







Vital Milk's 100% insurance- covered models	Spectra® S2+ 	Spectra® 9+ 	Unimom® Minuet 	Unimom® Zomee Z2 w/Travel Bundle 	Ameda® Mya Joy Plus w/Deluxe Tote 	Medela® Pump In Style Max Flow 
MODEL	MM0113050	MM011343	Minuet LCD	Z2	132A06	101041360
Adjustable Speed & Suction Control	Speed and Suction can be adjusted separately	Speed and Suction are adjusted together	Speed and Suction are adjusted together	Speed and Suction can be adjusted separately	Speed and Suction can be adjusted separately	Speed and Suction are adjusted together
Pump Weight	2.5 lbs	.9 lbs	.5 lb	1 lb	1.1 lbs	1.18 lbs
Motor Warranty	2 year	2 year	2 year	2 year	2 year	1 year
Rechargeable	<u>NO</u> AC Adapter only	YES Internal Rechargeable Battery	YES Internal Rechargeable Battery	YES Internal Rechargeable Battery	YES Internal Rechargeable Battery	<u>NO</u> Separate AA Battery Pack (8 AAs not included)
FREE Extras				(1) Large Tote Bag (1) Cooler Bag (2) Ice packs (4) 4oz bottles	(1) Large Tote Bag (1) Cooler Bag (3) Ice packs (6) 4oz bottles (50) Milk collection bags (2) adapters to pump directly into storage bags	
Flange Sizes Included	24mm, 28mm	24mm	24mm, 27mm	24mm, 28mm	25mm, 28.5mm	24mm

	Spectra S2+	Spectra 9+	Unimom Minuet LCD	Unimom Zomee Z2	Ameda Mya Joy Plus	Medela Pump In Style MaxFlow	Medela Pump In Style Starter Set
Vacuum/Suction Strength STIMULATION PHASE	Approx. 50-280 mmHg	Approx. 50-240 mmHg	Approx. 80-300mmHg	Approx. 40-100mmHg	Approx. 40-150 mmHg	Approx. 50-295 mmHg	Approx. 50-250 mmHg
Speed/Cycles per Minute STIMULATION PHASE	Approx. 70 cpm	Approx. 70 cpm	Approx. 23-120 cpm	Approx. 95-200 cpm	Approx. 60 cpm	Approx. 120 cpm	Approx. 120 cpm
Vacuum/Suction Strength EXPRESSION PHASE	Approx. 50-280 mmHg	Approx. 50-260 mmHg	Approx. 80-300 mmHg	Approx. 85-260 mmHg	Approx. 50-280 mmHg	Approx. 50-240 mmHg	Approx. 50-250 mmHg
Speed/Cycles Per Minute EXPRESSION PHASE	Approx. 38-54 cpm	Approx. 46 cpm	Approx. 13-60 cpm	Approx. 20-115 cpm	Approx. 30-50 cpm	Approx. 54-78 cpm	Approx. 54-78 cpm

YOU CAN MAXIMIZE YOUR MILK OUTPUT AND HELP YOUR BODY ACHIEVE MULTIPLE “LET DOWNS” BY SIMPLY KNOWING HOW TO USE YOUR PUMP’S SETTINGS

BEGIN PUMPING in STIMULATION PHASE/MASSAGE MODE

The high speed mimics a baby’s rapid sucking motion to get milk flowing at the breast.

STIMULATION PHASE/MASSAGE MODE = HIGHEST SPEED SETTING & ADJUST SUCTION STRENGTH BASED ON YOUR LEVEL OF COMFORT

SWITCH to EXPRESSION PHASE when your milk ejection reflex or “let down” occurs. This slower speed mimics the baby’s pause to swallow while at the breast in addition to simulating a baby’s deeper sucking in order to produce the most milk flow.

EXPRESSION PHASE = SLOWER SPEED SETTING & ADJUST SUCTION STRENGTH BASED ON YOUR LEVEL OF COMFORT

REPEAT THIS CYCLE: INCREASE AND DECREASE YOUR BREAST PUMP’S SPEED TO TRIGGER MULTIPLE LET DOWNS

Please keep in mind that double pumping generally results in better pumping output and is better for maintaining milk supply. Also, please note that using the highest suction can cause discomfort and inhibit milk flow.