



Holle BIO Cow Follow-On Milk German Formula – Stage 2 (600g)

Age: 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 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)
6+ Months	2 – 5	150	5	170
6+ Months	2 – 3	180	6	200
6+ Months	2 – 3	210	7	230

INGREDIENTS

Demeter Skim Milk, Organic Vegetable Oils [Organic Palm Oil, Organic Sunflower Oil, Organic Rapeseed Oil], Organic Maltodextrin, Organic Whey Powder (Partly Demineralized), Organic Starch, Demeter Skim Milk Powder, Organic Lactose, Fish Oil, Biodynamic Skim Milk Powder, Calcium Carbonate, Potassium Chloride, Sodium Chloride, Calcium Phosphate, Vitamin C, Sodium Citrate, L-Tryptophan, Iron Lactate, L-Tyrosine, 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 Selenate, Biotin.

Nutrition facts (per 100 ml, ~ 3.38 oz / 3 oz prepared)

Energy	67 kcal	Starch	1,0 g	Pantothenic Acid	0,47 mg
Protein	1,4 g	Total Salt	70 mg	Biotin	1,8 µg
Fat	3,2 g	Sodium	27 mg	Vitamin C (Ascorbic Acid)	61,0 µg
Of which:		Potassium	75,6 mg	MINERALS	
Saturated Fat	1,2 g	VITAMINS		Calcium	63 mg
Monounsaturated Fat	1,4 g	Vitamin A (62 µg	Phosphorus	37,5 mg
Polyunsaturated Fat	0,6 g	Vitamin D	17 µg	Magnesium	5,06 mg
Linolenic Acid	566 mg	Vitamin E	1,6 mg	Iron	0,79 mg
Linolenic Acid (Omega 3)	49 mg	Vitamin K	7 µg	Zinc	0,47 mg
DHA	19,7 mg	Thiamine (Vitamin B1)	0,061 mg	Manganese	0,014 mg
Carbohydrate	8,1 g	Riboflavin (Vitamin B2)	0,15 mg	Copper	0,049 mg
Of which:		Vitamin B6	0,049 mg	Iodine	16,4 µg
Sugars (Primarily Lactose)	4,5 g	Vitamin B12	0,18 µg	Selenium	2,8 µg
Lactose	4,3 g	Niacin	0,47 mg	Chloride	51,9 mg