"chemists often come up with wonderful models and reactions but translating those into a biomedical environment can be very difficult," says Kraatz.

The rest would be such a small amount in your system within a few hours after taking, your milk would have very little in it. The level of efficiency is also a factor that poses an impact to your choice.

**Scitec Nutrition Creadast**

Just keep in mind that every drop of breast milk that your baby gets is a gift and will help them start on a good healthy jump start to life.