

# Relacto

## Get Your Nourishing Meals For Lactation & Recovery



All pictures shown are for illustration purposes only.



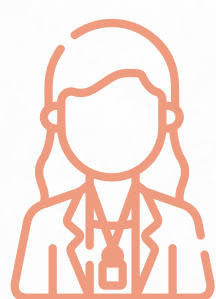
# Why Mothers Choose *Relacto*



## Supports Lactation & Boosts Recovery

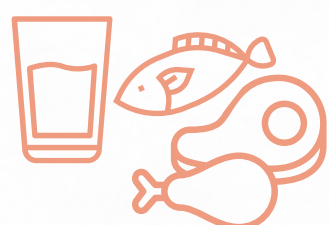
Curated with mother's benefits and baby's growth in mind

*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



\$60 OFF Baby Sleep Consultation & Free E-Book by Certified Sleep Consultant



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

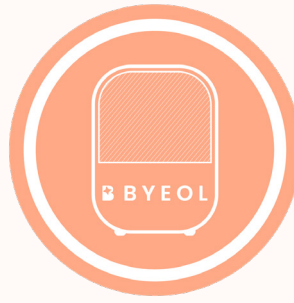


20% OFF Newborn Swimming Class



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!



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Hotline Hours:  
Monday - Sunday: 10 AM - 7 PM



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