



# KARICARE GOLD+ FOLLOW-ON FORMULA (6–12 MONTHS)

A premium follow-on formula that nutritionally supports the immune system.<sup>1–6</sup> Suitable for infants from six months, requiring a partial or complete breast milk substitute, as part of a mixed diet.

## Nutritionally supports the immune system

Contains Nutricia's patented blend of prebiotic oligosaccharides (90% GOS\*, 10% Ic Polyfructose\*\*), which has been shown in clinical trials to:

- ✓ Nutritionally support the immune system by stimulating the growth of beneficial bacteria closer to that of breast fed infants (compared to a control formula).<sup>1,2</sup>
- ✓ Promote a softer, more regular stool pattern.<sup>3</sup>
- ✓ Provide sustained protection against allergic symptoms up to 5 years of age, and episodes of infections up to 2 years of age when introduced within the first 6 months of life.<sup>2,4–6</sup>

## Meets increasing nutritional requirements for infants from 6 months

- ✓ Vitamins and minerals to support infant normal growth and development.
- ✓ Omega-3 DHA<sup>#</sup> and omega-6 AA<sup>‡</sup> LCPs<sup>°</sup> to help support brain and eye development.<sup>7–9</sup>

Nutritional Summary		Average Quantity Per 100mL of Prepared Feed
<b>Energy</b>		
	kJ	297
	kcal	71
<b>Protein</b>	g	2.2
Whey	%	52
Casein	%	48
<b>Carbohydrate</b>	g	8.2
<b>Fat</b>	g	3.2
Omega LCPs <sup>°</sup>		
Arachidonic Acid (AA) <sup>‡</sup>	mg	10.8
Docosahexaenoic Acid (DHA) <sup>#</sup>	mg	10.8
<b>Minerals</b>		
Calcium	mg	80
Phosphorus	mg	50
Sodium	mg	27
Potassium	mg	98
Chloride	mg	57
Magnesium	mg	7.6
Iron	mg	1.0
Zinc	mg	0.64
Iodine	µg	14.1
Manganese	µg	10.4
Copper	µg	48
Selenium	µg	2.4
<b>Vitamins</b>		
Vitamin A	µg-RE	71
Vitamin D <sub>3</sub>	µg	1.1
Vitamin E	mg α-TE	1.4
Vitamin K <sub>1</sub>	µg	6.3
Vitamin B <sub>1</sub> (Thiamin)	µg	61
Vitamin B <sub>2</sub> (Riboflavin)	µg	147
Vitamin B <sub>6</sub> (Pyridoxine)	µg	52
Vitamin B <sub>12</sub> (Cobalamin)	µg	0.31
Vitamin B <sub>3</sub> (Niacin)	mg	0.53
Vitamin B <sub>5</sub> (Pantothenic Acid)	mg	0.42
Biotin	µg	2.0
Folic Acid	µg	14.4
Vitamin C	mg	8.7
<b>Others</b>		
Choline	mg	18.5
Taurine	mg	6.3
Inositol	mg	5.6
L-Carnitine	mg	1.7
<b>Nucleotides</b>		
Cytidine 5'-monophosphate	mg	1.1
Uridine 5'-monophosphate	mg	0.86
Adenosine 5'-monophosphate	mg	0.72
Inosine 5'-monophosphate	mg	0.49
Guanosine 5'-monophosphate	mg	0.25
<b>Prebiotic Oligosaccharides</b>		
Galacto-oligosaccharides (GOS)*	g	0.72
Long chain Polyfructose (Ic Polyfructose)**	g	0.08

# DHA = Docosahexaenoic Acid

‡ AA = Arachidonic Acid

° LCPs = Long Chain Polyunsaturated Fatty Acids

\* GOS = Galacto-oligosaccharides from milk


\*\* Ic Polyfructose = long chain Polyfructose from chicory inulin, formerly known as long chain Fructo-oligosaccharides (IcFOS)

