

Relacto

Get Your Nourishing Meals For Lactation & Recovery



All pictures shown are for illustration purposes only.

Why Mothers Choose *Relacto*



Supports Lactation & Boosts Recovery

Curated with mother's benefits and baby's growth in mind

Meals available in variations for lactation, post-surgery recovery, and non-beef eaters!



Menu Planned by Dietitian

Ensuring a nutritious and well-balanced diet for you



Huge Variety with Daily Lactation Drinks

Over 100 fusion and Chinese dishes with different lactation drinks daily

What You'll Enjoy in *Every Meal*



Lactation Drink



Nourishing Soup



Vegetable Dish



Meat/Seafood Dish



Staple of the Day



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Menu Highlights



OUR LACTATION DISHES

...and more!

Our dishes contain lactogenic ingredients that are traditionally believed to support milk supply, including fennel, fenugreek, green papaya and more!



Thai Style Steamed Fish

✓ **Garlic** ✓ **Fennel**



Fenugreek Fish Soup

✓ **Fenugreek** ✓ **Papaya**



Braised Chicken with Ginger and Coriander Sauce

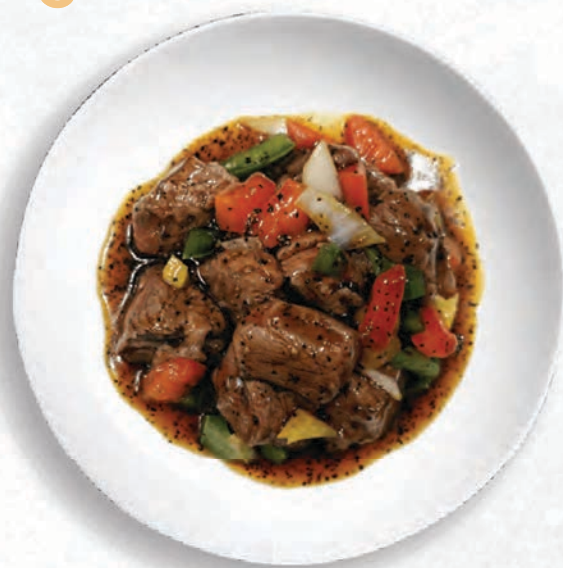
✓ **Ginger**



OUR RECOVERY DISHES

...and more!

We include ingredients that contain protein, vitamin A, vitamin C, iron, and zinc to support your wound healing.



Black Pepper Wagyu Beef

✓ **Contains Iron, Protein, Vitamin B Complex & Vitamin C**



Red Amaranth Soup with Egg White and Pork Strips

✓ **High in Protein & Vitamin A**



Roasted Pumpkin and Chickpeas in Lemon Dressing

✓ **Contains Vitamin A, Vitamin C, and Iron**



OUR LACTATION DRINKS

...and more!

Included in every meal, different drinks daily!



Roselle Black Dates Drink
洛神花黑枣饮料



Black Bean Black Sesame Drink
黑豆黑芝麻饮料



Lemongrass Fenugreek Drink
香茅葫芦巴饮料

Disclaimer: All pictures shown are for illustration purposes only. We strongly value the opinions of medical doctors and other professional experts. Hence, if you have long-term medical conditions, please check with your doctor on whether you should make any diet changes before consuming meals from ReLacto.

Award-winning Service Trusted by **3,000+** Mothers and Counting

H Ru Mah

“Relacto really helps me to have a **well balanced** diet and **helps in milk production** with the well planned meals.”



May Teo

“**Nice food + wonderful services!**...My **milk flow really increased** and feel the food is **more nutrients** as daily meal!”



Erica Tan

“**Tasty meals** with the added benefit of helping to **increase milk supply**”



Sign Up and Get Exclusive Freebies*



Free Hot Box Electric Food Steamer with Purchase of 28 Days Double Package



Free Baby Hand or Foot Casting Worth \$50 for Baby aged 5 months and below



Min. \$400 OFF Ruhens Water Purifiers + Free 2 x PuriClean Washer Capsules Worth \$37.80

*For in-store purchase only



\$50 OFF Newborn Photoshoot Package



Free Eco Pacific Services worth \$240



20% OFF Newborn Swimming Class



10% OFF Breastmilk Freeze Drying Service

*For 5L and above



\$130 OFF Bbyeol's Solaris UVC Sterilizer + Free Polaris Mini UV Sterilizer Worth \$129

*For in-store purchase only

*Terms and conditions apply.

Book Your Nutritious Meals Today!



(+65) 6360 1000



Hotline Hours:

Monday - Sunday: 10 AM - 7 PM



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