



Holle BIO Cow Toddler Milk German Formula – Stage 3 (600g)

Age: 10+ 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)
12+ months	1 – 2	150	5	170
12+ months	1 – 2	180	6	200
12+ months	1 – 2	210	7	230

INGREDIENTS

Biodynamic Organic Skimmed Milk, Organic Whey Powder (Partly Demineralized), Organic Vegetable Oils [Organic Palm Oil, Organic Rapeseed Oil, Organic Sunflower Oil], Biodynamic Organic Milk Powder, Organic Starch, Organic Maltodextrin, Calcium Carbonate, Vitamin C, Ferrous Lactate, Vitamin E, Zinc Sulphate, Niacin, Calcium-D-Pantothenate, Copper Sulphate, Vitamin A, Thiamin (Vitamin B1), Riboflavin (Vitamin B6), Manganese Sulphate, Potassium Iodate, Folic Acid, Vitamin K, Sodium Selenate, Vitamin D.

NUTRITION FACTS

Energy	68 kcal	Total Salt	70 mg	Pantothenic Acid	0,6 mg
Protein	1,9 g	Sodium	30 mg	Biotin	2,8 µg
Fat	3 g	Potassium	101 mg	MINERALS	
Of which:		VITAMINS		Calcium	70 mg
Saturated Fat	1,0 g	Vitamin C	12 mg	Phosphorus	56 mg
Monounsaturated Fat	1,3 g	Vitamin A	64 µg	Magnesium	7,7 mg
Polyunsaturated Fat	0,7 g	Vitamin D	1,3 µg	Iron	0,9 mg
Linolenic Acid (omega 6)	x	Vitamin E	1,7 mg	Zinc	0,6 mg
Linolenic Acid (Omega 3)	x	Vitamin K	7,6 µg	Manganese	15 µg
DHA	x	Thiamine (Vitamin B1)	0,08 mg	Copper	0,05 mg
Carbohydrate	8,2 g	Riboflavin (Vitamin B2)	0,2 mg	Iodine	18 µg
Of which:		Vitamin B6	0,06 mg	Selenium	2,1 µg
Sugars (Primarily Lactose)	5,8 g	Vitamin B12	0,3 µg	Chloride	45 mg
Starch	0,9 g	Niacin	0,6 mg	Fluoride	5 µg