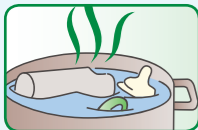


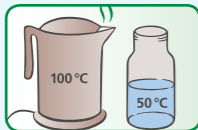
Usage

- Suitable from 12 months of age until the end of the third year of life as part of a mixed diet of bottle feeds and weaning.
- To be used after Holle Organic Infant Goat Milk Follow-on Formula 2 or instead of a different follow-on milk.
- Holle Organic Infant Goat Milk Follow-on Formula 3 can be used to prepare Holle organic baby porridges.

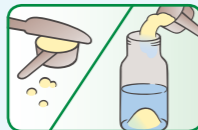
Preparation



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 from 12 Months

Quantity of water (ml)	Measuring spoons*	Prepared product (ml)	Bottles per day
170	5	180	1–2
200	6	210	
240	7	260	

*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. Before you decide to use this product, consult your doctor or health worker for advice. Holle Organic Infant Goat Milk Follow-on Formula 3 is specially formulated for the dietary needs of infants from 12 months onwards and should be given as part of a mixed diet. Do not use the milk as a substitute for breast milk during the first 11 months of life. The decision to start weaning your baby before 6 month of age should be made with the help and advice of independent health professionals and depends on your baby's individual development and needs.
- ✓ 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)	2116 505	275 66
Fat (g)	25.4	3.3
saturated (g)	9.0	1.2
monounsaturated (g)	12.3	1.6
polyunsaturated (g)	4.1	0.5
Linoleic acid (mg)	3650	475
α-linolenic acid (mg)	380	49
DHA (mg)	107	13.9
Carbohydrates (g)	58.3	7.6
of which: sugars (g)	25.3	3.3
lactose (g)	24.4	3.2
starch (g)	7.9	1.0
Protein (g)	10.9	1.4
Vitamin A (µg RE)	485	63.1
Vitamin D ₃ (µg)	13	1.6
Vitamin E (mg)	14	1.7
Vitamin K (µg)	43	5.6
Vitamin C (mg)	93	12
Vitamin B ₁ (mg)	0.40	0.052
Vitamin B ₂ (mg)	0.56	0.073
Niacin (mg)	2.9	0.38
Vitamin B ₆ (mg)	0.31	0.040
Folic acid (µg)	99.0	12.9
Folate (µg DFE)	165	21.5
Vitamin B ₁₂ (µg)	1.2	0.16
Biotin (µg)	17	2.2
Pantothenic acid (mg)	2.9	0.38
Potassium (mg)	568	73.8
Chloride (mg)	580	75.4
Calcium (mg)	575	74.8
Phosphorus (mg)	315	41.0
Magnesium (mg)	50.0	6.50
Iron (mg)	7.8	1.0
Zinc (mg)	3.5	0.46
Copper (mg)	0.35	0.046
Manganese (mg)	0.045	0.0059
Fluoride (mg)	0.040	0.0052
Selenium (µg)	19	2.5
Iodine (µg)	110	14.3
Sodium (mg)	143	19

Standard preparation: 13.0 g Holle Organic Infant Goat Milk Follow-on Formula 3 + 90 ml boiled water = 100 ml ready-to-drink formula. One packet contains approx. 30 meals à 100 ml each.

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Made in Austria
Milk from the EU



AT-BIO-301
EU/Non-EU
agriculture



Holle Organic

3

Growing-up Goat Milk

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 Follow-on formula



from **12** months

New formulation*
no palm oil

Follow-on Milk

Ingredients

Full cream goat's milk powder*¹ 38.5%, maltodextrin*, vegetable oils* (sunflower oil*, rapeseed oil*), lactose*, starch*, calcium carbonate, calcium hydroxide, calcium citrate, algal oil², L-cystine, iron sulphate, magnesium chloride, vitamin C, L-tryptophan, L-tyrosine, sodium citrate, sodium chloride, iron lactate, vitamin E, zinc sulphate, 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 284 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 Growing-up 3, 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

CO₂ neutral
calculated according to GHG Protocol
soilandmore.com

e 400 g