

# BELAMY'S ORGANIC

## INFANT FORMULA STEP 1 (0–6 MONTHS)

A nutritionally complete, premium infant formula suitable for healthy infants from birth, requiring a partial or complete breast milk substitute.

**Indications:** Healthy infants from birth as a partial or complete breast milk substitute.

**Contradictions:** Confirmed cow's milk protein allergy, galactosaemia, lactose intolerance.



## NUTRITIONAL INFORMATION

Nutrients		Average quantity per 3.38 fl oz prepared feed
VITAMINS	<b>Energy</b>	68 kcal
	<b>Protein</b>	1.4 g
	- Whey protein	0.9 g
	- Casein protein	0.6 g
	<b>Fat, total</b>	3.4 g
	- <b>Omega 3</b>	78 mg
	α-Linolenic acid (ALA)	68 mg
	Docosahexaenoic acid (DHA)	10.1 mg
	- <b>Omega 6</b>	737 mg
	Linoleic acid (LA)	726 mg
	Arachidonic acid (ARA)	10.7 mg
	<b>Carbohydrate</b>	7.6 g
	MINERALS	Vitamin A
Vitamin B6		46 µg
Vitamin B12		0.29 µg
Vitamin C		14.5 mg
Vitamin D		1.0 µg
Vitamin E		1.5 mg αTE
Vitamin K1		6.9 µg
Biotin		3.2 µg
Niacin (Vitamin B3)		542 µg
Folate (Vitamin B9)		14.8 µg
Pantothenic acid (Vitamin B5)		492 µg
Vitamin B2 (Riboflavin)		158 µg
Thiamin (Vitamin B1)	79 µg	
OTHER	Calcium	59 mg
	Copper	59 µg
	Iodine	13.2 µg
	Iron	0.77 mg
	Magnesium	7.4 mg
	Manganese	33 µg
	Phosphorus	39 mg
	Selenium	2.4 µg
	Zinc	0.75 mg
	Chloride	46 mg
	Potassium	69 mg
	Sodium	20 mg
OTHER	Choline	7.9 mg
	Inositol	4.9 mg
	Prebiotics: GOS <sup>1</sup>	200 mg

<sup>1</sup> GOS – Galacto-oligosaccharides

## INGREDIENTS

Organic **milk** solids [organic demineralised **whey** powder, organic whole **milk** liquid or powder, organic **lactose** powder, organic skim **milk** liquid or powder, organic **whey** protein concentrate], Organic vegetable oils [organic palm olein oil, organic soy oil, organic coconut oil, emulsifier (organic **soy** lecithin)], Organic galacto-oligosaccharides (GOS) from **milk**, Minerals (potassium chloride, calcium carbonate, calcium phosphate, potassium phosphate, magnesium chloride, sodium citrate, ferrous sulphate, zinc sulphate, copper sulphate, sodium selenite, potassium citrate, manganese sulphate, potassium iodide), Dried DHA (**fish**) and ARA oils [**milk** solids, emulsifier (**soy** lecithin), antioxidants (sodium ascorbate, mixed tocopherols, ascorbyl palmitate)], Vitamins (sodium ascorbate, vitamin E acetate, vitamin A acetate, niacinamide, D-calcium pantothenate, vitamin D3, d-biotin, folic acid, vitamin K1, thiamin hydrochloride, pyridoxine hydrochloride, vitamin B12).

**ALLERGENS:** Milk, fish & soy.







**REFERENCE:** 1. Williams CM. Nutritional quality of organic food: shades of grey or shades of green? Proceedings of the Nutrition Society, 2002; 61: 19-24. 2. Kummeling I et al. Comparison of organic foods and risk of atopic disease during the first 2 years of life in the Netherlands. British Journal of Nutrition, 2008; 99: 598-605. 3. Bergamo P et al. Fat soluble vitamin contents and fatty acid composition in organic and conventional Italian dairy products. Food Chemistry, 2003; 82: 625-631. 4. Connor WE. Importance of n-3 fatty acids in health and disease. American Journal of Clinical Nutrition, 2010; 71: Suppl.171S-175S.

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**IMPORTANT NOTICE:** Not for public display. Breast milk is best for babies. Professional advice should be followed before using an infant formula. Reversing a decision not to breastfeed is difficult, and social and financial implications should be considered. Bellamy's Organic complies with the WHO code and relevant subsequent codes, meaning we have a strong commitment to the provision of safe & adequate nutrition for babies by protection and support of breastfeeding and by ensuring the proper use of infant formula, when they are necessary.

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## PREPARATION INSTRUCTIONS

-  Always wash hands before preparing. Wash and rinse bottle and all utensils thoroughly. Use only the enclosed scoop.
-  Boil fresh drinking water and allow to cool until lukewarm.
-  Consult Feeding Table. Pour exact amount of warm, previously boiled water into the sterilised bottle.
-  Fill the measuring scoop with formula powder and level off using the levelling blade on the tin.
-  Always add one level scoop of powder for each 2 oz of water in the feeding bottle. Place cap on bottle. Shake or swirl until powder dissolves. If required, cool the prepared formula by holding the bottle under cold, running water.
-  Before feeding your baby, make sure the prepared formula is at the right temperature by testing on your wrist. If prepared formula is not consumed immediately, refrigerate and use within 24 hours.

Always use the scoop provided. Discard any unfinished feed. Each bottle should be prepared individually.

## FEEDING GUIDE

Age of infant	Quantity per feed		Feeds per day
	Cooled, boiled water (oz)	Level measuring scoops	
Up to 2 weeks	2	1	7–8
Up to 1 month	4	2	6
Up to 2 months	4	2	6
Up to 4 months	6	3	5
Up to 6 months	6	3	5

**Displacement volume:** 1 scoop 0.31 oz (8.8 g) of powder. This feeding guide is a general guide only and will not necessarily suit every infant. As with breastfeeding, bottle feeding according to need is appropriate. Infants will generally self-regulate intake according to appetite. For formula requirements, refer to the U.S. Department of Health and Human Services (cdc.gov). Place greater reliance on solid food in addition to infant formula for nutrition from 6 months of age.

**Bellamy's Organic Step 1 Infant Formula is made in Australia from 100% certified organic milk.**

Scientific literature has long reported organic products contain more antioxidants especially vitamin C<sup>1</sup> and that organic dairy products contain, on average, higher amounts of conjugated linoleic acid and n-3 fatty acids<sup>2,3</sup>. N-3 fatty acids have important roles in the prevention and modulation of diseases and are essential for appropriate development in utero, in infancy and childhood<sup>4</sup>. They also are reported to have anti-inflammatory properties and may reduce atopic reactions<sup>2</sup>. Indeed, it has been shown<sup>2</sup> that in infants and children consuming a diet consisting of more than 90% organic foods, consumption of organic dairy products in the first 2 years of life was associated with a significantly lower eczema risk (OR 0.64; 95% CI 0.44-0.93).

**Net weight: 31.7 ounces**

**Availability:** amazon.com & bellamysorganic.com



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