

# bottles & burps



HOLCDPR

## Holle Cow Milk Stage PRE Organic Formula + DHA (400g)



# Holle

**Age:** From 0-6 Months

**Yield:** Approximately 102oz of Formula

This is the new 2023 formulation of Holle PRE, which now has an entirely vegetarian source of DHA. Holle PRE organic formula is intended for use from birth onward or to supplement breastfeeding in the initial months. Holle PRE formula contains all the necessary nutrients that your little one needs during the first six months of life. Holle PRE "starting milk" can be fed from birth as the sole source of nutrition until the introduction of further food. Holle PRE can also be given during the mixed diet phase (typically from the 4<sup>th</sup> or 5<sup>th</sup> month onward, depending on the recommendation of your pediatrician) and until the end of the first year of life. Holle PRE is easily digestible, gluten-free, wheat-free and soy-free. Conventional starting formulas have vegetable oils as the source of fat. The combination of vegetable oil and milk fat provides an optimal fat composition for the initial months of life. Additionally, the only carbohydrate utilized in Holle PRE is lactose.

Holle formula is based on milk from cows raised on biodynamic farms in Germany that are Demeter certified. **The Demeter standard is truly the gold standard in terms of animal welfare and biodynamics.** Demeter dairy farms avoid practices such as the painful dehorning of the dairy cows. Other ingredients include essential vitamins and minerals to promote your baby's development and meet EU regulatory requirements.



- ✓ Only Demeter Certified Biodynamic Dairy Farms
- ✓ No corn-based sweeteners
- ✓ Vitamins A, C, D and E for baby's immune system
- ✓ No gluten
- ✓ EU Certified Organic
- ✓ No GMOs
- ✓ Added DHA (vegetarian) and ARA

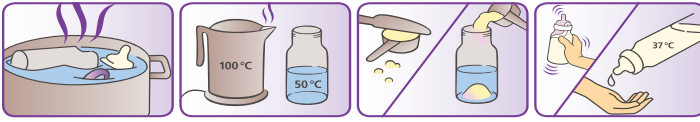


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Holle Cow Milk Stage PRE Organic  
Formula + DHA (400g)



## 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 COW STAGE PRE)

AGE	BOTTLES PER DAY	WATER (OZ)	# OF SCOOPS
First Week	Consult Your Pediatrician		
2 to 4 Weeks	5-7	3	3
Month 2	4-5	5	5
Months 3-4	4-5	6	6
After the 4 <sup>th</sup> Month	4-5	7	7

## 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 Demeter milk, organic whey powder (partly demineralized), organic vegetable oils (sustainably sourced palm oil, sunflower oil, rapeseed oil), organic lactose, calcium carbonate, potassium chloride, oil from the microalgae Schizochytrium sp. as DHA source, Mortierella Alpina oil, choline bitartrate, calcium salts of orthophosphoric acid, vitamin C, L-tyrosine, sodium chloride, L-tryptophan, ferrous sulphate, zinc sulfate, vitamin E, magnesium carbonate, niacin, copper sulphate, pantothenic acid, vitamin A, thiamine (vitamin B1), vitamin B6, manganese sulphate, potassium iodide, folic acid, sodium selenite, vitamin K, vitamin D, biotin, vitamin B12.

Certified organic by EU standards.

## NUTRITION FACTS

	Per 100 ml Formula	Per 100 Calories
Energy (kcal)	66.0	100.0
Protein (g)	1.3	2.0
Fat (g)	3.3	5.0
Of which:		
Saturated Fat (g)	0.9	1.4
Monounsaturated Fat (g)	1.8	2.7
Polyunsaturated Fat (g)	0.6	0.9
Linolenic Acid Omega-3 (mg)	53.0	80.3
DHA (mg)	15.0	22.7
Carbohydrate (g)	7.8	11.8
Of which:		
Sugars (Primarily Lactose) (g)	7.8	11.8
Lactose (g)	7.8	11.8
Starch (g)	0.0	0.0
Water (g)	90.0	136.4
Linoleic Acid Omega 6 (mg)	533.0	807.6

## VITAMINS

Vitamin A (IU)	178.7	270.7
Vitamin D (IU)	60.0	90.9
Vitamin E (IU)	1.0	1.5
Vitamin K (mcg)	5.3	8.0
Thiamine (Vitamin B1) (mcg)	34.0	51.5
Riboflavin (Vitamin B2) (mcg)	170.0	257.6
Vitamin B6 (mcg)	33.0	50.0
Vitamin B12 (mcg)	0.13	0.20
Niacin (mcg)	340.0	515.2
Folic Acid (Folacin) (mcg)	9.9	15.0
Pantothenic Acid (mcg)	340.0	515.2
Biotin (mcg)	1.6	2.4
Vitamin C (Ascorbic Acid) (mg)	5.9	8.9
Choline (mg)	22.0	33.3
Inositol (mg)	4.5	6.8

## MINERALS

Calcium (mg)	58.6	88.8
Phosphorus (mg)	35.1	53.2
Magnesium (mg)	5.28	8.00
Iron (mg)	0.53	0.80
Zinc (mg)	0.44	0.67
Manganese (mcg)	5.1	7.7
Copper (mcg)	54.0	81.8
Iodine (mcg)	13.9	21.1
Selenium (mcg)	3.8	5.8
Sodium (mg)	23.0	34.8
Potassium (mg)	80.4	121.8
Chloride (mg)	49.8	75.5

## OTHER ITEMS

Folate (mcg DFE)	16.5	25.0
L-Carnitine (mg)	2.1	3.2
ARA (mg)	15	22.7

**DILUTED:** EACH 152ML (~5 FL OZ) CONTAINS 100 CALORIES.

Translated from original German labels as of September 26, 2023.

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



organic