a manual.*

*Camino*







### *Neno Bueno – 2-phase electronic double breast pump premium*

Expressing milk is the perfect solution when you are just going to be away from your baby for a short time. Thanks to it, you can prepare portions of frozen milk in advance, so that the child can be fed by your family member or the babysitter.

Wireless double breast pump Neno Bueno has an advantage over other breast pumps – you can easily change a double breast pump into a single one. You can have a baby on one breast and at the same time expressing milk from the other. The breast pump tubes do not have the traditional cross connection, but each is attached to the pumping device separately. No more tangling with wires and tubes.

The neno Bueno breast pump bottles are made of damage-resistant and BPA-free material (PPSU). Each of them has a capacity of 180 ml.

*The set includes: a pump, 2×bottles PREMIUM, 2×bottle tops, 2×bottle stands, 4×valves, 2×membranes, silicone tubing, 2×breast shields, 2×breast shield tops, an USB-C cable, a manual.*

Bueno



## *Neno Bella Twin – double version of our bestseller*

Our new Neno Bella Twin electronic double breast pump is a refreshed and enlarged bestseller trusted by thousands of mothers – *Neno Bella*.

The *Neno Bella* wireless double breast pump has a subtle rose gold finish, and its pump has been covered with a powder spray with a slightly satin gloss.

**2** *work phases* – stimulation and expression have 6 and 9 power levels, which you can easily adjust on the smart touch screen. After 2 minutes of use, Neno Bella Twin automatically switches from stimulation to pumping, so you don't have to remember anything. Just relax and let Bella Twin do all the work for you.

The breast pump weighs only 733 grams, so you can take it on holidays, on a long journey, or to work.

*Neno Bella Twin* fits all sizes of Neno bottles and also bags for milk freezing. You can express milk directly into them and freeze them ahead.

*The set includes: a pump, 2×bottles, 2×teats, 2×bottle stands, 4×valves, 2×membranes, silicone tubing, 2×breast shields, 2×breast shield tops, an USB-C cable, a manual.*







### *Neno Due – 2-phase electronic double breast pump*

Wireless double electronic breast pump with external touch panel Neno due works in a two-phase system-stimulation and expression. It allows you to express milk from two breasts at the same time, saving your time.

Milk expressed from two breasts over time becomes more nutritious and more caloric than with alternating expressing.

Your device remembers the settings you've used before, so you don't have to set it up every time you use it. You can switch the electronic breast pump between the mode of expressing from one or both breasts. Powered by a built-in battery, the breast pump can be taken on a trip and used even when you don't have a power socket nearby.

*The set includes: a pump, 2×bottles, 2×teats, 2×bottle stands, 4×valves, 2×membranes, silicone tubing, 2×breast shields, 2×breast shield tops, an USB-C cable, a manual.*

### *Neno Mare – wireless double breast pump*

Every mother is different, so in our Neno Mare breast pump we have used universal solutions with the possibility of personalizing the pumping power and massage stimulating lactation. Neno Mare mimics your baby's natural suckling process – first it works fast and light, then deepens the suckling and pumping deeply. The modes switch automatically after a set time, but you can switch them individually at any time. The Neno Mare breast pump will remember your preferences and will turn on in your favorite settings the next time you express your milk.



Neno Mare fits the lifestyle of modern moms. It has a lightweight, compact design and a USB rechargeable battery. This makes it possible to express milk anytime, anywhere, without sacrificing comfort. The tubes can be attached to the battery separately, so you can use a double or single breast pump – depending on your needs.

*The set includes: a pump, USB-C cable, bottle, bottle cap, 2×funnel lid, 21 mm funnel, 24 mm funnel, set with nipple, bottle cap, 2×valve, 2 ×food storage bag, connector for lactator, user manual.*





