

Preparation

Ready to Feed

Your baby's health depends on carefully following these directions. Ready to feed formula if mixed with water may not provide proper nutrition, and repeated use of such feedings could cause illness. Ask your baby's doctor if you need to boil (sterilize) bottle, nipple and ring before use.

- 1 8-fl-oz bottle
  - 1 Do not add water.
  - 1 Shake very well.
  - 1 **Do not use if breakaway ring is missing or broken.**
  - 1 Twist off cap.
  - 1 Twist on clean nipple and ring (not included).
  - 1 For use in a different feeding container (cup or bottle):
    - 1 Ask your baby's doctor if you need to boil (sterilize) the empty bottles before adding formula.
    - 1 Pour desired amount into clean feeding container.
    - 1 Recap bottle, refrigerate and **use within 48 hours.**
  - 1 No need to warm formula before feeding.
  - 1 **Once feeding begins, use within 1 hour or discard.**
- 1 1-QT bottle
  - 1 Do not add water.
  - 1 Shake very well before each use.
  - 1 Remove protective band, twist off and clean cap.**Do not use if band around cap or inner foil seal is damaged.**
  - 1 Invert cap; press down to pierce foil, then turn cap a half turn.
  - 1 Remove foil.
  - 1 Pour formula into bottle; attach nipple.
  - 1 **Once feeding begins, use within 1 hour or discard.**
  - 1 Prepare and feed all formula from the container **within 3 days after opening.**

Powder

Your baby's health depends on carefully following these directions. Proper hygiene, handling and storage are important when preparing infant formula. Failure to follow these directions could result in severe harm. Ask your baby's doctor if you need to use cooled, boiled water for mixing and if you need to boil (sterilize) bottles, nipples and rings before use.

- 1 Wash your hands, surfaces and utensils.
- 1 Pour desired amount of water into clean bottle (see mixing guide).
- 1 Add 1 unpacked level scoop (8.3 g) to each 2 fl oz of water.
- 1 Return dry scoop to container.
- 1 Cap bottle; shake well; attach nipple.
- 1 Once feeding begins, **use within 1 hour or discard.**

Mixing Guide

| Measure water | Add scoop(s) of <i>unpacked level powder</i> using enclosed scoop | Finished bottle (approx) |
|---------------|---|--------------------------|
| 2 fl oz       | 1 scoop (8.3 g)   | 2 fl oz                  |
| 4 fl oz       | 2 scoops  | 4 fl oz                  |
| 6 fl oz       | 3 scoops  | 6 fl oz                  |
| 8 fl oz       | 4 scoops  | 8 fl oz                  |