# KARICARE GOLD+ FOLLOW-ON FORMULA (6–12 MONTHS)


## Product Summary

Indications	Healthy infants from six months as a partial or complete breast milk substitute, as part of a mixed diet.																			
Contraindications	Confirmed cows' milk protein allergy, galactosaemia, lactose intolerance.																			
Ingredients	<p>Milk solids (whey powder, skim milk, lactose), vegetable oils [contains soy oil, antioxidant (ascorbyl palmitate, citric acid)], 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.</p> <p><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<sub>1</sub>), folic acid, biotin.</p> <p><b>Minerals:</b> Potassium, calcium, chloride, phosphorus, sodium, magnesium, iron, zinc, copper, iodine, manganese, selenium.</p> <p><b>Nucleotides:</b> Cytidine 5' - monophosphate, uridine 5' - monophosphate, adenosine 5' - monophosphate, inosine 5' - monophosphate, guanosine 5' - monophosphate.</p> <p><b>Karicare Gold+ Follow-On Formula</b> is based on whey dominant cows' milk proteins.</p>																			
Storage	Store in a cool, dry place. Use by the date on bottom of the container. After opening, keep container airtight and use contents within four weeks. Some settling may occur.																			
Feeding guide	<p>To prepare one feed:</p> <table><tr><th>Age in months</th><th>Cooled boiled water</th><th>Level scoops of powder*</th><th>Number of feeds per day</th></tr><tr><td>6–9</td><td>250mL</td><td>5</td><td>3–4</td></tr><tr><td>9–12</td><td>200mL</td><td>4</td><td>3–4</td></tr><tr><td>12–24</td><td>200mL</td><td>4</td><td>3–4</td></tr></table> <p><b>*1 scoop (8.2g powder) + 50mL of water yields approximately 56mL of formula.</b></p> <p><b>Note:</b></p> <ul style="list-style-type: none"><li>• This is a guide only, individual needs of infants will vary.</li><li>• Always use the scoop provided.</li><li>• Prepare each feed separately.</li><li>• Use immediately after preparation, do not store.</li></ul>				Age in months	Cooled boiled water	Level scoops of powder*	Number of feeds per day	6–9	250mL	5	3–4	9–12	200mL	4	3–4	12–24	200mL	4	3–4
Age in months	Cooled boiled water	Level scoops of powder*	Number of feeds per day																	
6–9	250mL	5	3–4																	
9–12	200mL	4	3–4																	
12–24	200mL	4	3–4																	
Product presentation	900g can																			


## Preparation of Karicare Gold+ Follow-On Formula




Wash hands before preparing the feed.




1. Sterilise all utensils by boiling for 5 minutes or using an approved steriliser.




2. Boil safe drinking water and allow to cool.



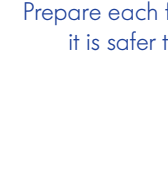
3. Measure the required volume of cooled, boiled water into a cup or bottle. Warm to feeding temperature.



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



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



6. Test temperature on wrist before feeding. Feed immediately. Discard unfinished feeds.

Prepare each feed separately. For all brands of formula it is safer to use immediately after preparation.

**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 G *et al.* J Paediatr Gastroenterol Nutr 2002; 34:291–295. 2. Moro G *et al.* Arch Dis Child 2006; 91:814–819. 3. Scholtens *et al.* J Gastroenterol 2014; 20:13446–13452. 4. Arslanoglu S *et al.* J Nutr 2007; 137:2420–2424. 5. Arslanoglu S *et al.* J Nutr 2008; 138:1091–1095. 6. Arslanoglu S *et al.* J Biol Reg & Homeo Agents 2012; 26(3):49–59. 7. Koletzko B *et al.* J Perinat Med 2008; 36:5–14. 8. Birch *et al.* Am J Clin Nutr 2010; 91:848–859. 9. Innis S *et al.* J Pediatr Gastroenterol Nutr 2009; 48:S16–S24.

## FOR HEALTHCARE PROFESSIONALS ONLY

Nutricia Australia Pty Limited, Level 4, Building D, 12–24 Talavera Road, Macquarie Park, NSW 2113, Australia.  
Danone Nutricia NZ Ltd, 56–58 Aintree Avenue, Airport Oaks, Auckland, New Zealand 2022. ANZ/KGIF/15/0002a. 12890.



For more information on **Karicare Gold+** call:  
**0800 688 742**  
or [www.nutricia4professionals.co.nz](http://www.nutricia4professionals.co.nz)

**NUTRICIA®**  
Expert in Early Life Nutrition