



ESTD 1962

Kendamil® classic

nutritional profile & mixing instructions

Nutritional Profile

| Nutrient | Unit | Per 100kcal | Per 100ml | | | | |
|-------------------------|-------------|-------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| | | | 20 kcal/ fl oz | 22 kcal/ fl oz | 24 kcal/ fl oz | 27 kcal/ fl oz | 30 kcal/ fl oz |
| Energy | kcal | 100 | 67 | 73 | 80 | 90 | 100 |
| Volume | mL | 134 | 100 | 100 | 100 | 100 | 100 |
| Protein | g | 2 | 1.3 | 1.5 | 1.6 | 1.8 | 2 |
| Fat | g | 5.4 | 3.6 | 3.9 | 4.3 | 4.9 | 5.4 |
| Linoleic Acid | mg | 808 | 541 | 590 | 646 | 727 | 808 |
| Linolenic Acid | mg | 75 | 50 | 55 | 60 | 68 | 75 |
| DHA | % total fat | 0.45 | 0.45 | 0.45 | 0.45 | 0.45 | 0.45 |
| ARA | % total fat | 0.22 | 0.22 | 0.22 | 0.22 | 0.22 | 0.22 |
| Carbohydrate | g | 10.8 | 7.2 | 7.9 | 8.6 | 9.7 | 10.8 |
| Vitamins | | | | | | | |
| Vitamin A | IU | 260 | 174 | 190 | 208 | 234 | 260 |
| Vitamin D | IU | 80 | 54 | 58 | 64 | 72 | 80 |
| Vitamin E | IU | 3.2 | 2.1 | 2.3 | 2.6 | 2.9 | 3.2 |
| Vitamin K | mcg | 5.8 | 3.9 | 4.2 | 4.6 | 5.2 | 5.8 |
| Thiamin (Vitamin B1) | mcg | 80 | 54 | 58 | 64 | 72 | 80 |
| Riboflavin (Vitamin B2) | mcg | 190 | 127 | 139 | 152 | 171 | 190 |
| Vitamin B6 | mcg | 70 | 47 | 51 | 56 | 63 | 70 |
| Vitamin B12 | mcg | 0.15 | 0.10 | 0.11 | 0.12 | 0.14 | 0.15 |
| Niacin | mcg | 870 | 583 | 635 | 696 | 783 | 870 |
| Folic Acid | mcg | 14 | 9 | 10 | 11 | 13 | 14 |
| Pantothenic Acid | mcg | 630 | 422 | 460 | 504 | 567 | 630 |
| Biotin | mcg | 3.8 | 2.5 | 2.8 | 3.0 | 3.4 | 3.8 |
| Vitamin C | mg | 15 | 10.1 | 11.0 | 12.0 | 13.5 | 15 |
| Choline | mg | 32 | 21 | 23 | 26 | 28.8 | 32 |
| Inositol | mg | 19 | 12.7 | 13.9 | 15.2 | 17.1 | 19 |
| Minerals | | | | | | | |
| Calcium | mg | 65 | 44 | 47 | 52 | 59 | 65 |
| Phosphorus | mg | 38 | 25 | 28 | 30 | 34 | 38 |
| Magnesium | mg | 9 | 6.0 | 6.6 | 7.2 | 8.1 | 9 |
| Iron | mg | 1 | 0.7 | 0.7 | 0.8 | 0.9 | 1 |
| Zinc | mg | 0.7 | 0.47 | 0.51 | 0.56 | 0.63 | 0.7 |
| Manganese | mcg | 10 | 7 | 7 | 8 | 9 | 10 |
| Copper | mcg | 71 | 48 | 52 | 57 | 64 | 71 |
| Iodine | mcg | 17 | 11 | 12 | 14 | 15 | 17 |
| Selenium | mcg | 3.3 | 2.2 | 2.4 | 2.6 | 3.0 | 3.3 |
| Sodium | mg | 31 | 21 | 23 | 25 | 28 | 31 |
| Potassium | mg | 106 | 71 | 77 | 85 | 95 | 106 |
| Chloride | mg | 67 | 45 | 49 | 54 | 60 | 67 |
| Osmolality | | | | | | | |
| | mOsm/kg | - | 297 | 327 | 356 | 401 | 446 |

