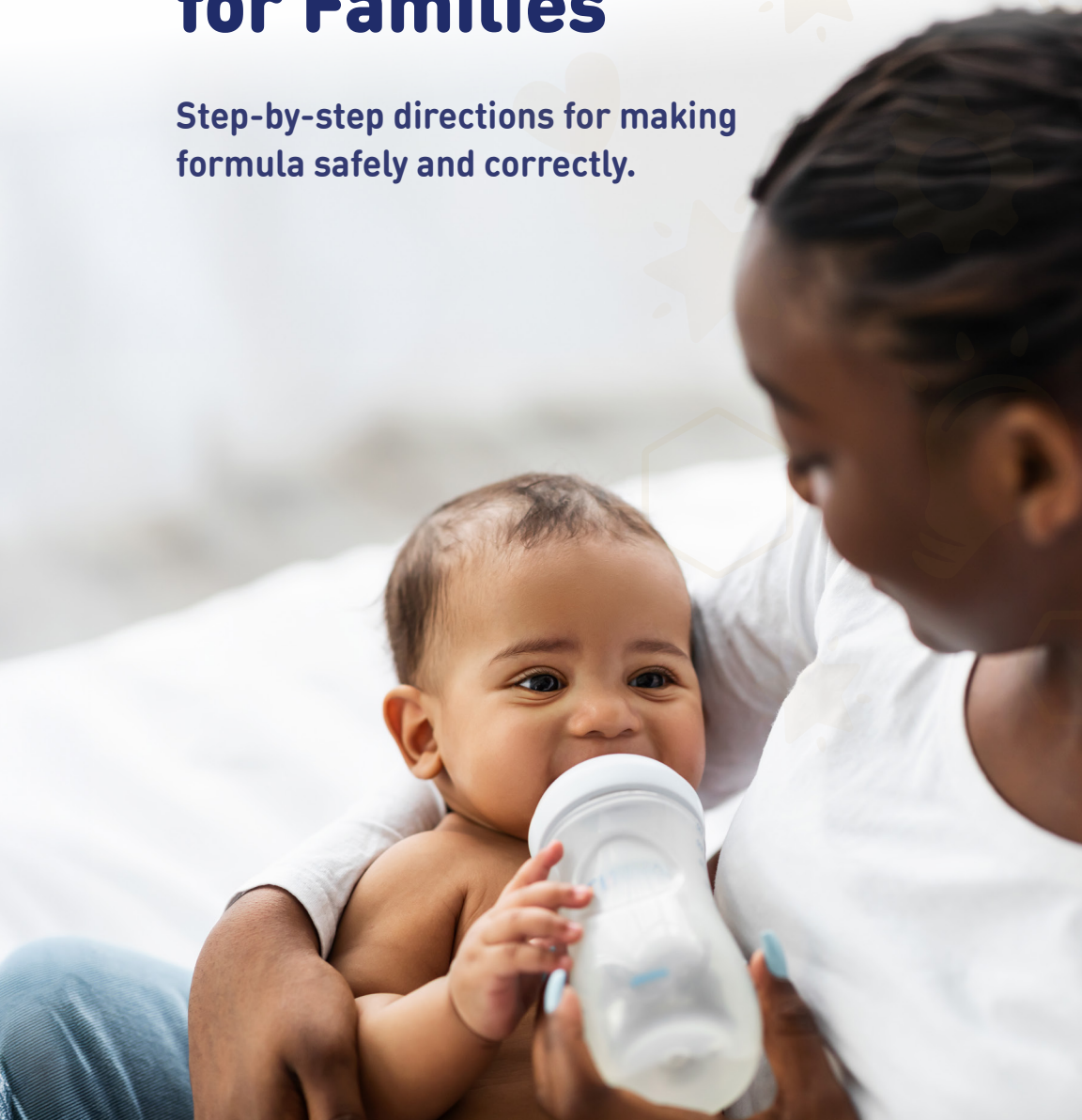
How to Mix Powder Formulas: Guide for Families

Step-by-step directions for making formula safely and correctly.



IMPORTANT SAFETY TIPS

Always follow the mixing directions.

Use the instructions in this book or on the back of the formula can.



Add the liquid to your baby's bottle FIRST.

Add the powder second.



Store the scoop in the can when not using it.

Make sure the scoop is DRY.

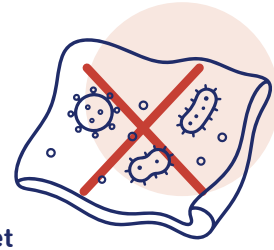


DO NOT MIX WITH BREAST MILK

Our powder formulas should always be mixed with water, according to directions. We do not recommend mixing the formulas with breast milk because:

- Adding formula to breast milk will change the nutrients in your milk.
- Our powder formulas are not designed to be mixed with breast milk.

If you want to mix a formula with your breast milk, discuss it with your baby's doctor first and follow their advice.



Don’t use a dish towel.

After washing bottles, nipples, and caps, let the items air-dry. Even if dish towels look clean, they can spread bacteria.

Don’t use expired formula or a damaged can.



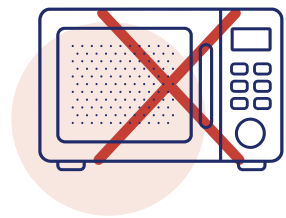
- Check the “USE BY” date stamped on the bottom of the can.
- Once a can is opened, use it within 1 month. After a month, throw it out.
- If an unopened can is damaged, dented, bulging, or leaking, do not use the formula. Call this number: 1-800-BABY123 (1-800-222-9123).

If you choose to warm your baby’s formula:

Never use the microwave to warm your baby’s bottle.

This can lead to serious burns.

