



## INSTRUCTIONS

### BabySemp 2, BabySemp 2 Sensisoft Lemolac & BabySemp 2 SensiPro+

#### PREPARATION



**1** In a microwave: Measure out the cold water in the baby bottle and add the correct number of level scoops of powder.



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



**3** Heat the bottle (without the lid and nipple) at full power for around 40 seconds.



**4** Check that the mixture is not too hot. Taste it yourself before giving it to your child.



**5** Serve freshly prepared. Leftovers cannot be saved.



**In a pan:** Whisk together the correct amount of powder and cold water in a pan and heat to eating temperature (approx. 40 °C).

Scan the QR code to watch our preparation video!



#### USE

Contact your children's healthcare centre (BVC) for advice and support on your child's food. BabySemp 2, BabySemp 2 Sensisoft Lemolac and BabySemp 2 SensiPro+ are to be used only to supplement a child's increasingly varied diet.

BabySemp 2 Sensisoft Lemolac and BabySemp 2 SensiPro+ have a lower pH, which softens the protein during preparation. This is why prepared BabySemp 2 Sensisoft Lemolac and BabySemp 2 SensiPro+ look slightly grainy. For the best quality, follow-on formula should be served freshly prepared and used within 1 hour.

#### Important note on using BabySemp 2 SensiPro+:

When preparing BabySemp 2 SensiPro+, it is important to leave the water to cool to 40 degrees Celsius before mixing in the powder. Higher temperatures reduce the effect of the active bacterial culture *L. reuteri* Protectis®, the same probiotic used in Semper's stomach drops (Semper magdroppar).

#### PORTION TABLE:

All children consume different amounts, so the quantities in the table are approximate and should be used only as guidance. Your child will regulate their own intake according to their needs, so let the child control how much they want to consume and how often. You can adapt the portion size using the following dosage as a guide: Adding 2 level scoops of powder to 60 ml water gives approx. 65 ml prepared follow-on formula.

MEALS PER DAY	WATER	NO. OF LEVEL SCOOPS OF POWDER	AMOUNT OF PREPARED FOLLOW-ON FORMULA
1–4	180 ml	6	approx. 200 ml
1–3	210 ml	7	approx. 235 ml

#### Always use the measuring scoop provided!

It is important to get the right ratio of powder to water. Too much powder can cause constipation, and too little powder can result in your child not getting enough energy and nutrition.



#### TIP FOR QUICK PREPARATION

- Boil cold water.
- Pour the hot water into the baby bottle up to half the required amount and top up with refrigerated boiled water to the correct total. Add the correct number of level scoops of powder to the bottle.
- Close the bottle and shake/mix until the powder is dissolved.
- Check the mixture is not too hot by squeezing a few drops onto 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. Once opened, a pack should be consumed within 1 month. To reduce waste and preserve the flavour and quality, BabySemp comes in two bags that are filled in a protective atmosphere.

#### OPENING AND STORAGE

Open by tearing along the perforation on the side of the pack. The closable lid has clever storage for the scoop. Always store the powder in its original packaging and keep it in a dry, dark place at no more than normal room temperature.

#### OPENING INSTRUCTIONS



#### RECYCLING

Outer cardboard is recycled as paper packaging.  
Inner bags and scoop are recycled as plastic packaging.



#### SEMPER BABY FOOD, BASED ON OVER 80 YEARS OF NUTRITION RESEARCH

Semper was founded in Sweden in 1939 as a company that develops good food for young children, based on groundbreaking research. Over the years, the recipes have constantly been improved, always in close partnership with leading researchers in children's medicine and nutrition.

#### A UNIQUE RECIPE WITH MILK FAT

BabySemp 2 is a unique blend of milk fat and other carefully selected ingredients. A membrane in milk fat, called MFGM, provides phospholipids, gangliosides and glycoproteins. In addition to containing the polyunsaturated fatty acids DHA, ALA, ARA and LA, and the dietary fibre GOS, BabySemp 2 is also enriched with iron, vitamin D, iodine and calcium.

- Iron contributes to normal cognitive development and understanding in children
- Vitamin D supports the normal functions of the immune system
- Iodine promotes normal growth
- Calcium & vitamin D are essential for normal skeletal development



#### QUESTIONS OR COMMENTS?

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