



Holle Bio Stage 3 Organic Baby Milk Formula (600g)

Age: 10+ 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
From 10 th Month	150 / 5.10	5	165 / 5.60	1 - 2
	180 / 6.10	6	200 / 6.75	
	210 / 7.10	7	230 / 7.75	

* 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 Holle Bio Stage 3 Organic Baby Infant Milk Formula and 90 ml boiled water. A pack yields about 45 meals of 100 ml of drinking volume (standard recipe).

INGREDIENTS

Skimmed **milk****, **whey** powder* (partly demineralised), vegetable oils* (palm oil*, rapeseed oil*, sunflower oil*), maltodextrin*, starch*, **Lactose***, calcium carbonate, potassium chloride, L-tyrosine, **fish oil**, magnesium chloride, calcium chloride, calcium hydroxide, L-tryptophan, ferrous lactate, copper sulphate, vitamin C, sodium chloride, zinc sulphate, vitamin E, niacin, calcium-D-pantothenate, vitamin B1, vitamin A, vitamin B6, manganese sulphate, potassium iodate, folic acid, sodium selenate, vitamin K, vitamin D, biotin, vitamin B12

* 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	2147 / 513	283 / 68	Niacin	mg	3.7	0.49
Fat of which:	g	27.6	3.6	Vitamin B6	mg	0.56	0.074
-Saturated fatty acids	g	7.8	1	Folic acid	µg	103	13.6
-Monounsaturated fatty acids	g	14.8	2	Folate	µg DFE	172	22.7
-Polyunsaturated fatty acids	g	5	0.7	Vitamin B12	µg	1.1	0.15
-Linoleic acid	mg	4500	594	Biotin	µg	13.3	1.8
-α - Linolenic acid	mg	400	53	Pantothenic acid	mg	4.8	0.63
-DHA	mg	115	15.2	Potassium	mg	635	83.8
Carbohydrates of which:	g	55.7	7.4	Chloride	mg	389	51.3
-Sugar	g	38.7	5.1	Calcium	mg	515	68
-Lactose	g	38.2	5	Phosphorus	mg	286	37.8
-Starch	g	6	0.8	Magnesium	mg	53	7
Protein	g	10.5	1.4	Iron	mg	7.1	0.94
Vitamin A	µg RE	360	47.5	Zinc	mg	3.4	0.45
Vitamin D	µg	12	1.6	Copper	mg	0.37	0.048
Vitamin E	mg	10	1.4	Manganese	mg	0.1	0.013
Vitamin K	µg	42	5.5	Fluoride	mg	0.04	0.0053
Vitamin C	mg	68	9	Selenium	µg	18	2.4
Vitamin B1 - Thiamine	mg	0.73	0.097	Iodine	µg	101	13.3
Vitamin B2 - Riboflavin	mg	1.2	0.15	Sodium	mg	187	25