

# Karicare+ Follow-On Formula Stage 2 (from 6 months)



A whey dominant cows' milk protein follow-on formula for babies from six months requiring a partial or complete breast milk substitute, to complement the introduction of solids.

**Karicare+** Follow-On Formula (from 6–12 months) is nutritionally tailored and enriched with key nutrients for growing formula-fed babies from 6 months.

## Digestion

**Karicare+** Follow-On Formula is supplemented with Nutricia's unique blend of prebiotics (0.4g per 100mL), to help support comfortable digestion<sup>1</sup>. Nutricia's patented blend of prebiotics (90% GOS\*, 10% Ic Polyfructose\*\*) has been shown in clinical trials with babies to:

- Promote softer stools compared to babies fed a formula without this patented blend of prebiotics.<sup>1,2</sup>
- Improve the levels of good bacteria in the gut, closer to that of breast fed babies.<sup>3</sup>

**Karicare+** Follow-on-formula is a whey dominant formulation. Whey protein may be more easily digested compared to casein protein as it forms a softer curd in the stomach and facilitates gastric emptying<sup>4</sup>.

## Brain

**Karicare+** Follow-On Formula is enriched with omega-3 DHA fish oils which may support brain and eye development.<sup>5</sup>

## Growth

**Karicare+** Follow-On Formula is designed to complement the introduction of solids. It contains essential nutrients needed to help support babies from 6 months.

### Indications

Healthy formula-fed babies from six months of age when breast milk is unavailable, as a partial or complete breast milk substitute, as part of a mixed diet.

### Contraindications

Confirmed cows' milk protein allergy, galactosaemia, lactose intolerance. Not suitable before 6 months of age. Not a sole source of nutrition.

## Nutritional Summary

Average Quantity  
Per 100mL of Prepared Feed

<b>Energy</b>	kJ	276
	kcal	66
<b>Protein</b>	g	1.8
Whey	%	56
Casein	%	44
<b>Carbohydrate</b>	g	7.4
<b>Fat</b>	g	3.2
Omega LCs <sup>#</sup>		
Arachidonic Acid (AA)	mg	6.6
Docosahexaenoic Acid (DHA)	mg	6.6
<b>Minerals</b>		
Calcium	mg	66
Phosphorus	mg	42
Sodium	mg	24
Potassium	mg	85
Chloride	mg	52
Magnesium	mg	6.6
Iron	mg	0.85
Zinc	mg	0.58
Iodine	µg	13.2
Manganese	µg	9.9
Copper	µg	48
Selenium	µg	2.1
<b>Vitamins</b>		
Vitamin A	µg-RE	65
Vitamin D <sub>3</sub>	µg	0.9
Vitamin E	mg α-TE	1.3
Vitamin K <sub>1</sub>	µg	5.8
Vitamin B <sub>1</sub> (Thiamin)	µg	58
Vitamin B <sub>2</sub> (Riboflavin)	µg	149
Vitamin B <sub>6</sub> (Pyridoxine)	µg	49
Vitamin B <sub>12</sub> (Cobalamin)	µg	0.28
Vitamin B <sub>3</sub> (Niacin)	mg	0.49
Vitamin B <sub>5</sub> (Pantothenic Acid)	mg	0.40
Biotin	µg	2.6
Folic Acid	µg	12.9
Vitamin C	mg	9.5
<b>Others</b>		
L-Carnitine	mg	2.2
Choline	mg	17.5
Inositol	mg	4.8
Taurine	mg	5.7
<b>Prebiotics</b>		
Galacto-oligosaccharides (GOS)*	g	0.36
Long chain Polyfructose (Ic Polyfructose)**	g	0.04

## FOR HEALTHCARE PROFESSIONALS ONLY

# LCs = Long Chain Polyunsaturated Fatty Acids

\* GOS = Galacto-oligosaccharides from milk

\*\* Ic Polyfructose = Long Chain Polyfructose from chicory inulin formerly known as fructooligosaccharides

