



## Holle BIO Goat 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 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			
2-4 Weeks	6 – 7	100	3	110
2-3 Months	5 – 6	130	4	140
3-4 Months	4 – 5	170	5	180
5 months onwards	3 – 5	200	6	220



## INGREDIENTS

Organic Goat Milk Powder, Organic Maltodextrin, Organic Lactose, Organic Vegetable Oils [Organic Palm Oil, Organic Rapeseed Oil, Organic Sunflower Oil], Calcium Carbonate, L-tryptophan, Sodium Citrate, Choline Bitartrate, Vitamin C, L-cystine, L-methionine, L-isoleucine, Vitamin E, Iron Sulfate, Zinc Sulfate, Calcium D-pantothenate, Niacin, Copper Sulfate, Vitamin B2, Vitamin A, Vitamin B1, Vitamin B6, Manganese Sulfate, Potassium Iodate, Folic Acid, Vitamin K, Sodium Selenate, Biotin, Vitamin D, Vitamin B12.

## NUTRITION FACTS

<b>Energy</b>	<b>66 kcal</b>	Total Salt	50 mg	Pantothenic Acid	0,6 mg
Protein	1,5 g	Sodium	19,7 mg	Biotin	2,4 µg
Fat	3,4 g	Potassium	86,2 mg	<b>MINERALS</b>	
Of which:		<b>VITAMINS</b>		Calcium	64 mg
Saturated Fat	1,7 g	Vitamin C	12 mg	Phosphorus	44 mg
Monounsaturated Fat	1,2 g	Vitamin A	44 µg	Magnesium	6,2 mg
Polyunsaturated Fat	0,5 g	Vitamin D	1,1 µg	Iron	0,66 mg
Linolenic Acid (omega 6)	x	Vitamin E	1,2 mg	Zinc	0,57 mg
Linolenic Acid (Omega 3)	x	Vitamin K	6,7 µg	Manganese	13 µg
DHA	x	Thiamine (Vitamin B1)	0,07 mg	Copper	53 µg
Carbohydrate	7,5 g	Riboflavin (Vitamin B2)	0,13 mg	Iodine	20,8 µg
Of which:		Vitamin B6	0,04 mg	Selenium	2,1 µg
Sugars (Primarily Lactose)	3,9 g	Vitamin B12	0,16 µg	Chloride	68,5 mg
Starch	x	Niacin	0,51 mg	Fluoride	9 µg

