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Breast Milk Proteins - Allergy Risk

Our immune system is responsible for filtering everything we come into contact with – from food, to dust particles, to bacteria. When our immune system spots something it thinks may be harmful, it decides whether to launch a reaction against it. If it does, this is known as an allergic reaction or allergy.

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Thursday, March 3rd, 2016

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It has been long recognised that foreign proteins found in foods may cause allergic reactions. From the introduction of solids until three years of age.

Another great benefit of breast milk is that it has a low allergenic potential. This means that our bodies have a natural ability to recognise breast milk protein as harmless and as such avoids triggering an allergic reaction against it.

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