



What a Lactating Cow Really Needs to Keep Milk Flowing

Description

A **lactating cow** is a cow that has recently calved and is producing milk to feed her calf or for dairy production. During this period, her body requires high amounts of nutrients and energy to sustain milk production, recover from calving, and prepare for the next reproductive cycle.

To achieve **high and consistent milk yield**, it's important to focus on what truly matters in her daily diet and management.

1. Balanced Energy and Protein Intake

A lactating cow uses a large portion of her energy for milk production. Feed her a diet rich in **carbohydrates** (for energy) and **protein** (for milk solids). Feeds such as maize silage, hay, and quality dairy meal should form the foundation of her daily ration.

2. Clean and Constant Water Supply

Milk is about **87% water**, meaning dehydration can cause a sudden drop in milk yield. Provide clean, fresh water at all times, ideally allowing her to drink after every feeding session.

3. Mineral and Vitamin Supplements

Deficiencies in calcium, phosphorus, or trace minerals can affect both milk quality and the cow's health. Always ensure she gets enough **minerals and vitamins** through mineral blocks or formulated mineral mixes to maintain her body functions and prevent metabolic diseases.

4. Proper Rest and Comfortable Environment

Resting promotes better rumination and milk letdown. Keep the shed dry, well-bedded, and well-ventilated to reduce stress and infections.

5. Use of **Booster+Â®** for Peak Performance

For even better results, give your cow **Booster+Â®** for **18 days**.

It helps:

- â? Improve metabolism (how the body uses food and energy)
- â? Add more protein and energy to her diet
- â? Increase milk production
- â? Help cows come on heat at the right time
- â? Improve body condition and recovery after calving

With **Booster+Â®**, your lactating cow stays strong, productive, and in excellent body conditionâ??ensuring a consistent milk flow and healthy reproductive cycle.

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Tags

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