



Holle Goat Stage 1 Organic Infant Milk Formula (400g)

Age: 0 – 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
1 st week	According to the doctor's instructions			
2 nd - 4 th week	100 / 3.38	3	110 / 3.72	6-7
2 nd month	130 / 4.40	4	140 / 4.73	5-6
3 rd - 4 th month	170 / 5.75	5	180 / 6.09	4-5
After 4 th month	200 / 6.76	6	220 / 7.44	3-5

* 1 level measuring spoon = 4,9 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 Goat Stage 1 Organic Infant Milk Formula and 90 ml boiled water. A pack yields about 30 meals of 100 ml of drinking volume (standard recipe).

INGREDIENTS

Full cream goats milk powder*1 (38.6 %), Maltodextrin*, Lactose*, Vegetable Oils* (Sunflower Oil*, Rapeseed Oil*), L-Choline, Calcium Hydroxide, Algae Oil2, L-Cystine, Calcium Carbonate, Magnesium Chloride, Vitamin C, L-Tryptophan, L-Tyrosine, Sodium Citrate, Sodium Chloride, Ferrous Lactate, Inositol, Vitamin E, Zinc Sulfate, L-Carnitine, Niacin, Pantothenic Acid, Copper Sulfate, Vitamin A, Vitamin B1, Vitamin B6, Folic Acid, Vitamin B2, Manganese Sulfate, Potassium Iodide, Vitamin K, Sodium Selenite, Vitamin D3, Biotin, Vitamin B12

* from organic farming

1 100g of infant formula powder are made from 285 ml skimmed milk

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

ALLERGENS

Milk, Lactose

NUTRITION FACTS

Nutrition Information		Per 100 g	Per 100 ml	Nutrition Information		Per 100 g	Per 100 ml
Energy	kJ/kcal	2153 / 515	284 / 68	Folic acid	µg	95	12.5
Fat of which:	g	27	3.6	Folate	µg DFE	158	20.9
-Saturated fatty acids	g	10	1.3	Vitamin B12	µg	1.2	0.16
-Monounsaturated fatty acids	g	12.6	1.7	Biotin	µg	16	2.1
-Polyunsaturated fatty acids	g	4.4	0.6	Pantothenic acid	mg	2.6	0.34
-Linoleic acid	mg	3900	510	Potassium	mg	550	72.6
-α – Linolenic acid	mg	410	54	Chloride	mg	575	75.9
-DHA	mg	105	13.9	Calcium	mg	460	60.7
Carbohydrates of which:	g	57	7.5	Phosphorus	mg	317	41.8
-Sugar	g	30	4	Magnesium	mg	47	6.2
-Lactose	g	28.5	3.8	Iron	mg	5.1	0.67
Protein	g	10.9	1.4	Zinc	mg	3.5	0.46
Vitamin A	µg RE	410	54.1	Copper	mg	0.36	0.048
Vitamin D3	µg	11.9	1.5	Manganese	mg	0.0044	0.0058
Vitamin E	mg	9.5	1.3	Fluoride	mg	0.0045	0.0059
Vitamin K	µg	39	5.1	Selenium	µg	19	2.4
Vitamin C	mg	70	9.2	Iodine	µg	103	13.6
Vitamin B1 – Thiamine	mg	0.4	0.052	Sodium	mg	142	19
Vitamin B2 – Riboflavin	mg	0.58	0.077	Choline	mg	155	21
Niacin	mg	2.9	0.38	Inositol	mg	27	3.6
Vitamin B6	mg	0.29	0.038	L-Carnitine	mg	7.8	1