



# How Can Caffeine Affect Your Breastfeeding Journey ?

High caffeine consumption by mothers may lead to caffeine accumulation in nursing babies, potentially causing irritability or colic in sensitive infants.



Babies cannot effectively eliminate caffeine from their bodies, leading to symptoms such as jitteriness, insomnia, and constipation.

Caffeine is a diuretic and can cause dehydration in nursing mothers.



Chronic caffeine intake by a nursing mother may reduce the iron content in her milk.

Caffeine consumption may inhibit the let-down reflex in nursing mothers with nipple vasospasm.

