



Lebenswert Stage 2 Organic Follow-on Infant Milk Formula (500g)

Age: 6+ Months

PREPARATION



Preparation for all powdered formulas (also consistent with United States, FDA guidelines):

1. Boil water freshly before each meal and allow to cool down to about 50°C (122° F) before mixing with formula.
2. Fill the clean and sterilized bottle with about half of the desired amount of water (see feeding chart below).
3. Fill the measuring scoop loose and level it with the back of a knife (note that scoop sizes vary by brand and even by stage).
4. Add the correct number of leveled scoops of powder (1 leveled scoop of powder per 1oz / 30ml of water).
5. Close the bottle and shake thoroughly. Add remaining water and shake well again.
6. Allow to cool down to approximately 37 °C (98.6° F) before feeding.

TIPS:

- ✓ Once you have opened the inner foil bag containing your formula, you should use it within 2 to 3 weeks.
- ✓ Avoid storing in an area of high heat or humidity.
- ✓ If the mixed formula is not consumed within an hour, you should discard it.
- ✓ Do not heat feeds in a microwave, hot spots may occur which could cause scalding.
- ✓ Please observe the preparation instructions and the dosage ratio exactly so that your baby always gets the nutrients it needs.
- ✓ Take care of the dental care from the very first tooth on and do not leave the bottle with your child to avoid continuous sucking.

FEEDING CHART

Baby's Age	Feeds per day	Made up Volume (ml/ fl oz)	Powder (Scoops)*	Water (ml/ fl oz)
From 6th month onwards	2 – 3	160 / 5.41	5	150 / 5.07
		190 / 6.42	6	180 / 6.08
		220 / 7.44	7	210 / 7.1

* 1 level measuring spoon = 4.4 g

The stated amounts of drinking and meals per day are only guidelines. Individual deviations are safe and all natural. 100 ml ready-to-drink food is made of 13.2 g Lebenswert Stage 2 Organic Follow-on Infant Milk Formula and 90 ml boiled water. A pack yields about 37 meals of 100 ml of drinking volume (standard recipe).

INGREDIENTS

Skimmed Milk*¹, Whey Product* (Partly Demineralised Whey Powder*), Vegetable Oils* (Palm Oil³, Rapeseed Oil*, Sunflower Oil*), Maltodextrin*, Starch*, L-Tyrosine, Potassium Chloride, Fish Oil², Calcium Chloride, Magnesium Chloride, Calcium Carbonate, Calcium Hydroxide, L-Tryptophane, Sodium Chloride, Ferrous Lactate, Vitamin C, Zinc Sulfate, Copper Sulfate, Vitamin E, Niacin, Pantothenic Acid, Vitamin B1, Vitamin A, Vitamin B6, Manganese Sulfate, Potassium Iodate, Folic Acid, Sodium Selenate, Vitamin K, Vitamin D, Biotin, Vitamin B12

* from organic farming

¹ 100g of infant formula powder are made from 194 ml skimmed milk

² contains DHA (as required by the legislation for all infant formula)

³ from sustainable farming

ALLERGENS

Milk, Whey Product, Lactose, Fish Oil

NUTRITION FACTS

Nutrition Information		Per 100 g	Per 100 ml	Nutrition Information		Per 100 g	Per 100 ml
Energy	kJ / kcal	2111 / 504	279 / 67	Niacin	mg	3.9	0.51
Fat of which:	g	25.5	3.4	Vitamin B6	mg	0.48	0.063
-Saturated fatty acids	g	7.2	1	Vitamin B12	µg	1	0.13
-Monounsaturated fatty acids	g	13.9	1.8	Folic acid	µg	106	14
-Polyunsaturated fatty acids	g	4.4	0.6	Folate	µg DFE	177	23.3
-Linoleic acid	mg	3900	515	Biotin	µg	12	1.6
-α – Linolenic acid	mg	340	45	Pantothenic acid	mg	4.3	0.57
-DHA	mg	104	13.7	Sodium	g	142	19
Carbohydrates of which:	g	58.5	7.7	Potassium	mg	520	68.6
-Sugar	g	39	5.1	Chloride	mg	351	46.3
-Lactose	g	38.5	5.1	Calcium	mg	405	53.5
-Starch	g	5.1	0.7	Phosphorus	mg	246	32.5
Protein	g	10.2	1.3	Magnesium	mg	50	6.6
Vitamin A	µg RE	378	49.9	Iron	mg	7.3	0.96
Vitamin D	µg	13	1.7	Zinc	mg	3.5	0.46
Vitamin E	mg	9.1	1.2	Copper	mg	0.38	0.05
Vitamin K	µg	45	5.9	Manganese	mg	0.092	0.012
Vitamin C	mg	70	9.2	Fluoride	mg	0.04	0.0053
Vitamin B1 (Thiamin)	mg	0.7	0.092	Selenium	µg	20	2.6
Vitamin B2 (Riboflavin)	mg	1.1	0.15	Iodine	µg	114	15