

bottles & burps



LEBW6003

Lebenswert Stage 3 Organic Infant Milk Formula + DHA (475g)



Age: From 10 to 12 Months

Yield: Approximately 122oz of Formula

This is the newly released version of Lebenswert 3. This updated version of the product is recognizable by the fact that the front of the box says *enthält DHA*. Besides minor changes to the packaging, this new formulation has been improved to better conform with the EU Baby Formula Directive that went into effect in February 2020; hence, you will now see added DHA and improved vitamin/mineral content.

Lebenswert Stage 3 is suitable for infants between 10 and 12 months. Besides being more nutritionally aligned with the requirements of babies between 10 and 12 months, Lebenswert Stage 2 has added organic starches as compared with Lebenswert Stage 2, which help to satiate baby. Starting at 12 months, you may consider transitioning your baby to a toddler's milk, such as Holle Stage 4 Holle Stage 4 Toddler's Milk, which is better aligned with the nutritional requirements for babies beyond 12 months.

The milk used in Lebenswert formula is sourced exclusively from organic dairy farmers that follow the strict requirements of the Bioland Association. The Bioland organic certification requirements go well beyond the requirements for the EU organic certification, making Bioland one of the most robust organic certifications in the world. As one example, Bioland certified products must contain 100% organic ingredients, whereas the EU organic certification may contain up to 5% non-organic ingredients. Farmers and manufacturers adhering to Bioland standards are regularly subjected to nationally recognized inspection bodies.



- ✓ Only Bioland Certified Dairy Farms
- ✓ Vitamins A, C, D and E for baby's immune system
- ✓ EU Certified Organic
- ✓ No corn-based sweeteners
- ✓ No gluten
- ✓ No GMOs
- ✓ Now includes DHA



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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.
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 parents that simply mix bottled water at room temperature with the formula powder, apparently with no negative consequences. We cannot recommend this approach. [Watch this video for more insight into this topic.](#)

MIXING AND FEEDING INSTRUCTIONS (LEBENSWERT STAGE 3)

AGE	BOTTLES PER DAY	WATER (FL OZ)	# OF SCOOPS
10 Months and Up	1-2	5	5
		6	6
		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 milk, organic whey product (partially demineralized whey powder), organic vegetable oils (organic palm oil, organic rapeseed oil, organic sunflower oil), organic maltodextrin, organic starch, L-tyrosine, potassium chloride, fish oil (as DHA source), calcium chloride, magnesium chloride, calcium carbonate, calcium hydroxide, L-tryptophan, sodium chloride, ferrous lactate, vitamin C, zinc sulfate, copper sulfate, vitamin E, niacin, pantothenic acid, vitamin B1, vitamin A, vitamin B6, manganese sulfate, potassium iodate, folic acid, sodium selenite, vitamin K, vitamin D, biotin, vitamin B12.

Certified Organic by EU.

Lebenswert Stage 3 Organic Infant Milk Formula + DHA (475g)

NUTRITION FACTS

	Per 100 ml Formula	Per 100 Calories
Energy (kcal)	66.0	100.0
Protein (g)	1.3	2.0
Fat (g)	3.2	4.8
Of which:		
Saturated Fat (g)	0.9	1.3
Monounsaturated Fat (g)	1.7	2.6
Polyunsaturated Fat (g)	0.6	0.9
Linolenic Acid (mg)	42.0	63.6
DHA (mg)	13.7	20.8
Carbohydrate (g)	7.9	12.0
Of which:		
Sugars (Primarily Lactose) (g)	5.1	7.7
Lactose (g)	5.0	7.6
Starch (g)	1.0	1.5
Water (g)	90.0	136.4
Linoleic Acid (mg)	488.0	739.4
VITAMINS		
Vitamin A (IU)	155.3	235.4
Vitamin D (IU)	68.0	103.0
Vitamin E (IU)	1.2	1.9
Vitamin K (mcg)	5.3	8.0
Thiamine (Vitamin B1) (mcg)	88.0	133.3
Riboflavin (Vitamin B2) (mcg)	150.0	227.3
Vitamin B6 (mcg)	73.0	110.6
Vitamin B12 (mcg)	0.13	0.20
Niacin (mcg)	490.0	742.4
Folic Acid (Folacin) (mcg)	13.2	20.0
Pantothenic Acid (mcg)	560.0	848.5
Biotin (mcg)	1.3	2.0
Vitamin C (Ascorbic Acid) (mg)	9.2	13.9
MINERALS		
Calcium (mg)	51.3	77.7
Phosphorus (mg)	32.7	49.5
Magnesium (mg)	6.6	10.0
Iron (mg)	0.91	1.38
Zinc (mg)	0.44	0.67
Manganese (mcg)	12.0	18.2
Copper (mcg)	47.0	71.2
Iodine (mcg)	14.3	21.7
Selenium (mcg)	2.5	3.8
Sodium (mg)	19.0	28.8
Potassium (mg)	67.5	102.3
Chloride (mg)	45.0	68.2
OTHER ITEMS		
Galacto-Oligosaccharides (Dietary Fiber) (g)	22	33.3

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

Translated from original German labels as of June 12, 2020.

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