| Electronic single breast pumps |                                                                                                                                                                |                                                                                                                                                              |                                                                                                                                                                | Electronic double breast pumps                                                                                                                                                           |                                                                                                                                                                                                          |                                                                                                                                                                                                                                     |                                                                                                                                                                                              |                                                                                                                                                                                                                            |
|--------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| MODEL                          |                                                                               |                                                                             |                                                                               |                                                                                                         |                                                                                                                         |                                                                                                                                                  |                                                                                                           |                                                                                                                                         |
| Amount of phases               | 2                                                                                                                                                              | 3                                                                                                                                                            | 2                                                                                                                                                              | 2                                                                                                                                                                                        | 3                                                                                                                                                                                                        | 2                                                                                                                                                                                                                                   | 2                                                                                                                                                                                            | 2                                                                                                                                                                                                                          |
| Amount of stimulation phases   | 6                                                                                                                                                              | 9                                                                                                                                                            | 6                                                                                                                                                              | 5                                                                                                                                                                                        | 5                                                                                                                                                                                                        | 5                                                                                                                                                                                                                                   | 6                                                                                                                                                                                            | 6                                                                                                                                                                                                                          |
| Amount of expresion phases     | 9                                                                                                                                                              | 9                                                                                                                                                            | 9                                                                                                                                                              | 9                                                                                                                                                                                        | 9                                                                                                                                                                                                        | 9                                                                                                                                                                                                                                   | 9                                                                                                                                                                                            | 9                                                                                                                                                                                                                          |
| Amount of mixed phases         | –                                                                                                                                                              | 9                                                                                                                                                            | –                                                                                                                                                              | –                                                                                                                                                                                        | 5                                                                                                                                                                                                        | –                                                                                                                                                                                                                                   | –                                                                                                                                                                                            | –                                                                                                                                                                                                                          |
| Operating time                 | 2h                                                                                                                                                             | 2h                                                                                                                                                           | 2h                                                                                                                                                             | 2h                                                                                                                                                                                       | 2h                                                                                                                                                                                                       | 2h                                                                                                                                                                                                                                  | 2h                                                                                                                                                                                           | 2h                                                                                                                                                                                                                         |
| Automatic shut off             | 30 min                                                                                                                                                         | 30 min                                                                                                                                                       | 30 min                                                                                                                                                         | 30 min                                                                                                                                                                                   | 30 min                                                                                                                                                                                                   | 30 min                                                                                                                                                                                                                              | 30 min                                                                                                                                                                                       | 30 min                                                                                                                                                                                                                     |
| Charging time                  | 120 min                                                                                                                                                        | 120 min                                                                                                                                                      | 120 min                                                                                                                                                        | 120 min                                                                                                                                                                                  | 120 min                                                                                                                                                                                                  | 120 min                                                                                                                                                                                                                             | 120 min                                                                                                                                                                                      | 120 min                                                                                                                                                                                                                    |
| Charging slot                  | USB-C                                                                                                                                                          | USB-C                                                                                                                                                        | USB-C                                                                                                                                                          | USB-C                                                                                                                                                                                    | USB-C                                                                                                                                                                                                    | USB-C                                                                                                                                                                                                                               | USB-C                                                                                                                                                                                        | USB-C                                                                                                                                                                                                                      |
