

Improve the digestive health of both the mother and the baby





Enhance the immunity of both mother and the breastfed baby

Reduce the risk of urinary tract infections





Manage and treat nausea

Lower anxiety and stress, thus improving mood and cognitive function





Assist in weight loss and belly fat reduction

Promote healthy heart





Reduce inflammations



Source: https://www.momjunction.com/articles/health-benefits-of-probiotics-during-breastfeeding_00117133/