Also: Do not reheat formula if you already heated it earlier.



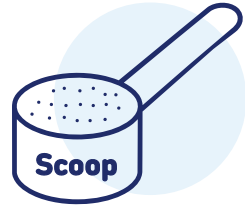
See the next page for how to safely warm your baby's bottle.

MEASURING TIPS: POWDER FORMULAS

Measure powder formula properly so your baby gets the nutrition they need.

Use the scoop that comes in the formula container

Do *NOT* use a scoop from your kitchen.



Know how to measure an "unpacked, level" scoop

- **Fill the scoop with powder and gently tap the side of the scoop on the inside of the container to remove any air pockets.**
- **Level the powder with the back of a clean table knife.**



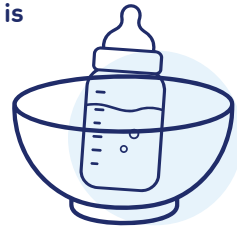
Note: If instructions say to use a *packed* scoop, fill the scoop with powder and then firmly press the top of the scoop with a clean spoon or against the inside of the container, similar to the way that you measure brown sugar. Level the scoop, using the back of a clean table knife, if needed.

BOTTLE WARMING: AN OPTIONAL STEP

It is NOT required to warm formula. But if you choose to warm your baby's bottle, follow these steps to keep your baby safe.

When to warm

- **Warm the formula in the bottle AFTER you have already mixed it.**
- **If you mix formula ahead of time to use later in the day, put the bottle in the refrigerator right away. Do not warm the bottle until your baby is ready to be fed.**



2 ways to warm

OPTION 1:
Place the bottle in a bowl of warm (not boiling) water for no more than 15 minutes. Do not let the water level reach the bottle cap or nipple.

OPTION 2:
Run the bottle under warm tap water for no more than 15 minutes.



Staying safe

- **ALWAYS test the formula by placing a drop on the inside of your wrist. It should not feel hot.**
- **NEVER use the microwave to warm formula for your baby.**

FEEDING AMOUNTS: A GENERAL GUIDE

Every child is different, so the exact amounts for your baby may differ from this chart. If you're not sure how much formula your baby needs, ask your baby's doctor.

AVERAGE FORMULA FEEDING REQUIREMENTS

Age	Amount of mixed formula per feeding	Feedings per day
0-3 months	2-3 fl oz	6-8
3-6 months	6-8 fl oz	4-5
6-9 months	6-8 fl oz	4-5
9-12 months	6-8 fl oz	3-4
12-18 months	16-24 fl oz	2-3

fl oz = fluid ounce



NOTE: As your baby gets older, they may need fewer formula feedings each day because they'll be getting some nutrition from solid food.

MIXING INSTRUCTIONS



HOW TO MIX ENFAMIL® OPTIMUM POWDER FORMULA

Enfamil® Optimum is designed to be the Enfamil® formula closest to breast milk.



WATER TIPS

You can use tap water OR unopened bottled (distilled) water to mix with powder formula.

If using tap water, ask your baby's doctor these questions:

- **Do you need to boil the water?** If you do, follow these steps:
  - Boil the water for 1-2 minutes.
  - Allow it to cool to room temperature before mixing.
- **Does your tap water contain fluoride?**
  If it does not, ask if your baby needs extra fluoride.

STEP-BY-STEP MIXING INSTRUCTIONS

FOR STANDARD 20-CALORIE-PER-OUNCE INFANT FORMULA

DON'T FORGET! Read the important safety tips at the beginning of this guide.

1



Wash your hands with soap and warm water.

2 **See how much powder you'll need to make the amount of mixed formula you want.**

TO MAKE:	YOU NEED:	
	Enfamil® Optimum powder (Unpacked, level scoops)	**Water**
2 oz bottle	**1 scoop**	**2 fl oz**
4 oz bottle	**2 scoops**	**4 fl oz**
8 oz bottle	**4 scoops**	**8 fl oz**

fl oz = fluid ounce; scoop = scoop provided in the formula can

See more about powder measuring at the beginning of this guide.

Did your baby's doctor tell you to mix formula by "calorie amount" per fluid ounce? If so, use the table on the next page.



Pour the water into the bottle FIRST.

Then add the powder.



Cap the bottle and shake well.

Are you choosing to warm the bottle? If so, now is the time to do it. See the important tips at the beginning of this guide.

Reminder: If you are mixing formula ahead of time, do not warm it before putting it in the refrigerator.



Feed your baby.

If you warmed the bottle, feed within 1 hour.



Throw away any formula your baby leaves in the bottle after a feeding.

This is because saliva in the bottle can make germs grow.

Making formula ahead of time?



Right after shaking the bottle to mix the formula, place it in the refrigerator for up to 24 hours.



Dump out any formula that's been kept in the fridge over 24 hours.

MIXING ENFAMIL® OPTIMUM POWDER FORMULA BY CALORIE AMOUNT PER SCOOP

Use this table ONLY if your baby's doctor has told you to mix the formula by a certain calorie amount.

Calorie amount	Enfamil® Optimum powder (Unpacked, level scoops)	Water
20 cal/fl oz	1 scoop	2.0 fl oz
22 cal/fl oz		1.8 fl oz
24 cal/fl oz		1.6 fl oz
26 cal/fl oz		1.5 fl oz
27 cal/fl oz		1.4 fl oz
28 cal/fl oz		1.4 fl oz
30 cal/fl oz		1.3 fl oz

Note: You can double or triple the number of scoops and the amount of water to make a larger amount.

cal = calorie; fl oz = fluid ounce; scoop = scoop provided in the formula can

See more about measuring powder formula at the beginning of this guide.

NOTES



Scan this code for digital directions for mixing Enfamil® Optimum powder.