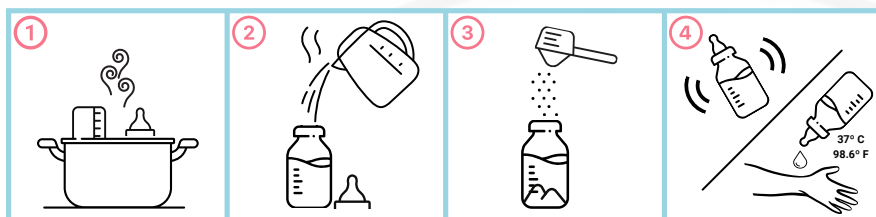


Kendamil Classic Stage 1

Preparation Instructions

Snap open the tamper-proof clip and dispose of it immediately and safely, away from children. Hold the top of the can with both hands, place both thumbs under the lip and push up to open. The scoop is held inside the lid. Open the foil seal by pulling back on the easy-open tab carefully and safely, then dispose of the foil. Store in a cool, dry place before and after opening. For best before, see the bottom of the can. Use within 4 weeks after opening. Do not refrigerate, and do not freeze. Use the correct amount of levelled scoops as directed. Using too much or too little can make your baby ill. If your feed has not been used within 2 hours, we recommend that you throw it away and start again. Do not add food products such as cow's milk to your baby's milk, and do not reheat in a microwave.



1. Wash your hands, then sterilize your feeding utensils according to the manufacturer's instructions.
2. Fill kettle with 1 litre of freshly run tap water (do not use repeatedly boiled water). Boil and leave to cool for 30 minutes so it remains at a temperature of at least 70°C. Measure the required water into a sterilized bottle.
3. Using the scoop provided, add the correct number of levelled scoops to the bottle. Use the straight edge inside the lid to level each scoop.
4. Place on a sterilized teat and cap on the bottle and shake well to dissolve the powder.
5. Cool to a natural body temperature by running the bottle (lid on) under cold running water. Always test the temperature of the formula on the inside of your wrist.

Amounts and Dosage

Add 1 level scoop of powder to each 30ml of water^a. This feeding table should only be used as a guide. All babies are different and may require more or less than is shown below. Kendamil Classic Stage 1 should be fed on demand. If you need more advice, talk to your healthcare professional.

Age of Baby	Weight of Baby		Water Per Feed ^a	Scoops Per Feed ^b	Feeds Per 24 Hours
Birth - 1 week	3.0 kg	7lb	90 ml	3	6
1 - 4 weeks	3.5 kg	8lb	120 ml	4	5
1 - 2 months	4.5 kg	10lb	120 ml	4	5
3 months	5.5 kg	12lb	150 ml	5	5
4 - 5 months	6.5 kg	14lb	180 ml	6	5
6 months	8.0 kg	18lb	210 ml	7	4
7 - 12 months			210 ml	7	3

^a Amount of freshly boiled and cooled water, ^b 1 level scoop = 4.3g, assumes weaning at 6 months.

Important Notes

Breast milk is best for babies, and breastfeeding should continue for as long as possible. Kendamil Classic Stage 1 is suitable as the sole source of nutrition from birth to 6 months and as part of a weaning diet from 6 months to 1 year. This formula should only be used on the advice of a healthcare professional. When bottle feeding, do not allow prolonged contact of milk feeds with your baby's teeth, as this increases the risk of tooth decay. Make sure your baby's teeth are cleaned each night after the last feed.

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