Mixing Instructions

| | |
|---|-------|
| Calories per scoop | 22.4 |
| Grams powder per level scoop | 4.3 |
| Grams powder per tablespoon (Tbsp) | 7.49 |
| Grams powder per teaspoon (tsp) | 2.49 |
| Grams powder per level cup | 121.4 |
| Grams protein per gram powder | 0.101 |
| Displacement per scoop, mL | 3.3 |
| Displacement per gram of powder, mL | 0.77 |
| Displacement per tablespoon of powder, mL | 5.77 |

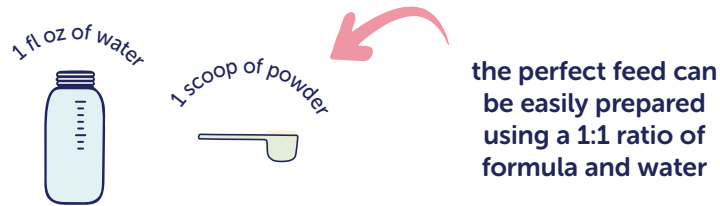
Fortification Instructions

| Calories/Ounce | 20kcal/oz | 22kcal/oz | 24kcal/oz | 26kcal/oz |
|----------------------|------------|--------------|------------|--------------|
| Water Volume | 5 oz water | 4.5 oz water | 5 oz water | 4.5 oz water |
| Unpacked Level Scoop | 5 | 5 | 6 | 6 |
| Yield | 5.5 oz | 5 oz | 5.5 oz | 5 oz |

feeding table (birth - 12 months)

(1 level scoop = 4.3g) Add 1 level scoop of powder to each 30 ml (1 fl.oz) of water.

This feeding table should only be used as a guide. All babies are different and so may require more or less than is shown below. Kendamil Classic Infant Formula should be fed on demand. If you need more advice talk to your healthcare professional.



| approx. age of baby | water per feed ⁺ | | scoops per feed | feeds per 24 hours |
|---------------------|-----------------------------|-------|-----------------|--------------------|
| | ml | fl.oz | | |
| 0 - 1 week | 60 | 2 | 2 | 10 |
| 1 week - 1 month | 90 | 3 | 3 | 8 |
| 1 - 3 months | 150 | 5 | 5 | 6 |
| 3 - 6 months | 180 | 6 | 6 | 5 |
| 6 - 9 months | 240 | 8 | 8 | 4 |
| 10 - 12 months | 240 | 8 | 8 | 3 |

⁺ freshly boiled and cooled

Ingredients

Whole **Milk** (107g per 100g), Demineralised Whey Powder enriched in alpha-lactalbumin (from **Milk**), Vegetable Oils (Sunflower, Coconut, Rapeseed), Lactose (from **Milk**), Galacto-oligosaccharides (from **Milk**), Skimmed **Milk** Powder, Calcium Citrate, Potassium Chloride, Calcium Lactate, Sodium Citrate, Choline Bitartrate, Fructo-oligosaccharides, Magnesium Chloride, Oil from the microalgae Schizochytrium sp., Sodium Ascorbate, Potassium Hydroxide, Inositol, L-Tyrosine, Oil from Mortierella alpina, Taurine, Nucleotides (Cytidine-5'-monophosphate, disodium Uridine-5'-monophosphate, Adenosine-5'-monophosphate, disodium Inosine-5'-monophosphate, disodium Guanosine-5'-monophosphate), L-Phenylalanine, Iron Pyrophosphate, Zinc Sulphate, Vitamin E, Niacin, Calcium Pantothenate, Copper Sulphate, Thiamin, Riboflavin, Vitamin A, Vitamin B6, Manganese Sulphate, Folic Acid, Potassium Iodide, Sodium Selenite, Vitamin K, Vitamin D3, Biotin, Vitamin B12.

Allergen advice see ingredients in **bold**.

IMPORTANT NOTICE: Breastfeeding is best for babies. This information is for healthcare professionals.