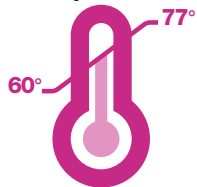


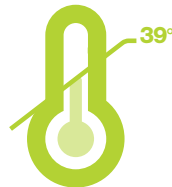
Freshly Expressed Breast Milk Storage Guidelines (For Healthy Term Babies)

Room Temperature



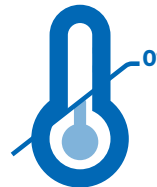
*Up to 4 hours at
60-77°F (16-25°C)

Refrigerator



*Up to 3 days at
39°F (4°C) or colder

Freezer



*Up to 6 months at
0°F (-18°C) or colder

Breast Milk Thawed in the Refrigerator

At room temperature: Up to 2 hours | Refrigerator: Up to 24 hours

DO NOT REFREEZE

*For more details, visit:

www.BreastMilkGuidelines.com

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