

bottles & burps



FAST AND RELIABLE SHIPPING

Consistent, reliable and fast shipping and no surprises or excuses.



SIMPLY THE BEST

Biodynamic, non-GMO, and organic - sometimes less is more.



ALWAYS THERE TO HELP

Customer service just a text message or phone call away, 6 days a week, 18 hours per day.

HOLCD01

Holle Cow Milk Stage 1 Organic Formula + DHA (400g)

Age: From 0-6 Months

Yield: Approximately 102oz of Formula

NEW 2020 version of Holle with added DHA derived from fish oil. Holle Stage 1 is suitable for feeding from birth onward (0-6 months) or if you are transitioning your little one from breastfeeding. This formula can also be used for preparing porridge, such as Holle rice or oat porridges, which we also sell.

Holle formula is based on milk from cows raised on biodynamic farms in Germany that are Demeter certified. The Demeter standard is truly the gold standard in terms of animal welfare and biodynamics. Demeter dairy farms avoid practices such as the painful dehorning of the dairy cows. The organic maltodextrin used to make this formula creamy and satiating for your little one is also EU certified organic. Other ingredients include essential vitamins and minerals to promote your baby's development and meet EU regulatory requirements.

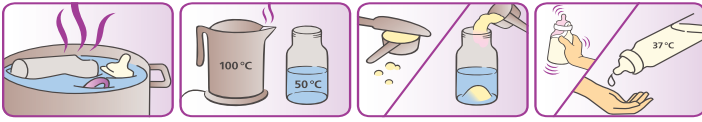


- ✓ Only Demeter Certified Biodynamic Dairy Farms
- ✓ Vitamins A, C, D and E for baby's immune system
- ✓ EU Certified Organic
- ✓ DHA Derived from Fish Oil
- ✓ No corn-based sweeteners
- ✓ No gluten
- ✓ No GMOs



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INSTRUCTIONS



Preparation for all powdered formulas (also consistent with US FDA guidelines):

1. Boil water freshly for each of baby's meals and allow to cool down to 120 degrees Fahrenheit (50 °C) before mixing with formula powder.
2. Pour in ½ of the necessary amount of boiled water into a clean and sterilized bottle.
3. Using the scoop provided with your box of formula (note that spoon sizes vary by brand and even lot), add the correct number of leveled scoops of powder (1 leveled scoop of powder per 1oz / 30ml of water).
4. Close the bottle with the nipple and cap and vigorously shake.
5. Add the remaining half of the water to the bottle and shake again.
6. Cool to drinking temperature (approximately 98 degrees Fahrenheit or ~ 37 °C) and ALWAYS test the temperature of the milk before feeding to avoid scalding or burning your little one.

There are many mothers that regularly use distilled water without boiling it, apparently with no negative consequences. We cannot recommend this approach and there are actual reasons even the US FDA recommends pre-boiling tap or distilled water instead.

MIXING AND FEEDING INSTRUCTIONS (HOLLE COW STAGE 1)

AGE	BOTTLES PER DAY	WATER (OZ)	# OF SCOOPS
First Week	Consult Your Pediatrician		
2 to 4 Weeks	5-7	3	3
Month 2	4-5	5	5
Months 3-4	4-5	6	6
After the 4 th Month	3-4	7	7

DON'T FORGET

- ONCE YOU HAVE OPENED THE INNER FOIL BAG CONTAINING YOUR FORMULA, YOU SHOULD USE WITHIN 2 WEEKS. AVOID STORING IN AREAS OF HIGH HEAT OR HUMIDITY.
- WE HIGHLY RECOMMEND STORING FORMULA POWDER IN AN AIRTIGHT CONTAINER.
- IF MIXED FORMULA IS NOT CONSUMED WITHIN AN HOUR, YOU SHOULD DISCARD IT.
- DO NOT MICROWAVE BOTTLES OR FORMULA.

INGREDIENTS

Organic skimmed Demeter milk, organic whey powder (partly demineralized), organic vegetable oils (palm oil, sunflower oil, rapeseed oil), organic maltodextrin, organic lactose, organic skimmed Demeter milk powder, fish oil containing DHA, organic skimmed milk powder, calcium carbonate, potassium chloride, choline bitartrate, sodium chloride, L-tyrosine, vitamin C, L-tryptophan, ferrous lactate, vitamin E, zinc sulfate, vitamin A, vitamin D, niacin, pantothenic acid, copper sulfate, vitamin K, folic acid, vitamin B1, vitamin B12, vitamin B6, manganese sulfate, potassium iodate, sodium selenite, biotin.

Certified organic by EU standards.

Holle Cow Milk Stage 1 Organic Formula + DHA (400g)

NUTRITION FACTS

	Per 100 ml Formula	Per 100 Calories
Energy (kcal)	67.0	100.0
Protein (g)	1.4	2.1
Fat (g)	3.4	5.1
Of which:		
Saturated Fat (g)	1.2	1.8
Monounsaturated Fat (g)	1.5	2.2
Polyunsaturated Fat (g)	0.7	1.0
Linolenic Acid (mg)	52.0	77.6
DHA (mg)	19.4	29.0
Carbohydrate (g)	7.7	11.5
Of which:		
Sugars (Primarily Lactose) (g)	6.0	9.0
Lactose (g)	5.8	8.7
Starch (g)	0.0	0.0
Water (g)	90.0	134.3
Linoleic Acid (mg)	608.0	907.5
VITAMINS		
Vitamin A (IU)	196.3	293.0
Vitamin D (IU)	56.0	83.6
Vitamin E (IU)	1.9	2.8
Vitamin K (mcg)	6.3	9.4
Thiamine (Vitamin B1) (mcg)	65.0	97.0
Riboflavin (Vitamin B2) (mcg)	180.0	268.7
Vitamin B6 (mcg)	56.0	83.6
Vitamin B12 (mcg)	0.20	0.30
Niacin (mcg)	450.0	671.6
Folic Acid (Folacin) (mcg)	11.9	17.8
Pantothenic Acid (mcg)	500.0	746.3
Biotin (mcg)	1.9	2.8
Vitamin C (Ascorbic Acid) (mg)	14.0	20.9
Choline (mg)	23.0	34.3
Inositol (mg)	5.0	7.5
MINERALS		
Calcium (mg)	55.8	83.3
Phosphorus (mg)	33.0	49.3
Magnesium (mg)	5.3	8.0
Iron (mg)	0.54	0.81
Zinc (mg)	0.44	0.66
Manganese (mcg)	13.0	19.4
Copper (mcg)	46.0	68.7
Iodine (mcg)	15.1	22.5
Selenium (mcg)	2.8	4.2
Sodium (mg)	28.0	41.8
Potassium (mg)	78.8	117.6
Chloride (mg)	52.5	78.4
OTHER ITEMS		
Folate (mcg DFE)	18.3	27.3
L-Carnitine (mg)	2.4	3.6

DILUTED: EACH 149 ML (~5 FL OZ) CONTAINS 100 CALORIES.

Translated from original German labels as of March 26, 2020.

Converted to units and table format/order per US Title 21: Subchapter B. Part 107.

