

## Follow on milk

FROM 6 MONTHS

900g pack size. 4.3g scoop.



Goat milk based formula especially developed to complement weaning from 6 months old.

Source of Vitamin D

Vitamins A and C which contribute to the normal function of the immune system

Follow on milk should be used as part of a normal, varied and healthy weaning diet.

### NUTRITION INFORMATION

Typical values per 100ml made up as directed		Per 100ml prepared feed
Energy		280
		kcal
		66
Fat, of which		3.4
		g
saturates		1.2
		g
monounsaturates		1.6
		g
polyunsaturates		0.53
		g
- linoleic acid (omega 6)		400
		mg
- α-linolenic acid (omega 3)		53
		mg
- docosahexaenoic acid (DHA)		15
		mg
- arachidonic acid (AA)		16
		mg
Carbohydrate, of which		7.4
		g
sugars (lactose)		7.4
		g
Protein		1.3
		g
<b>VITAMINS</b>		
Vitamin A		56
		µg
Vitamin D		1.5
		µg
Vitamin E		1.5
		mg
Vitamin K		6.7
		µg
Vitamin C		13
		mg
Thiamin (B <sub>1</sub> )		0.062
		mg
Riboflavin (B <sub>2</sub> )		0.12
		mg
Niacin (B <sub>3</sub> )		0.66
		mg
Vitamin B <sub>6</sub>		0.036
		mg
Folic acid		22
		µg DFE
Vitamin B <sub>12</sub>		0.18
		µg
Biotin		2.3
		µg
Pantothenic acid		0.35
		mg
<b>MINERALS</b>		
Sodium		19
		mg
Potassium		70
		mg
Chloride		57
		mg
Calcium		59
		mg
Phosphorus		44
		mg
Magnesium		4.6
		mg
Iron		0.89
		mg
Zinc		0.49
		mg
Copper		0.049
		mg
Manganese		0.0090
		mg
Fluoride		0.0065
		mg
Selenium		2.5
		µg
Iodine		13
		µg
<b>OTHERS</b>		
Choline		21
		mg
Taurine		4.6
		mg
Carnitine		0.90
		mg
Inositol		3.9
		mg

### FEEDING GUIDE FROM 6 MONTHS+

Level scoops of powder	Cooled boiled water per feed		Babies from 6 months* onward need about 500-600ml of breast milk or formula per day.
	ml	fl oz	
6	180	6	
7	210	7	

4.3g scoop enclosed. This information is given as a guide only. Your baby may need more or less than the amounts shown. Some drink different quantities at different times of the day. Always allow your baby to stop feeding when they indicate they have had enough. Note the volume of prepared formula is slightly greater than that of the water added. \*Assumes weaning at 6 months.

### IMPORTANT FEEDING INSTRUCTIONS

For hygiene reasons, do not store made up feeds. Make up each feed as required and always discard unfinished feeds within 2 hours maximum. The water should be freshly boiled and allowed to cool to a minimum of 70°C, and for no longer than 30 minutes. Do not heat feeds in a microwave as hot spots may occur and cause scalding. Do not add extra scoops of powder, or anything else to your baby's feed. STORAGE: Store unopened can in a cool, dry place (do not refrigerate). After opening, keep airtight and continue to store in a cool, dry place. Use contents within 4 weeks.

### INGREDIENTS

Pasteurised whole goat **milk**, lactose (from **milk**), vegetable oil blend (high oleic sunflower oil, rapeseed oil, sunflower oil, antioxidants (sunflower lecithin, tocopherol-rich extract)), pasteurised goat **milk** powders, marine **fish** oil powder (source of docosahexaenoic acid), Mortierella alpina oil powder (source of arachidonic acid), minerals, choline chloride, L-tyrosine, L-tryptophan, L-cystine, vitamins, L-isoleucine, taurine, L-carnitine.

### VITAMINS:

dl-α-tocopheryl acetate, L-ascorbic acid, nicotinamide, cholecalciferol, retinyl acetate, calcium D-pantothenate, cyanocobalamin, phytonadione, thiamin hydrochloride, riboflavin, pyridoxine hydrochloride, folic acid, D-biotin.

### MINERALS:

Sodium citrate, dicalcium phosphate, calcium citrate, calcium hydroxide, potassium chloride, ferrous sulphate, zinc sulphate, copper sulphate, manganese sulphate, potassium iodide, sodium selenite.

This product contains 38% goat milk on a dry matter basis.

### ALLERGY ADVICE:

For allergens, see ingredients in **bold**.

### IMPORTANT

Breastfeeding is best for babies. Nannycare Follow on milk is only for babies over 6 months, as part of a healthy and varied weaning diet. It should not be used as a breastmilk substitute before 6 months. The decision to start weaning, including the use of this product before 6 months, should be made only on the advice of a doctor, midwife, health visitor, public health nurse, dietitian, pharmacist, or other professional responsible for maternal and child care, based on your baby's individual needs.

**We're here to help.**

Any questions? Just ask.

Contact our Careline:

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