

bottles & burps



HOLAD01

Holle A2 Milk Stage 1 Organic Formula (400g)

Age: From 0-6 Months

Yield: Approximately 102oz of Formula

Holle A2 Stage 1 infant formula, intended for 0 to 6 months of age, is based exclusively on A2 milk. A2 milk helps with digestive comfort as compared with traditional cow's milk formulas, which contain A1 milk. We also like the fact that this formula exclusively uses lactose only as its carbohydrate (as opposed to maltodextrin or starch). Other ingredients include essential vitamins and minerals to promote your baby's development and meet EU regulatory requirements. Lastly, as with all Holle formulas we sell, this formula is EU certified organic.

What is A2 milk?

Most of the milk found in stores and used in baby formulas today contains mostly A1 milk proteins. A2 milk proteins, in contrast, are more like the protein found in human breastmilk. It's no surprise, then, that exclusively A2-based formulas result in more digestive comfort for baby.

While most dairy cows produce milk with both A1 and A2 proteins (aka "beta-caseins"), others make milk only with A2 protein. The breed of the cow determines whether it makes exclusively A2 milk or milk that contains both A1 and A2. The milk that Holle uses in its A2 formulas (stages 1, 2 and 3) is sourced exclusively from selected cows that produce only A2 milk.



Holle

- ✓ Made exclusively with A2 milk
- ✓ Vitamins A, C, D and E for baby's immune system
- ✓ EU Certified Organic
- ✓ Added DHA and ARA
- ✓ No corn-based sweeteners
- ✓ No gluten
- ✓ No GMOs
- ✓ No Maltodextrin

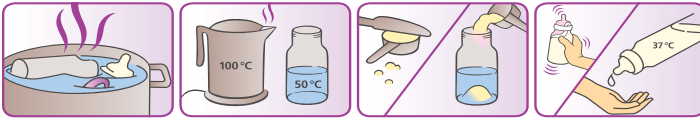


bottles & burps

Holle A2 Milk Stage 1
Organic Formula (400g)



INSTRUCTIONS



Preparation for all powdered formulas (also consistent with US FDA guidelines):

1. Boil water freshly for each of baby's meals and allow to cool down to 120 degrees Fahrenheit (50 °C) before mixing with formula powder.
2. Pour in ½ of the necessary amount of boiled water into a clean and sterilized bottle.
3. Using 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.
5. Add the remaining half of the water to the bottle and shake 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.

There are many mothers that regularly use distilled water without boiling it, apparently with no negative consequences. We cannot recommend this approach and there are actual reasons even the US FDA recommends pre-boiling tap or distilled water instead.

MIXING AND FEEDING INSTRUCTIONS (HOLLE A2 STAGE 1)

AGE	BOTTLES PER DAY	WATER (OZ)	# OF SCOOPS
First Week	Consult Your Pediatrician		
2 to 4 Weeks	5-7	3	3
2 nd Month	5-6	4	4
Months 3-4	5-6	5	5
Months 5-6	3-5	6	6

DON'T FORGET

- ONCE YOU HAVE OPENED THE INNER FOIL BAG CONTAINING YOUR FORMULA, YOU SHOULD USE WITHIN 2 WEEKS. AVOID STORING IN AREAS OF HIGH HEAT OR HUMIDITY.
- WE HIGHLY RECOMMEND STORING FORMULA POWDER IN AN AIRTIGHT CONTAINER.
- IF MIXED FORMULA IS NOT CONSUMED WITHIN AN HOUR, YOU SHOULD DISCARD IT.
- DO NOT MICROWAVE BOTTLES OR FORMULA.

INGREDIENTS

Organic skimmed A2 milk, organic whey powder (partly demineralised organic whey powder), organic vegetable oils (sustainably-sourced organic palm oil, organic rapeseed oil, organic sunflower oil), organic lactose, calcium carbonate, L-tyrosine, potassium chloride, fish oil3, magnesium chloride, M. alpina oil**, calcium chloride, calcium hydroxide, choline, sodium chloride, L-tryptophan, inositol, ferrous lactate, vitamin C, zinc sulphate, vitamin E, niacin, pantothenic acid, copper sulphate, vitamin A, vitamin B1, manganese sulphate, vitamin B6, potassium iodate, folic acid, sodium selenate, vitamin K, vitamin D, biotin.

Certified organic by EU standards.

NUTRITION FACTS

	Per 100 ml Formula	Per 100 Calories
Energy (kcal)	67.0	100.0
Protein (g)	1.3	1.9
Fat (g)	3.6	5.4
Of which:		
Saturated Fat (g)	1.0	1.5
Monounsaturated Fat (g)	1.9	2.8
Polyunsaturated Fat (g)	0.6	0.9
Linolenic Acid Omega-3 (mg)	54.0	80.6
DHA (mg)	14.3	21.3
Carbohydrate (g)	7.4	11.0
Of which:		
Sugars (Primarily Lactose) (g)	7.4	11.0
Lactose (g)	7.4	11.0
Starch (g)	0.0	0.0
Water (g)	90.0	134.3
Linoleic Acid Omega 6 (mg)	549.0	819.4

VITAMINS

Vitamin A (IU)	167.3	249.8
Vitamin D (IU)	64.0	95.5
Vitamin E (IU)	1.7	2.5
Vitamin K (mcg)	7.8	11.6
Thiamine (Vitamin B1) (mcg)	81.0	120.9
Riboflavin (Vitamin B2) (mcg)	190.0	283.6
Vitamin B6 (mcg)	59.0	88.1
Vitamin B12 (mcg)	0.15	0.22
Niacin (mcg)	410.0	611.9
Folic Acid (Folacin) (mcg)	14.3	21.3
Pantothenic Acid (mcg)	590.0	880.6
Biotin (mcg)	1.4	2.1
Vitamin C (Ascorbic Acid) (mg)	15.0	22.4
Choline (mg)	20.0	29.9
Inositol (mg)	7.7	11.5

MINERALS

Calcium (mg)	64.0	95.5
Phosphorus (mg)	39.5	59.0
Magnesium (mg)	7.8	11.6
Iron (mg)	0.58	0.87
Zinc (mg)	0.42	0.63
Manganese (mcg)	17.0	25.4
Copper (mcg)	50.0	74.6
Iodine (mcg)	13.6	20.3
Selenium (mcg)	3.8	5.7
Sodium (mg)	25.0	37.3
Potassium (mg)	86.7	129.4
Chloride (mg)	50.8	75.8

OTHER ITEMS

Folate (mcg DFE)	23.8	35.5
L-Carnitine (mg)	1.7	2.5
ARA (mg)	14.3	21.3

DILUTED: EACH 149 ML (~5 FL OZ) CONTAINS 100 CALORIES.

Translated from original German labels as of November 30, 2022.

Converted to units and table format/order per US Title 21: Subchapter B: Part 107.