Medela breast pumps with Flex™ technology
A whole new pumping experience personalised to you
The PersonalFit Flex™ breast shield

The new PersonalFit Flex™ breast shield was developed with the help of a team of research scientists and breastfeeding mums. It’s designed to easily adapt to your shape, and encourages your milk flow by helping prevent compression of the milk ducts. This makes it easier for every mum to find the pumping position that’s most comfortable for her. The result? More comfortable, more efficient expression, shaped around you.

Every mum is different, from the shape of her breasts and nipples to the demands of her lifestyle. Our new Flex™ technology breast pumps are the first designed to adapt to fit your shape for more efficient, comfortable expression.

**Medela Flex™ technology breast pumps**

A whole new pumping experience, personalised to you
2-Phase Expression® technology
When your baby feeds at the breast, he sucks quickly at first to start the milk flow, then more slowly to feed. Medela 2-Phase Expression® technology mimics these instinctive rhythms for a more natural-feeling and comfortable pumping experience.

Double pumping
Research shows that the unique combination of double pumping with Medela 2-Phase Expression® technology delivers more milk, with a higher energy content, in less time than it takes to single express two bottles.

More milk and comfort, as tested with mums
Our research scientists tested the PersonalFit Flex™ breast shield in four clinical studies with breastfeeding mums. Across more than 1,000 pumping sessions, they proved it delivered more comfort and efficiency. Like every Medela product, our Flex™ breast pumps are designed to make breastfeeding easier, so you can feed your baby with your amazing milk for longer.

Mother’s milk is amazing. It’s the best start in life your baby can have. Medela has been working with researchers in breast milk for more than 50 years. We’re here to support every breast milk-feeding mother with our knowledge, expertise and unique range of products, including our Swiss-made breast pumps, the trusted choice of healthcare professionals worldwide.
### The Flex™ technology breast pump range

<table>
<thead>
<tr>
<th>Type of pump</th>
<th>Swing Flex™</th>
<th>Swing Maxi Flex™</th>
<th>Freestyle Flex™</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Recommended usage</strong></td>
<td>Single electric</td>
<td>Double electric</td>
<td>Double electric</td>
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<tr>
<td>Occasional</td>
<td>Daily</td>
<td>Daily</td>
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<tr>
<td><strong>Easy-to-use and comfortable</strong></td>
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<tr>
<td><strong>PersonalFit Flex™ shield</strong></td>
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<tr>
<td><strong>Adjustable vacuum strength</strong></td>
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<tr>
<td><strong>Vacuum range</strong></td>
<td>–45mmHg to –245mmHg</td>
<td>–45mmHg to –245mmHg</td>
<td>–45mmHg to –245mmHg</td>
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<tr>
<td><strong>2-Phase Expression®</strong></td>
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<tr>
<td><strong>Overflow protection (closed system)</strong></td>
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<td><strong>BPA free</strong></td>
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<tr>
<td><strong>Connects to MyMedela app</strong></td>
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<tr>
<td><strong>Backlit display showing session timer, battery status, vacuum level, bluetooth connection etc.</strong></td>
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<tr>
<td><strong>USB charger</strong></td>
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<tr>
<td><strong>Battery operated</strong></td>
<td>Up to 1 hour (battery not included)</td>
<td>Up to 1 hour (battery not included)</td>
<td>Up to 8 double pumping session build-in rechargeable battery</td>
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<tr>
<td><strong>All-in-one solution for storing, cooling and transporting expressed milk</strong></td>
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<td>Cooling bag, storage bottles and carry bag</td>
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<tr>
<td><strong>Weight</strong></td>
<td>200g w/o batteries</td>
<td>220g w/o batteries</td>
<td>&gt;300g incl. rechargeable battery</td>
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<tr>
<td>12x13x5.7cm</td>
<td>12x13x5.7cm</td>
<td>14.8x6.6x4.6cm</td>
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</tbody>
</table>

*Clinical studies, PersonalFit Flex compared to PersonalFit data on file (NCT02496429, NCT02492139, NCT02719548, NCT03091985)

You can find more help and advice about breast milk feeding and Medela’s pumps and other products at [www.medela.com/flex](http://www.medela.com/flex)

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