



## Data Card Kendamil Stage 1 Classic 800g



### Description

Kendamil Classic First Infant Milk is a nutritionally complete breastmilk substitute, uniquely made with whole milk fat nutrients and free from palm oil and fish oil, suitable as sole source of nutrition from birth to 6 months and as part of a weaning diet from 6 to 12 months. Exclusively manufactured in the UK using Red-Tractor certified whole milk, Kendamil is enriched with plant-based DHA and ARA, making it the only vegetarian friendly baby milk. Kendamil infant milk contains a blend of GOS/FOS and HMOs in the form of 3'-GL (galactosyl-lactose) to mimic the natural composition of human breast milk.

### Presentation

Kendamil Stage 1 Classic is packaged in a 800g can.

### Contraindications

Not suitable for infants with galactosaemia, lactose intolerance, or allergy to any of the ingredients.

### IMPORTANT NOTICE

Breastfeeding is the best way to nourish your baby. We recommend that you only use Kendamil First Infant Milk on the advice of your doctor, pharmacist, midwife, health visitor, public health nurse, dietician or other healthcare specialist, based on baby's individual needs. When bottle feeding, do not allow prolonged contact of milk feeds with you baby's teeth as this increases the risk of tooth decay. Make sure your baby's teeth are cleaned each night after the last feed.

### Ingredients

Allergen advice see ingredients in **bold**.

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.



### Typical Nutritional Values

		Per 100g	Per 100ml
Energy	kJ	2170	280
	kcal	520	67
Fat	g	28	3.6
of which:			
- saturates	g	9	1.2
- unsaturates	g	19	2.4
<b>Omega 3</b>			
α-Linolenic Acid (ALA)	mg	390	50
Docosahexaenoic Acid (DHA - LCP)	mg	125	16.1
<b>Omega 6</b>			
Linoleic Acid	mg	4200	542
Arachidonic Acid (AA - LCP)	mg	62	8
Total Carbohydrate	g	56	7.2
of which sugars*	g	53	6.8
of which lactose	g	51	6.6
Fibre	g	2.1	0.27
of which Galacto - oligosaccharides	g	1.8	0.23
of which Fructo - oligosaccharides	g	0.2	0.03
of which 3'GL**	g	0.1	0.01
Protein (N x 6.25)	g	10.1	1.3
- Whey protein	g	6.1	0.8
- Casein protein	g	4	0.5
<b>Vitamins</b>			
Vitamin A	mcg-RE	405	52
Vitamin D	mcg	10.5	1.35
Vitamin E	mg-α-TE	15	1.9
Vitamin K	mcg	30	3.9
Vitamin C	mg	81	10.4
Thiamin	mg	0.45	0.06
Riboflavin	mg	1	0.13
Niacin	mg	4.5	0.58
Vitamin B6	mg	0.37	0.05
Folate	mcg (DFE)	120	15
Vitamin B12	mcg	0.8	0.1
Pantothenic Acid	mg	3.3	0.42
Biotin	mcg	20	2.6
<b>Minerals</b>			
Sodium	mg	160	21
Potassium	mg	550	71
Chloride	mg	350	46
Calcium	mg	340	44
Phosphorous	mg	200	26
Magnesium	mg	47	6.3
Iron	mg	5.1	0.66
Zinc	mg	3.5	0.45
Copper	mg	0.37	0.05
Iodine	mcg	90	12
Selenium	mcg	17	2.2
Manganese	mcg	54	7
Fluoride	mg	<0.1	<0.015
<b>Others</b>			
Taurine	mg	45	5.8
Choline	mg	170	22
Inositol	mg	100	13
L- Carnitine (naturally present)	mg	6.8	0.9
Nucleotides	mg	22	2.8

\*Sugars derived from milk  
\*\* 3'GL – Galactosyllactose

### Shelf Life

24 months from date of manufacture.

### Feeding Guide

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

Approximate age of baby	Approximate weight of baby	Amount of freshly boiled and cooled water per feed	Number of scoops per feed	Feeds per 24 hours
	kg	lb	ml	
Birth-1 week	3.0	7	90	3
1-4 weeks	3.5	8	120	4
1-2 months	4.5	10	120	4
3 months	5.5	12	150	5
4-5 months	6.5	14	180	6
6 months	8	18	210	7
7-12 months	-	-	210	7

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 1 Milk should be fed on demand. If you need more advice talk to your healthcare professional.

### Storage

Store in a cool dry place before and after opening. Packaged in a protective atmosphere. For best before, see base of can. Use within 4 weeks of opening. Do not refrigerate and do not freeze.

### Preparation

1. Wash hands, then sterilise your feeding utensils according to manufacturer's instructions.
2. Fill kettle with 1 litre of freshly run tap water (do not use repeatedly boiled water). Boil and leave to cool for 30 minutes, so it remains at a temperature of at least 70°C. Measure the required water into a sterilised bottle.
3. Using the scoop provided, add the correct number of levelled scoops to the bottle. Use the straight edge inside the lid to level each scoop.
4. Place a sterilised teat and cap on the bottle and shake well to dissolve powder.
5. Cool to a natural body temperature by running the bottle (lid on) under cold running water. Always test the temperature of the formula on the inside of your wrist.

If feed has not been used within 2 hours, we recommend that you throw it away and start again. Do not add food products such as cows' milk and **do not re-heat in a microwave.**

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