Holle Bio Stage 2 Organic Follow-on Infant Milk Formula (600g)

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	Water (ml / fl oz)	Powder (Scoops)*	Made up Volume (ml / fl oz)	Feeds per day
After 6th Month	150 / 5.10	5	170 / 5.75	2 - 3
	180 / 6.10	6	200 / 6.75	
	210 / 7.10	7	230 / 7.75	

* 1 level measuring spoon = 4,5 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 13,4 g Holle Bio Stage 2 Organic Follow-on Infant Milk Formula and 90 ml boiled water. A pack yields about 44 meals of 100 ml of drinking volume (standard recipe).

HOLIPP
Nature's Best

INGREDIENTS

Skimmed **milk****, vegetable oils* (palm oil*, sunflower oil*, rapeseed oil*), maltodextrin*, **whey** powder* (partly demineralized), starch*, skimmed **milk** powder**, **lactose*, Fish oil**, skimmed milk powder*, calcium carbonate, potassium chloride, sodium chloride, Calcium phosphate, vitamin C, sodium citrate, L-tryptophan, ferrous lactate, L-tyrosine, vitamin E, zinc sulphate, vitamin A, vitamin D, niacin, pantothenic acid, copper sulphate, vitamin K, folic acid, vitamin B1, vitamin B12, vitamin B6, manganese sulphate, potassium iodate, sodium selenate, biotin

* From organic farming
** Demeter (from biodynamic farming)

ALLERGENS

Milk, Whey Powder, Lactose, Fish Oil

NUTRITION FACTS

Nutrition Information		Per 100 g	Per 100 ml	Nutrition Information		Per 100 g	Per 100 ml
Energy	kJ/kcal	2086 / 498	280 / 67	Niacin	mg	3.5	0.47
Fat of which:	g	23.8	3.2	Vitamin B6	mg	0.36	0.049
Saturated fatty acids	g	8.5	1.2	Folic acid	µg	93	12.5
Monounsaturated fatty acids	g	10.5	1.4	Folate	µg DFE	144	19.3
Polyunsaturated fatty acids	g	4.8	0.6	Vitamin B12	µg	1.4	0.18
Linoleic acid (omega 3)	mg	4227	566	Biotin	µg	14	1.8
α - Linolenic acid	mg	363	49	Pantothenic acid	mg	3.5	0.47
DHA	mg	147	19.7	Potassium	mg	564	75.6
Carbohydrates of which:	g	60.8	8.1	Chloride	mg	387	51.9
Sugar	g	33.6	4.5	Calcium	mg	470	63
Lactose	g	31.7	4.3	Phosphorus	mg	280	37.5
Starch	g	7.5	1	Magnesium	mg	37.8	5.06
Protein	g	10.1	1.4	Iron	mg	5.9	0.79
Vitamin A	µg RE	455	61	Zinc	mg	3.5	0.47
Vitamin D	µg	12	1.7	Copper	mg	0.37	0.049
Vitamin E	mg	12	1.6	Manganese	mg	0.11	0.014
Vitamin K	µg	52	7	Fluoride	mg	< 0.07	< 0.01
Vitamin C	mg	105	14	Selenium	µg	21	2.8
Thiamine (B1)	mg	0.45	0.061	Iodine	µg	122	16.4
Riboflavin (B2)	mg	1.1	0.15	Sodium	mg	205	27