

Do not exceed the recommended intake. Not suitable for infants under 1 month of age unless under medical supervision or recommendation or for infants consuming 500ml or more of formula milks per day. A food supplement is not a substitute for a varied diet and healthy lifestyle.

Colief® Mum To Be Moisturising Cream

A rich blend of plant oils and essential vitamins developed especially to nourish and care for your skin during pregnancy, and then later support your body as it recovers. Helps prevent the appearance of stretch marks, rehydrates and nourishes the skin.

The gentle, hypoallergenic formula is paraben free and is packed full of pro-vitamin B5, almond, avocado, evening primrose and grape seed oils, as well as vitamin E and soothing calendula.

Its rich and nourishing formula also protects from itchy, dry skin that easily turns many pregnancies into a marathon endurance test. You can also use it in the important post-natal months to support your recovery.

Apply liberally and gently massage into the abdomen, hips, thighs and buttocks after bathing the skin. For best results it is recommended to repeat the treatment several times daily especially during the later stage of pregnancy and following birth.

Become part of our community

Head on over to our Facebook page; you'll find lots of beautiful baby photos and heart-warming stories shared by the mums and dads of our community. We also have lots of exciting competitions and giveaways for you to get involved in!

www.facebook.com/ColiefCare



Mums know to call on Colief®

For help and advice, call the **Colief® Infant Drops helpline**

Ireland **(1800) 522 8243**

UK **(0800) 028 1187**

or visit **www.colief.com**

Colief® is the registered trademark of Crosscare Ltd., Dublin 24, Ireland.

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Excessive crying?

Help ease colic discomfort the natural way

Colic is extremely common, affecting between one and three out of ten babies, often causing excessive and inconsolable crying when your baby appears to be otherwise perfectly healthy. Although colic is temporary and doesn't cause any harm to your baby, it can last until they are 3-4 months old, which can be exhausting and distressing for parents.

Symptoms of colic



3+ hours of crying



Drawing up of the knees



Arched back



Flushed cheeks



Inconsolable

Colief® Infant Drops is clinically proven to reduce colicky symptoms associated with temporary lactose intolerance. This is when some babies are temporarily unable to fully break down lactose, a complex sugar which is found in both breast and formula milk, causing wind, bloating and discomfort. The lactase in Colief® Infant Drops is a natural enzyme which breaks down the lactose in the milk by up to 70 percent, aiding digestion and helps reduce the hours of crying.

Colief® Infant Drops are:

- Safe from birth
- 100% natural
- Clinically proven
- Effective with both breast and formula milk
- Gentle to wean off

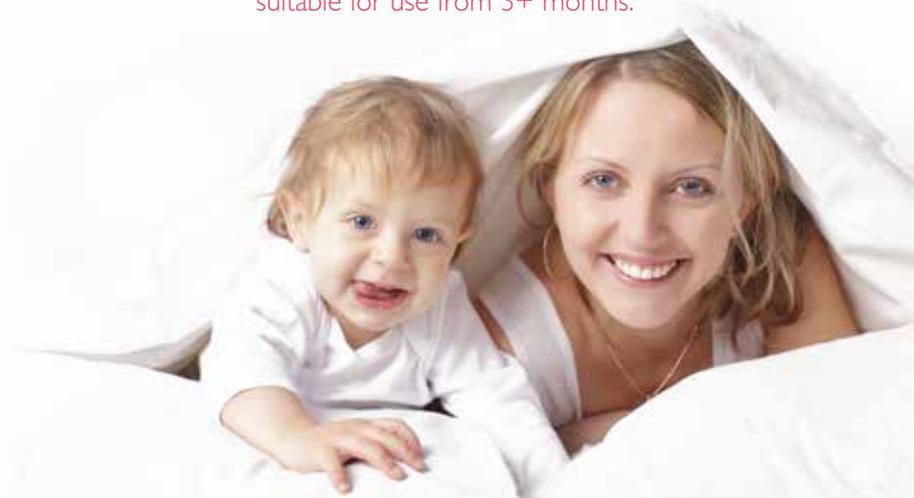
What Mums are saying about Colief® Infant Drops

“Happy baby again. My son started being colicky last week and I was so upset. Ladies on Facebook recommended Colief, so I bought it and could see improvement straight away, amazing stuff”

“The only thing that worked for us was a combination of anticolic bottles Colief (Infant Drops), and having our baby girl's head lightly raised instead of laying flat e.g. in a bouncer etc”

Treat it gently with Colief® Baby Scalp Oil

Colief® Baby Scalp Oil is a soothing, nourishing oil made from naturally derived ingredients. Simply massage into the baby's skin or scalp and the nourishing natural plant oils help moisturise and soothe dry skin and scalp. Colief® Baby Scalp Oil is made with nourishing, gentle ingredients and is suitable for use from 3+ months.



Colief® Baby Scalp Oil contains:

- **Rosehip Oil** – A light moisturiser containing essential fatty acids Omega 3 and Omega 6, which is thought to help hydrate the skin.
- **Chamomile** – Renowned for its calming and healing properties, chamomile has been used as a natural anti-inflammatory since ancient times.
- **Vitamin E** – A natural antioxidant, thought to help repair and protect the skin.

What Mums are saying about Colief® Baby Scalp Oil

“I tried the Colief Baby Scalp Oil out on my daughter's head and her cradle cap is nearly gone after a few days. She had quite a lot and now her scalp is nearly all clear. It's definitely the best thing I have tried”

“Fantastic product that really works and not just on the scalp! It also works on patches of dry and rough skin, not just on baby.. But mummy too! Xx”

Colief® Vitamin D3 Drops

Vitamin D can be absorbed via food intake or can be formed in the skin under the influence of sunlight. Nevertheless, a deficiency is possible and in many cases a supplement of vitamin D is required.

Colief Vitamin D3 Drops 20ml contains 600 Drops (2µg (80IU) per drop) and does not contain flavourings, added sugar, preservatives or colours. Colief® Vitamin D3 Drops can be mixed with food or a drink. The drops can also be given directly by mouth. Each 20ml bottle provides 5 Months Supply Infants/Children and 4 Months Supply Pregnant/Breast Feeding Mums.