

Guide to Early Introduction

What you need to know about babies and food allergies.



See our full line of Early Introduction Infant Powders at www.lilmixins.com

lil  **mixins**

A first-time parent's guide from Lil Mixins

The Science

In recent years, several large studies have all shown one thing:

The best way to reduce your child's risk of a food allergy is through Early Introduction.

Early Introduction means making sure your baby begins to eat allergenic foods:

EARLY: Start around 4-6 months old

OFTEN: Around 2-3x per week

SUSTAINED: For at least 6 months

"I'm excited about Lil Mixins Peanut Powder as a safe and easy way to introduce peanuts to infants. I look forward to introducing Lil Mixins to my own infant."

— Marleny Franco, MD, Attending Physician,
Emergency Department, Children's Hospital of Philadelphia

The Solution

Lil Mixins is designed to be mixed into any baby food .



3 times per week

SAFE: Non-clumping means no choking hazard

BACKED BY SCIENCE: 2g of protein per serving matches clinical studies

EASY: Just Scoop, Mix & Serve

#1 Pediatrician-Recommended
Infant Peanut Powder

See all the data and more at www.lilmixins.com

Based on recent studies, the American Academy of Pediatrics updated their guidelines in 2016 to say that all babies should be introduced to peanuts starting at 4-6 months.