

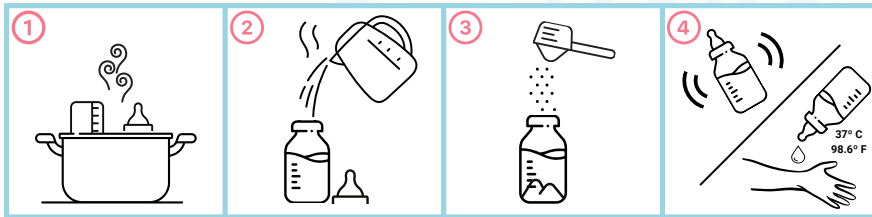
Holle

Holle Goat Stage 3 (German)



Preparation Instructions

Please follow the preparation instructions exactly. Thoroughly clean the bottle, teat, and ring. Always give your baby the right ratio of formula powder to water. The correct quantities always meet the nutritional needs of your baby. Only use the scoop included in the packaging. Improper preparation and storage can lead to health problems. Always prepare each bottle fresh. Throw away leftovers after feedings. Do not heat up the formula in the microwave, as this increases the risk of scalding.



1. Boil water and let it cool to approximately 50 °C / 122 °F.
2. Pour half of the water into the bottle (see table below for quantities).
3. Measure the amount of powder according to the table and pour it into the bottle. To do this, fill the measuring spoon loosely and smooth it out with the back of a knife.
4. Shake the powder and half the amount of water vigorously, and leave the rest.
5. Add the remaining water and shake well again.
6. Allow to cool to a drinking temperature of 37 °C / 98.6 °F. Remember to test the temperature before feeding your baby.

Amounts and Dosage

The stated drinking amounts and feedings per day are only guidelines. Small individual deviations are harmless and completely natural. 1 level measuring spoon = 4.3g.

Water (ml)	Numbers of Measuring Spoons	Prepared Formula (ml)	Number of Feedings Per Day
150	5	160	1 - 2
180	6	200	
210	7	230	

Important Notes

Breastfeeding is ideal for your child. Seek advice from a healthcare professional if you wish to use this product. Holle Goat German Stage 3 is a nutritionally complete follow-on formula that can be used from the 10th month to the end of the 3rd year of life as part of a mixed diet of bottles and solid food meals. It is not suitable to be used as a substitute for breast milk during the first six months. The decision to introduce solids in the first six months should be made based on the advice of healthcare professionals, taking into account your baby's growth and development needs. Do not let your baby suck on the bottle for extended periods. Prolonged contact with liquids containing carbohydrates can lead to tooth decay. Therefore, make sure you take adequate dental care from the first tooth onwards.

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