



Holle BIO Cow Infant Milk German Formula – Stage 1 (400g)

Age: 0-6 Months

PREPARATION INSTRUCTIONS



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

1. Use freshly boiled water for each of the baby's meals and allow it to cool down to 120 degrees Fahrenheit (50 °C) before mixing with formula powder.
2. Pour in 2/3 of the necessary amount of boiled water into a clean and sterilized bottle.
3. Use 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 until all the powder has completely dissolved.
5. Add the remaining water to the bottle and shake it 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.

TIPS:

- ✓ Once you have opened the inner foil bag containing your formula, you should use it within 2 to 3 weeks;
- ✓ Avoid storing in area of high heat or humidity;
- ✓ If the mixed formula is not consumed within an hour, you should discard it;
- ✓ Do not microwave bottles or formula.

FEEDING CHART

Age	Bottles per day	Amount of water (ml)	# of scoops	Ready-made Formula (ml)
First week		Consult your pediatrician		
2 to 4 Weeks	5 – 7	90	3	100
2-3 Months	4 – 5	150	5	170
3-4 Months	4 – 5	180	6	200
4 Months onwards	3 – 4	210	7	230

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.**

NUTRITION FACTS

	Per 100 ml Formula	Per 100 Calories		Per 100 ml Formula	Per 100 Calories
Energy (kcal)	67,00	100,0	Vitamin B12 (mcg)	0,20	0,3
Protein (g)	1,40	2,1	Niacin (mcg)	450,00	671,6
Fat (g)	3,40	5,1	Folic Acid (Folacin) (mcg)	11,90	17,8
Of which:			Pantothenic Acid (mcg)	500,00	746,3
Saturated Fat (g)	1,20	1,8	Biotin (mcg)	1,90	2,8
Monounsaturated Fat (g)	1,50	1,5	Vitamin C (Ascorbic Acid) (mg)	14,00	20,9
Polyunsaturated Fat (g)	0,70	1	Choline (mg)	23,00	34,3
Linolenic Acid (mg)	52,00	77,6	Inositol (mg)	5,00	7,5
DHA (mg)	19,40	29	MINERALS		
Carbohydrate (g)	7,70	11,5	Calcium (mg)	55,80	83,3
Of which:			Phosphorus (mg)	33,00	49,3
Sugars (Primarily Lactose) (g)	6,00	9	Magnesium (mg)	5,30	8
Lactose (g)	5,80	8,7	Iron (mg)	0,54	0,81
Starch (g)	0,00	0,0	Zinc (mg)	0,44	0,66
Water (g)	90,00	134,3	Manganese (mcg)	13,00	19,4
Linoleic Acid (mg)	608,00	907,5	Copper (mcg)	46,00	68,7
VITAMINS			Iodine (mcg)	15,10	22,5
Vitamin A (IU)	196,30	293	Selenium (mcg)	2,80	4,2
Vitamin D (IU)	56,00	83,6	Sodium (mg)	28,00	41,8
Vitamin E (IU)	1,90	2,8	Potassium (mg)	78,80	117,6
Vitamin K (mcg)	6,30	9,4	Chloride (mg)	52,50	78,4
Thiamine (Vitamin B1) (mcg)	65,00	97	OTHER ITEMS		
Riboflavin (Vitamin B2) (mcg)	180,00	268,7	Folate (mcg DFE)	18,30	27,3
Vitamin B6 (mcg)	56,00	83,6	L-Carnitine (mg)	2,40	3,6