# Karicare+ Follow-On Formula

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### Product Summary

<b>Ingredients</b>	Milk solids (whey powder, skim milk, lactose), vegetable oils (contains soy oil, antioxidant (ascorbyl palmitate, citric acid)), maltodextrin, galacto-oligosaccharides (GOS) from milk, dried omega 3 and omega 6 LCP oils (contains fish, dairy, soy), long chain polyfructose, choline chloride, emulsifier (soy lecithin), taurine, carnitine, inositol. <b>Vitamins:</b> (A, B <sub>1</sub> , B <sub>2</sub> , B <sub>3</sub> , B <sub>5</sub> , B <sub>6</sub> , B <sub>12</sub> , C, D, E, K), folic acid, biotin. <b>Minerals:</b> Potassium, calcium, chloride, phosphorus, sodium, magnesium, iron, zinc, copper, iodine, manganese, selenium.			
<b>Dental hygiene</b>	Putting a baby to bed with a bottle can cause tooth decay. Babies should be encouraged to drink from a cup from 6–8 months.			
<b>Storage</b>	Store in a cool, dry place. Use by the date on the bottom of the container. After opening, keep container airtight and use contents within four weeks.			
<b>Product presentation and availability</b>	<b>Australia:</b> Hospital, Supermarket and Pharmacy, 900g can.			
<b>Samples for Healthcare Professionals</b>	In Australia samples are available to Healthcare Professionals on request subject to the MAIF Agreement in Australia.			
<b>For further information please contact</b>	<b>Australia:</b> 1800 258 268			
<b>Feeding guide:</b>	To prepare one feed:			
	<b>Age in months</b>	<b>Cooled boiled water</b>	<b>Level scoops of powder*</b>	<b>Number of feeds per day</b>
	6–9	250mL	5	3–4
	9–12	200mL	4	3–4
	12–24	200mL	4	2–3
	NB: This feeding guide is a general guide ONLY; Individual babies may need more or less than shown. Always use the scoop provided. *1 scoop = 7.6g powder. Note: 1 scoop of powder added to 50mL of water yields approximately 55.8mL of formula.			

### Preparation of Karicare+ Follow-On Formula



1. Wash hands before preparing the feed. Sterilise all utensils by boiling, for 5 minutes, or using an approved steriliser.



2. Boil safe drinking water and allow to cool. Measure the required volume of cooled, boiled water into a cup or bottle. Warm to feeding temperature.



3. Use only the enclosed scoop. Fill scoop lightly; level off using built-in leveller. Avoid compacting powder.



4. Always add one level scoop of powder for each 50mL of water. Stir or shake briskly to dissolve the powder.



5. Test temperature on wrist before feeding. Feed immediately. Do not store. Discard unfinished feeds.

**Prepare each feed separately. For all brands of formula it is safest to consume immediately after they are prepared. Discard unfinished drinks.**

Karicare+ Follow-On Formula can be given by bottle or cup and can also be mixed with baby foods.

For more information please contact: Australia: 1800 258 268 or visit [www.karinourish.com.au](http://www.karinourish.com.au)

**BREAST MILK IS BEST FOR BABIES:** Professional advice should be followed before using an infant formula. Introducing partial bottle feeding could negatively affect breast feeding. Good maternal nutrition is important for breast feeding and reversing a decision not to breast feed may be difficult. Infant formula should be used as directed. Proper use of an infant formula is important to the health of the infant. Social and financial implications should be considered when selecting a method of feeding.

**References:** 1. Moro *et al.* J Paediatr Gastroenterol Nutr 2002; 34:291–295. 2. Scholtens *et al.* J Gastroenterol 2014; 20:13446–13452. 3. Moro *et al.* Acta Paediatr 2003; Suppl 441:77–79. 4. Billeaud *et al.* Eur J Clin Nutr 1990; 44:577–583. 5. Koletzko *et al.* J Perinat Med 2008; 36:5–14.

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