

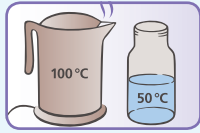
Usage

- Suitable for use from birth if replacing or in addition to breast milk.
- Readily accepted when changing from other baby milk formula.
- After the age of 6 months we recommend Holle Organic Infant Goat Milk Follow-on Formula 2 in combination with Holle organic baby porridges.

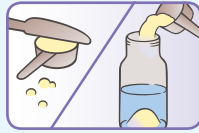
Preparation



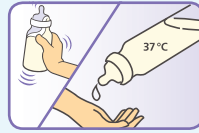
Always wash and dry hands before preparing formula. Wash bottles, teats, ring, caps, cups, knife and spoon. After washing, sterilize by boiling for 3–5 min. before use. Keep bottles and cups capped until use.



Boil the water as indicated in the table and allow to cool to approx. 50 °C. Pour approx. half of the water into the bottle. Prepare each bottle individually. Pour in cooled boiled water.



Fill the measuring spoon and level with a knife. Only the enclosed measuring scoop should be used. Add the quantity of milk powder indicated in the table to the water.



Shake thoroughly. Add the rest of the water and shake again. Allow to cool to approx. 37 °C before feeding.

Feeding Chart

Age	Quantity of water (ml)	Measuring spoons*	Prepared product (ml)	Bottles per day
week 1		follow your doctor's advice		
week 2–4	100	3	110	6–7
month 2	130	4	140	5–6
month 3–4	170	5	180	4–5
from month 5	200	6	220	3–5

*1 measuring spoon = 4.9 g

The quantities of daily feeding are shown for guidance only. Minor deviations are perfectly safe.

Preparation Guidelines

- ✓ Please take care to follow the preparation instructions exactly. Dosing in the correct quantities will ensure your baby always receives the nutrients it needs.
- ✓ Only use the provided measuring spoon.
- ✓ Do not change proportions of powder except on medical advice. Incorrect preparation and storage may result in damage to health.
- ✓ Always prepare bottles fresh. Do not re-use leftovers.
- ✓ Do not warm up milk in the microwave (danger of overheating).

Important Notice

- ✓ A mother's milk is the most natural and beneficial nourishment for your baby – including all nutrients and vitamins needed. That is why Holle recommends breastfeeding. In addition, the intense contact between a mother and child during breastfeeding promotes feelings of harmony and comfort. Before you decide to use this product, consult your doctor or health worker for advice.
- ✓ Do not allow your baby to suck on its bottle continuously to prevent possible damage to teeth. Pay special attention to your baby's dental hygiene once his or her first tooth has come through.

Nutritional Values		
	per 100 g product	per 100 ml drink volume
Energy (kJ kcal)	2153 515	284 68
Fat (g)	27.0	3.6
saturated (g)	10.0	1.3
monounsaturated (g)	12.6	1.7
polyunsaturated (g)	4.4	0.6
Linoleic acid (mg)	3900	510
α-linolenic acid (mg)	410	54
DHA (mg)	105	13.9
Carbohydrates (g)	57.0	7.5
of which: sugars (g)	30.0	4.0
lactose (g)	28.5	3.8
Protein (g)	10.9	1.4
Vitamin A (µg RE)	410	54.1
Vitamin D ₃ (µg)	11.3	1.5
Vitamin E (mg)	9.5	1.3
Vitamin K (µg)	39	5.1
Vitamin C (mg)	70	9.2
Vitamin B ₁ (mg)	0.40	0.052
Vitamin B ₂ (mg)	0.58	0.077
Niacin (mg)	2.9	0.38
Vitamin B ₆ (mg)	0.29	0.038
Folic acid (µg)	95.0	12.5
Folate (µg DFE)	158	20.9
Vitamin B ₁₂ (µg)	1.2	0.16
Biotin (µg)	16	2.1
Pantothenic acid (mg)	2.6	0.34
Potassium (mg)	550	72.6
Chloride (mg)	575	75.9
Calcium (mg)	460	60.7
Phosphorus (mg)	317	41.8
Magnesium (mg)	47.0	6.20
Iron (mg)	5.1	0.67
Zinc (mg)	3.5	0.46
Copper (mg)	0.36	0.048
Manganese (mg)	0.044	0.0058
Fluoride (mg)	0.045	0.0059
Selenium (µg)	19	2.4
Iodine (µg)	103	13.6
Sodium (mg)	142	19
Choline (mg)	155	21
Inositol (mg)	27	3.6
L-Carnitine (mg)	7.8	1.0

Standard preparation: 13.2 g Holle Organic Infant Goat Milk Formula 1 + 90 ml boiled water = 100 ml ready-to-drink formula. One packet contains approx. 30 meals à 100 ml each.

Holle baby food AG
CH – 4125 Riehen
Tel. +41 61 555 07 00
www.holle.ch

Holle Office Germany:
D – 79650 Schopfheim

Made in Austria
Milk from the EU



AT-BIO-301
EU/Non-EU
agriculture



Holle Organic

1

Infant Goat Milk Formula

Contains DHA*

No palm oil

With full cream organic goat's milk

Please note: Breastfeeding is the best nutritional choice for your baby.

*as required by the legislation for all infant formula



from birth onwards

New formulation*
no palm oil

Infant Milk

Ingredients

Full cream goats milk powder*¹ (38.6 %), maltodextrin*, lactose*, vegetable oils* (sunflower- and rapeseed oil¹), L-choline, calcium hydroxide, microalgae oil², L-cystine, calcium carbonate, magnesium chloride, vitamin C, L-tryptophan, L-tyrosin, sodium citrate, sodium chloride, iron lactate, inositol, vitamin E, zinc sulphate, L-carnitine, niacin, pantothenic acid, copper sulphate, vitamin A, vitamin B₁, vitamin B₆, folic acid, vitamin B₂, manganese sulphate, potassium iodide, vitamin K, sodium selenite, vitamin D₃, biotin, vitamin B₁₂

*from organic farming,
¹100 g infant formula powder are made from 285 ml full cream milk,
²contains DHA (as required by the legislation for all follow-on formula)

Allergen declaration: Contains milk



Our Holle promise of quality

For more than 85 years, Holle has stood for precious organic quality. **Always organic – for all the right reasons.** As the first producer of Demeter-quality baby food, we only use raw materials from organic or biodynamic agriculture, we do not exploit animals, the soil or the environment, and we have established fair partnerships with organic farmers. Our priorities: A healthy and balanced diet using simple and natural recipes, and a natural variety through seasonal harvests. For our Infant Goat Milk Formula 1, we use high-quality organic goat's milk produced in the EU. All our ingredients are subject to strict controls and ensure the best-possible safety. Holle products contain only what is good for your child. Because we are committed to the well-being of your baby.

If you have any questions regarding our products please call us.
We will be happy to give advice.
☎ 0800 6622110 • @ www.holle.ch



e 400 g