



ESTD 1962

Kendamil[®] organic

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	66	73	79	89	99
Volume	mL	136	100	100	100	100	100
Protein	g	2.2	1.5	1.6	1.7	2.0	2.2
Fat	g	5.3	3.5	3.9	4.2	4.7	5.2
Linoleic Acid	mg	880	581	642	695	783	871
Linolenic Acid	mg	83	55	61	66	74	82
DHA	% total fat	0.46	0.46	0.46	0.46	0.46	0.46
ARA	% total fat	0.23	0.23	0.23	0.23	0.23	0.23
Carbohydrate	g	10.5	6.9	7.7	8.3	9.3	10.4
Vitamins							
Vitamin A	IU	250	165	183	198	223	248
Vitamin D	IU	80	53	58	63	71	79
Vitamin E	IU	2.3	1.5	1.7	1.8	2.0	2.3
Vitamin K	mcg	5.0	3.3	3.7	4.0	4.5	5.0
Thiamin (Vitamin B1)	mcg	100	66	73	79	89	99
Riboflavin (Vitamin B2)	mcg	270	178	197	213	240	267
Vitamin B6	mcg	80	53	58	63	71	79
Vitamin B12	mcg	0.20	0.13	0.15	0.16	0.18	0.20
Niacin	mcg	920	607	672	727	819	911
Folic Acid	mcg	17	11	12	13	15	17
Pantothenic Acid	mcg	740	488	540	585	659	733
Biotin	mcg	2.7	1.8	2.0	2.1	2.4	2.7
Vitamin C	mg	13	8.6	9.5	10.3	11.6	12.9
Choline	mg	30	20	22	24	27	30
Inositol	mg	17.0	11.2	12.4	13.4	15.1	16.8
Minerals							
Calcium	mg	68	45	50	54	61	67
Phosphorus	mg	36	24	26	28	32	36
Magnesium	mg	9	6	7	7	8	9
Iron	mg	1.03	0.68	0.75	0.81	0.92	1.02
Zinc	mg	0.75	0.50	0.55	0.59	0.67	0.74
Manganese	mcg	13	9	9	10	12	13
Copper	mcg	78	51	57	62	69	77
Iodine	mcg	18	12	13	14	16	18
Selenium	mcg	3.5	2.3	2.6	2.8	3.1	3.5
Sodium	mg	37	24	27	29	33	37
Potassium	mg	100	66	73	79	89	99
Chloride	mg	75	50	55	59	67	74
Osmolality							
	mOsm/kg		295	325	354	398	443

Mixing Instructions

Calories per scoop	22
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	0.112
Displacement per scoop, mL	3.3
Displacement per gram of powder, mL	0.77
Displacement per tablespoon of powder, mL	5.77

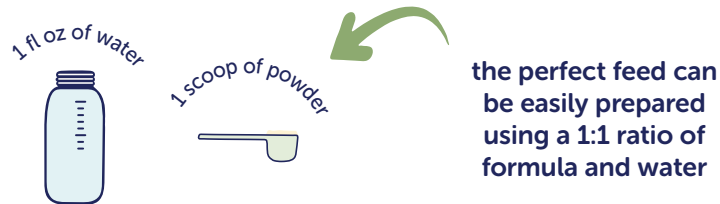
Fortification Instructions

Calories/Ounce	20kcal/oz	22kcal/oz	24kcal/oz	26kcal/oz
Water Volume	5 oz water	4.5 oz water	4 oz water	4.5 oz water
Unpacked Level Scoop	5	5	5	6
Yield	5.5 oz	5 oz	4.5 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 Organic 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

Organic whole **milk**, Organic demineralised **milk** whey protein powder, Organic skimmed **milk**, Organic vegetable oils (sunflower, coconut, rapeseed), Organic galacto-oligosaccharides (from **milk**), Calcium citrate, Sodium citrate, Potassium chloride, Calcium lactate, Magnesium chloride, Oil from the microalgae Scizochytrium sp., Vitamin C, Potassium hydroxide, Choline bitartrate, Inositol, Oil from Mortierella alpina, Taurine, Nucleotides (cytidine-5'-monophosphate, disodium uridine-5'-monophosphate, adenosine-5'-monophosphate, disodium inosine-5'-monophosphate, disodium guanosine-5'-monophosphate), Iron pyrophosphate, Zinc sulphate, Vitamin E, Niacin, Pantothenic acid, Copper sulphate, Thiamin, Riboflavin, Vitamin A, Vitamin B6, Manganese sulphate, Folic acid, Potassium iodide, Sodium selenite, Vitamin K, Vitamin D3, Biotin, Vitamin B12.

Allergy Advice: For Allergens See Ingredients in **Bold**.

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