

QAMILA ADVANCE 3 GROWING UP FORMULA

Breastfeeding is the best way to feed an infant. Continue breastfeeding along with appropriate complementary foods is recommended from 3 years of age or beyond.

Qamila Advance 3 growing up is a follow-up formula based on milk suitable for feeding infants from 36 months old as part of a diversified diet. This product should only be used on the advice of a health worker as to the need for its use and the proper method of use.

It is important to maintain a varied and balanced diet and a healthy lifestyle.

INGREDIENTS

Skimmed milk, whey protein concentrate, maltodextrin, vegetable fat (palm and kernel), vegetable oils (rapeseed, sunflower and high oleic sunflower), lactose, minerals (calcium hydrogen phosphate, calcium citrate, sodium citrate, potassium chloride, magnesium chloride, calcium hydroxide, ferrous sulphate, sodium selenite, zinc sulphate, cupric sulphate, manganese sulphate, potassium iodide), emulsifier (soy lecithin), vitamins (L-ascorbic acid, DL- α tocopheryl acetate, retinyl acetate, phytomenadione, cholecalciferol, nicotinamide, calcium D-pantothenate, thiamin hydrochloride, pyridoxine hydrochloride, riboflavin, folic acid, D-biotin), choline chloride, taurine, nucleotides (CMP, AMP and UMP, GMP, IMP disodium salts), inositol, L-carnitine, antioxidants (mix of tocopherols, ascorbyl palmitate).

Allergens: It contains **milk** and **soybeans** products.



NUTRITION INFORMATION

		100 g	100 ml
Energy Value	kcal/kJ	473/1987	70/294
Protein	g	15,5	2,29
Carbohydrate	g	58,6	8,67
Lactose	g	29,4	4,3
Fat	g	19,7	2,9
Saturated	g	7,7	1,1
Monounsaturated	g	8,1	1,2
Polyunsaturated	g	3,6	0,5
Linoleic acid	mg	3347	495
α -linolenic acid	mg	276	41
Vitamin A	μ g ER	460	68,1
Vitamin D	μ g	7,0	1,0
Vitamin C	mg α -ET	50	7,4
Thiamin	μ g	485	72
Riboflavin	μ g	667	99
Nicotinamide	μ g	3200	474
Vitamin B ₆	μ g	320	47
Folic acid	μ g	55,0	8,14
Pantothenic acid	μ g	2900	429
Vitamin B ₁₂	μ g	1,4	0,21
Vitamin K ₁	μ g	30	4,4
Biotin	mg	14	2,1
Vitamin E	μ g	9,0	1,3
Sodium	mg	226	34
Potassium	mg	672	99,4
Chloride	mg	511	75,6
Calcium	mg	600	88,8
Phosphorus	mg	386	57,1
Magnesium	mg	57,0	8,44
Iron	mg	7,3	1,1
Iodine	μ g	75,0	11,1
Zinc	μ g	3,4	0,50
Manganese	μ g	230	34
Selenium	μ g	20	3,0
Copper	mg	420	62
Choline	mg	65	9,6
Inositol	mg	25	3,7
L-carnitine	mg	10	1,5
Taurine	mg	40	5,9
Total nucleotides	mg	22	3,3

SERVING CHART (seek appropriate medical advice)

Age	Water (ml)	Scoops*	Feeds per day
>36 months	240	8	2-3

* 1 level scoop: 5 g

FORMAT

400 g
800 g

PREPARATION

1 Wash hands and utensils using clean water and keep clean your work area.

4 Add the required number of levelled scoops in the cup according to the dosage chart. Use the scoop contained in the tin.

2 Wash and boil the cup and preparation equipment with water for 5 minutes.

5 Mix thoroughly by stirring with a **cleaned spoon** until the powder is dissolved.

3 Boil clean water for 2 minutes and let it cool to approx. 45 °C. **Pour the required amount of warm water in the cleaned feeding cup.**

6 Check temperature, which must be lukewarm (37 °C), **before offering to the baby.**

NOTICE: Do not prepare more than one serving at once and use prepared formula immediately. **Throw away the leftover milk.**