| Battery capacity & type        | Li-ion 3.7V<br>1400 mAh                                                                                                                                        | Li-ion 3.7V<br>1400 mAh                                                                                                                                      | Li-ion 3.7V<br>1400 mAh                                                                                                                                        | Li-ion 3.7V<br>2000 mAh                                                                                                                                                                  | Li-ion 3.7V<br>1400 mAh                                                                                                                                                                                  | Li-ion 3.7V<br>2000 mAh                                                                                                                                                                                                             | Li-ion 3.7V<br>1400 mAh                                                                                                                                                                      | Li-ion 3.7V<br>2000 mAh                                                                                                                                                                                                    |
| Cross connector                | –                                                                                                                                                              | –                                                                                                                                                            | –                                                                                                                                                              | ×                                                                                                                                                                                        | ✓                                                                                                                                                                                                        | ×                                                                                                                                                                                                                                   | ✓                                                                                                                                                                                            | ×                                                                                                                                                                                                                          |
| Amount of pump entry           | –                                                                                                                                                              | –                                                                                                                                                            | 1                                                                                                                                                              | 2                                                                                                                                                                                        | 1                                                                                                                                                                                                        | 2                                                                                                                                                                                                                                   | 1                                                                                                                                                                                            | 2                                                                                                                                                                                                                          |
| Weight                         | 300 g                                                                                                                                                          | 392 g                                                                                                                                                        | 417 g                                                                                                                                                          | 785 g                                                                                                                                                                                    | 706 g                                                                                                                                                                                                    | 790 g                                                                                                                                                                                                                               | 733 g                                                                                                                                                                                        | 748 g                                                                                                                                                                                                                      |
| Bottles                        | 150 ml<br>PP BPA FREE<br>material                                                                                                                              | 180 ml<br>PP BPA FREE<br>material                                                                                                                            | 150 ml<br>PP BPA FREE<br>material                                                                                                                              | 150 ml<br>PP BPA FREE<br>material                                                                                                                                                        | 180 ml<br>PP BPA FREE<br>material                                                                                                                                                                        | 180 ml<br>PP BPA FREE<br>material                                                                                                                                                                                                   | 150 ml<br>PP BPA FREE<br>material                                                                                                                                                            | 150 ml<br>PP BPA FREE<br>material                                                                                                                                                                                          |
| Extra valve                    | ✓                                                                                                                                                              | ✓                                                                                                                                                            | ✓                                                                                                                                                              | ✓                                                                                                                                                                                        | ✓                                                                                                                                                                                                        | ✓                                                                                                                                                                                                                                   | ✓                                                                                                                                                                                            | ✓                                                                                                                                                                                                                          |
| Extra cap                      | ×                                                                                                                                                              | ✓                                                                                                                                                            | ×                                                                                                                                                              | ×                                                                                                                                                                                        | ×                                                                                                                                                                                                        | ✓                                                                                                                                                                                                                                   | ×                                                                                                                                                                                            | ✓                                                                                                                                                                                                                          |
| Storage bags                   | ×                                                                                                                                                              | ×                                                                                                                                                            | plastic case                                                                                                                                                   | ×                                                                                                                                                                                        | ✓                                                                                                                                                                                                        | ✓                                                                                                                                                                                                                                   | ×                                                                                                                                                                                            | ×                                                                                                                                                                                                                          |
| In set                         | pump,<br>bottle for milk,<br>bottle stand,<br>2 valves,<br>suction bowl,<br>teat,<br>breast shield,<br>breast shields<br>cover,<br>USB-C cable,<br>user manual | pump,<br>bottle for milk,<br>bottle cap,<br>2 valves,<br>suction bowl,<br>teat,<br>breast shield,<br>breast shields<br>cover,<br>USB-C cable,<br>user manual | pump,<br>bottle for milk,<br>bottle stand,<br>2 valves,<br>suction bowl,<br>teat,<br>breast shield,<br>breast shields<br>cover,<br>USB-C cable,<br>user manual | pump,<br>2 bottles for<br>milk,<br>2 bottle stands,<br>4 valves,<br>2 suction<br>bowls,<br>2 teats,<br>breast shield,<br>breast shields<br>cover,<br>2 silicone<br>tubes,<br>user manual | pump,<br>2 bottles<br>PREMIUM,<br>2 bottle stands, 2<br>bottles caps,<br>4 valves,<br>2 suction bowls,<br>2 teats,<br>2 breast shields,<br>2 breast shields<br>covers,<br>silicone tubes,<br>user manual | pump,<br>2 bottles<br>PREMIUM,<br>2 bottle stands,<br>2 bottles caps,<br>4 valves,<br>2 suction<br>bowls,<br>2 teats,<br>2 breast<br>shields,<br>2 breast shields<br>covers,<br>2 silicone<br>tubes,<br>USB-C cable,<br>user manual | pump,<br>2 bottles for milk,<br>2 bottle stands,<br>4 valves,<br>2 suction bowls,<br>2 teats,<br>breast shield,<br>breast shields cover,<br>2 silicone tubes,<br>USB-C cable,<br>user manual | pump,<br>2 bottles<br>for milk,<br>2 bottle stands,<br>2 bottles caps,<br>4 valves,<br>2 suction<br>bowls,<br>2 teats,<br>breast shield<br>breast shields<br>cover,<br>2 silicone<br>tubes,<br>USB-C cable,<br>user manual |

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