

Freestyle Flex™ double electric breast pump

Compact and light, easy to carry and fits in the palm of your hand

Built-in USB-chargeable battery for pumping anywhere you are

Multifunctional interface with intuitive touchscreen controls

Connects to MyMedela app to monitor your pumping progress

PersonalFit Flex™ breast shields for your comfort and increased milk flow²

Freestyle Flex™



Download the MyMedela app from the App Store or on Google Play

Visit [medela.com/breastfeeding](https://www.medela.com/breastfeeding)

for more information about the **Freestyle Flex™ double electric breast pump**, as well as our range of breastfeeding essentials, pumping accessories and intimate apparel. You'll also find expert advice to support you through your breastfeeding and pumping journey.

References: 1 Prime DK et al. Breastfeed Med. 2012; 7(2):100–106. 2 Prime DK et al. 6th ABM Europe Conference, Rotterdam, NL; 2018.

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NEW

Freestyle Flex™

The flexibility to pump any time, anywhere

Freestyle Flex™ is a breast pump designed to fit into your life: its light, compact design and USB-chargeable battery give you the flexibility to express wherever and whenever you like, with no compromise on pumping performance.

Intuitive multifunctional interface with:

- Count-up timer
- Delay start & pause functions
- Pumping setting & battery charge indicators

USB cable port for powering up anywhere you are*

Compact design fits easily into your palm, pocket, or bag, and weighs under 300 g (10 oz)



Detachable lanyard loops round your wrist to keep breast pump secure

Built-in rechargeable battery lasts up to eight double pumping sessions – no need to search for an outlet

Get connected



Freestyle Flex™ connects to the **MyMedela app**, to give you additional support and encouragement. You can use the app to track and log your pumping sessions, and create a personalised profile tailored to you, your baby, and your feeding choices.



Research-based technology

Freestyle Flex™ also benefits from Medela's research into pumping technology, tested by scientists with the help of breastfeeding mums.



Double pumping with Freestyle Flex™ yields more milk in less time than pumping from each breast in turn.¹



2-Phase Expression® technology mimics babies' natural sucking rhythm – faster at first to stimulate milk flow, then slower to feed – for more comfortable and efficient pumping.



PersonalFit Flex™ breast shields can be adapted to fit your shape for individual comfort and increased milk flow.²



Overflow protection (a closed system) prevents your breast milk from entering the tubing and motor.

*Only use the power adapter and cable that come with the breast pump