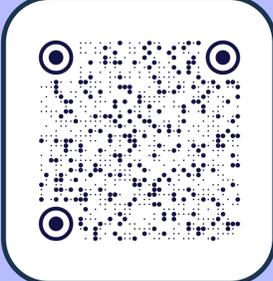


Always use the oldest milk first. Customize storage durations in the Cubtale app to match your pediatrician's recommendation.

Storage Location	Max Temperature	Freshly Pumped Milk	Thawed Milk
■ Room Temperature	Up to 77°F (25°C)	Up to 4 hours (use promptly)	1–2 hours only
□ Refrigerator	39°F (4°C) or colder	Up to 4 days (best within 3)	Up to 24 hours (do not refreeze)
■ Freezer (combo fridge)	0°F (-18°C) or below	Up to 6 months (best within 3 mos)	Do not refreeze
■ Deep Freezer (standalone)	-4 °F (-20°C)	Up to 12 months (best within 6 mos)	Do not refreeze



Scan to track your milk automatically

Free · iOS & Android

- Get expiration reminders
- View milk inventory
- Track feeds, pump, breastmilk

Important: Always use the oldest milk first (FIFO). Never microwave breast milk. Thawed milk should never be refrozen. For premature infants or babies with health conditions, follow your pediatrician's specific storage guidance.