



# INSTRUCTIONS

## BabySemp1, BabySemp1 SensiSoft Lemolac & BabySemp1 SensiPro+

### PREPARATION

**1** Wash your hands and wash up all the items to be used (nipple, bottle and pan).

**2** Boil cold water. Allow to cool to eating temperature (approx 40 °C)

**3** Pour the correct amount of water into the baby bottle and then add the correct number of level scoops of powder.

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

**5** Check the mixture is not too hot by dropping a small amount on the inside of your wrist. Taste it yourself before giving it to your child.

**6** Serve freshly prepared. Leftovers cannot be saved. Always hold your baby in your arms while feeding.

Scan the QR code to watch our preparation video!

### USE

BabySemp1 infant formula is used as a supplement to, or substitute for, breast milk to meet the nutritional needs of children up to 6 months of age, in line with the recommendations of your children's healthcare centre or paediatrician.

For the best quality, infant formula should be served freshly prepared and used within 1 hour. **Contact your children's healthcare centre (BVC) for advice and support on your child's food.**

BabySemp1 SensiSoft Lemolac and BabySemp1 SensiPro+ have a lower pH, which softens the protein during preparation. This is why prepared BabySemp1 SensiSoft Lemolac and BabySemp1 SensiPro+ look slightly grainy.

#### Important note on using BabySemp1 SensiPro+:

When preparing BabySemp1 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®.

### DOSAGE

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.

**Always use the measuring scoop provided!**



WATER	NO. OF LEVEL SCOOPS OF POWDER	AMOUNT OF PREPARED FORMULA
60 ml	2	approx. 65 ml
90 ml	3	approx. 100 ml
120 ml	4	approx. 135 ml
150 ml	5	approx. 165 ml
180 ml	6	approx. 200 ml

#### PORTION TABLE:

All children consume different amounts, so the quantities in the table are approximate and should be used only as guidance. Just like with breastfeeding, parents who feed their child formula should **let the child control how much they want to consume and how often.** Your child will regulate their own intake according to their needs.

CHILD'S AGE	AMOUNT PER MEAL	MEALS PER DAY
1–2 weeks	65–100 ml	6–8
2–4 weeks	80–150 ml	5–7
1–2 months	100–160 ml	5–6
2–4 months	140–200 ml	5–6
4–6 months	140–250 ml	4–5

### TIP FOR QUICK PREPARATION

1. Boil cold water.
2. 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.
3. Close the bottle and shake/mix until the powder is dissolved.
4. 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, the pack should be consumed within 1 month. To reduce waste and preserve the flavour and quality, BabySemp1 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

**1** Tear here

**2** Practical lid

**3** Scoop holder

### 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.

### QUESTIONS OR COMMENTS?

Semper AB • Tel 020-62 20 00  
konsumentkontakt@semper.se • www.semp1.se/barnmat