

Infant formula from birth

# BabySemp 1

## BabySemp 1 Lemolac

## BabySemp 1 SensiPro

### PREPARATION



**1** Always wash your hands before preparing BabySemp 1/BabySemp 1 Lemolac/BabySemp 1 SensiPro.



**2** Make sure that the nipple, bottle, and pan are clean.



**3** Boil cold water. Allow to cool to eating temperature (ca 40 °C)



**4** Measure the water in the baby bottle.



**5** Add the correct amount of powder to the bottle. Remember to always use level measures.



**6** Close the bottle and shake/mix until the powder is dissolved.



**7** Check that the mixture is not too hot by dropping a small amount on the inside of your wrist. Taste it yourself before giving it to your child. Always hold your baby in your arms while feeding.



**8** Serve BabySemp freshly prepared. Leftovers cannot be saved.

### DOSAGE

It is important to use the correct powder dosage in relation to the amount of water. Too much powder can cause constipation. Too little powder can result in your child having insufficient energy and nutrition.

Water	Powder	Portion amount
60 ml	2 measures	65 ml
90 ml	3 measures	100 ml
120 ml	4 measures	135 ml
150 ml	5 measures	165 ml
180 ml	6 measures	200 ml
210 ml	7 measures	235 ml
240 ml	8 measures	265 ml



Scoop size 8 ml = 4.3 g.  
Always use the scoop provided with level measures.

### HOW BIG A PORTION?

The amounts below are approximate, as different children consume different amounts. Just like when they are breastfeeding, parents who feed their child formula should let the child control how much they want to consume and how often. Your child will regulate their own intake according to their needs. Consequently, the table should be used only as guidance.

Child's age	Amount per meal	No. of meals per day	Amount per day
0–1 months	80–150 ml	5–6	400–700 ml
1–2 months	100–160 ml	5	600–800 ml
2–4 months	140–200 ml	5	700–1000 ml
4–6 months	140–250 ml	4–5	700–1200 ml

### USE

Always consult a children's healthcare centre about your child's food. BabySemp 1/BabySemp 1 Lemolac/BabySemp 1 SensiPro are to be used to supplement or as a substitute for breast milk in accordance with the recommendations of a children's healthcare centre or paediatrician to meet the nutritional needs of children up to six months of age.

BabySemp 1 Lemolac/BabySemp 1 SensiPro have a low pH. This partially breaks down the protein and makes it softer. This can be seen in prepared BabySemp 1 Lemolac/BabySemp 1 SensiPro, which have a slightly clumped consistency.

For the best quality, infant formula should be served freshly prepared and used within one hour.

**Important:** Make sure the water has cooled to 40 degrees Celsius before mixing BabySemp 1 SensiPro. Higher temperatures weaken the effect of the active bacterial culture, *Lactobacillus Reuteri* Protectis®, the same as in Semper Magdroppar.

### TIP! QUICK PREPARATION

1. Boil cold water.
2. Measure half of the hot water in the baby bottle and add refrigerated boiled water up to the correct total amount. Add the correct amount of powder to the bottle. Remember to always use level measures.
3. Close the bottle well and shake until the powder is dissolved.
4. Check that the mixture is not too hot by dropping a small amount on the inside of your wrist. Always taste it yourself before giving it to your child.

### BEST BEFORE

The best-before date is stated on the top of the pack. An opened pack should be consumed within one month.

### STORAGE

Store in a dry dark place at normal room temperature. Always store the powder in its original packaging. There is smart storage for the scoop in the lid.

### QUESTIONS OR COMMENTS?

**Call us!** Semper AB • Tel. 020-62 20 00

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Take a look at our preparation video (in Swedish).



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### Research and development in consultation with paediatricians

Young children may find it difficult to form sufficient quantities of the long-chain fatty acids omega-3 (DHA) and omega-6 (ARA) themselves. Consequently, these are contained in all BabySemp 1 products, alongside nucleotides and GOS (galacto-oligosaccharides/fibre).