

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



A whey based follow-on formula for infants over six months, requiring a partial or complete breast milk substitute, to complement the introduction of solids.

**Karicare** Follow-On Formula is based on whey dominant cows' milk proteins and is specially formulated to provide essential nutrients for formula-fed growing babies from 6–12 months.

## Digestion

**Karicare** Follow-On Formula is supplemented with Nutricia's unique blend of prebiotics (0.4g per 100mL), to help promote comfortable digestion.<sup>1</sup> It can be given by bottle or cup, and can also be mixed with baby foods.

Nutricia's patented blend of prebiotic oligosaccharides (90% Galacto-oligosaccharides (GOS\*), 10% long chain Polyfructose (lc Polyfructose\*\*), has been shown in clinical trials with infants 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>

## 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 bottle-fed infants from six months of age when breast milk is unavailable, as a partial or complete breast milk substitute.

### Contraindications

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

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\* GOS = Galacto-oligosaccharides from milk

\*\* lc Polyfructose = long chain Polyfructose from chicory inulin, formerly known as fructooligosaccharides

## Nutritional Summary

Average Quantity  
Per 100mL of Prepared Feed

<b>Energy</b>	kJ	283
	kcal	68
<b>Protein</b>	g	2.0
Whey	%	53
Casein	%	47
<b>Carbohydrate</b>	g	7.7
<b>Fat</b>	g	3.2
<b>Minerals</b>		
Calcium	mg	74
Phosphorus	mg	48
Sodium	mg	25
Potassium	mg	93
Chloride	mg	55
Magnesium	mg	7.2
Iron	mg	0.91
Zinc	mg	0.63
Iodine	µg	13.8
Manganese	µg	10.2
Copper	µg	50
Selenium	µg	2.2
<b>Vitamins</b>		
Vitamin A	µg-RE	69
Vitamin D <sub>3</sub>	µg	1.0
Vitamin E	mg α-TE	1.3
Vitamin K <sub>1</sub>	µg	6.1
Vitamin B <sub>1</sub> (Thiamin)	µg	60
Vitamin B <sub>2</sub> (Riboflavin)	µg	156
Vitamin B <sub>6</sub> (Pyridoxine)	µg	51
Vitamin B <sub>12</sub> (Cobalamin)	µg	0.30
Vitamin B <sub>3</sub> (Niacin)	mg	0.51
Vitamin B <sub>5</sub> (Pantothenic Acid)	mg	0.41
Biotin	µg	2.6
Folic Acid	µg	13.8
Vitamin C	mg	6.7
<b>Others</b>		
Choline	mg	18.2
L-Carnitine	mg	2.2
Taurine	mg	5.9
Inositol	mg	5.1
<b>Prebiotics</b>		
Galacto-oligosaccharides (GOS)*	g	0.36
Long chain Polyfructose (lc Polyfructose)**	g	0.04

# Karicare Follow-On Formula

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### Product Summary

<b>Ingredients</b>	<p>Milk solids (whey powder, skim milk, lactose), vegetable oils (contains soy oil, antioxidant (ascorbyl palmitate, citric acid)), maltodextrin, galacto-oligosaccharides (GOS) from milk, 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>			
<b>Storage</b>	<p>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. Some settling of contents may occur.</p>			
<b>Product presentation and availability</b>	<p><b>New Zealand:</b> Hospital and Supermarket, 900g can and 31.2g sachet.</p>			
<b>Samples for Healthcare Professionals</b>	<p>In New Zealand, samples are available to Healthcare Professionals on request. Subject to the Infant Nutrition Council Code of Practice in NZ.</p>			
<b>Feeding guide:</b>	To prepare one feed:			
	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	2–3
	<p>*1 scoop = 7.8g powder. Note: 1 scoop of powder added to 50mL of water yields approximately 55.8mL of formula.</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>			

### 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 preparation. 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: New Zealand: 0800 258 268 or visit [www.nutricia4professionals.co.nz](http://www.nutricia4professionals.co.nz)

**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.

**FOR HEALTHCARE PROFESSIONALS ONLY**

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