

Follow-on formula from nine months

BabySemp 3

PREPARATION

- 1** In a microwave: Measure the cold water in the baby bottle and add the correct number of level measures of powder.
 - 2** Close the bottle and shake/mix until the powder is dissolved.
 - 3** Heat without the lid on at full power for around 40 seconds.
 - 4** 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.
 - 5** Serve freshly prepared. Do not save any leftovers.
- ...
- In a pan: Whisk together the correct amount of powder and cold water in a pan and heat to eating temperature.

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 8.6 ml = 4.7 g. Always use the scoop provided with level measures.

HOW BIG A PORTION?

The amounts in the table are approximate as different children consume different amounts. Your child will regulate their own intake according to their needs and their intake of regular food. Consequently, the table should be used only as guidance.

Child's age	No. of meals per day	Water	Powder	Portion amount
6–8 months	1–3	210 ml	7 measures	235 ml
	1–4	180 ml	6 measures	200 ml
> 8 months	1–3	210 ml	7 measures	235 ml
	1–3	180 ml	6 measures	200 ml

USE

Always consult a children's healthcare centre about your child's food. BabySemp 3 is a follow-on formula that is to be used only to supplement a child's increasingly varied diet. BabySemp 3 is suitable only for children over six months of age and is recommended for children from nine months of age. BabySemp 3 must not be used as a substitute for breast milk during the child's first six months.

Serve BabySemp 3 in a beaker or baby bottle. For the best quality, follow-on formula should be served freshly prepared and used within one hour.

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).



Research and development in consultation with paediatricians

BabySemp 3 contains a carefully selected blend of milk fat and vegetable oils. 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 BabySemp 3, alongside nucleotides and GOS (galacto-oligosaccharides/fibre). Iron contributes to normal cognitive development and understanding in children. Vitamin D is essential for the growth and normal development of bone structure, while iodine contributes to normal growth. Consequently, BabySemp 3 is enriched with iron, vitamin D, and iodine.

