

# Holle Infant Formulas (Stages 1, 2 and 3)

Feeding instructions in the following languages:

ENGLISH, AFRIKAANS, ISIZULU, SEOTHO, THSIVENDA, XIUTSONGA

Holle is distributed in SA by Absolute Organix ([www.absoluteorganix.co.za](http://www.absoluteorganix.co.za)) Careline: (011) 614 5822

## ENGLISH

**BREASTMILK IS THE BEST FOOD FOR BABIES**

**DOES NOT CONTAIN BREASTMILK**

**THIS PRODUCT SHALL ONLY BE USED ON THE ADVICE OF A HEALTH PROFESSIONAL**

**THIS PRODUCT IS NOT ALWAYS STERILE AND MAY CONTAIN HARMFUL MICROORGANISMS.**

**IT MUST BE PREPARED AND USED APPROPRIATELY.**

1. Sterilize clean bottle, teat and ring in boiling water for 3 – 5 minutes before use.
2. Boil drinking water for 5 minutes. Allow to cool to approximately 50°C.
3. Consult the Serving Size Chart. Pour approximately half of the water into the bottle.
4. Only use the measuring spoon included.
5. Fill the measuring spoon and level with a sterilized knife. Consult the Serving Size Chart. Add the quantity of milk powder indicated in the Serving Size chart to the water.
6. Shake thoroughly. Add the rest of the water and shake again. Allow to cool to approximately 37°C before feeding.
7. Only prepare one feed at a time.
8. Discard leftover feed.
9. Use sticker enclosed in the box to reseal the pouch. Store in a cool, dry place. Use within 3 weeks of opening.
10. Hold infant upright while feeding.

### Stage 1

FEEDING CHART	QUANTITY OF WATER (ML)	MEASURING SPOONS*	PREPARED PRODUCT (ML)	BOTTLES PER DAY
Week 1	Follow your doctor's advice			
Week 2 – 4	100	3	110	5-7
Month 2	135	4	150	5
Month 3 – 4	170	5	185	5
After 4 months	200	6	220	4-5

\* 1 measuring spoon = 4.9 g

### Stage 2

QUANTITY OF WATER (ML)	Scoops * of formula powder	PREPARED PRODUCT	BOTTLES PER DAY
140	4	150	2-3
170	5	185	
200	6	220	

\* 1 scoop = 5.2 g

### Stage 3

QUANTITY OF WATER (ML)	Scoops * of formula powder	PREPARED PRODUCT	BOTTLES PER DAY
140	4	150	1-2
170	5	185	
200	6	220	

\* 1 scoop = 5.2 g

## AFRIKAANS

### **BORSMELK IS DIE BESTE VOEDSEL VIR BABAS BEVAT NIE BORSMELK NIE**

### **HIERDIE PRODUK MOET SLEGS GEBRUIK WORD OP ADVIES VAN 'N GESONDHEIDSPRAKTISYN HIERDIE PRODUK IS NIE ALTYD STERIEL NIE EN KAN SKADELIKE MIKROËRGANISMES BEVAT. DIT MOET KORREK VOORBEREI EN GEBRUIK WORD**

1. Steriliseer skoon bottel, tiet en ring in kookwater vir 3 – 5 minute.
2. Kook drinkwater vir 5 minute. Laat afkoel tot ongeveer 50°C.
3. Raadpleeg Voedingstabel. Gooi ongeveer helfte van die water in die bottel.
4. Gebruik slegs die maatlepel wat ingesluit is.
5. Maak die maatlepel vol en gelyk met 'n gesteriliseerde mes. Raadpleeg die Voedingstabel. Voeg die hoeveelheid melkpoeier by soos aangedui by die water.
6. Skud deeglik. Voeg die res van die water by en skud weer. Laat afkoel tot ongeveer 37°C voordat dit gebruik word..
7. Berei slegs 1 bottel op 'n slag voor.
8. Gooi ongedrinkte formule weg.
9. Gebruik die ingeslote plakker om die pakkie te herseël. Berg in 'n koel, droë plek. Gebruik binne 3 weke nadat die pakkie oppgemaak is.
10. Hou baby regop vas terwyl gevoed word.

#### **Stadium 1**

VOEDINGSKAART	HOEEVELHEID VAN WATER (ML)	METING SPOONS *	VOORBEREIDE PRODUK (ML)	BOTTLES PER DAG
Week 1	Volg jou dokter se advies			
Week 2 – 4	100	3	110	5-7
Maand 2	135	4	150	5
Maand 3 – 4	170	5	185	5
Na 4 maande	200	6	220	4-5

\* 1 meetlepel = 4.9 g

#### **Stadium 2**

HOEEVELHEID VAN WATER (ML)	SCOOPS * VAN FORMULE POEIER	VOORBEREIDE PRODUK	BOTTLES PER DAG
140	4	150	2-3
170	5	185	
200	6	220	

\* 1 meetlepel = 5.2 g

#### **Stadium 3**

HOEEVELHEID VAN WATER (ML)	SCOOPS * VAN FORMULE POEIER	VOORBEREIDE PRODUK	BOTTLES PER DAG
140	4	150	1-2
170	5	185	
200	6	220	

\* 1 meetlepel = 5.2 g

## ISIZULU

### **UBISI LWEBELE LUWUKUDLA OKUHLE KAKHULU EZINGANENI ALUKHO UBISI LWEBELE**

### **LO MKHIQIZO UZOSETSHENZISWA KUPHELA NGOKWELULEKWA NGUNGOTI WEZEMPILO LO MKHIQIZO UNGABA NAYO IMBEWU YOKUFA KANTI UNGAQUKATHA AMAGCIWANE AYINGOZI. KUMELE ULUNGISELELWE, USETSHENZISWE NGENDLELA EFANELE.**

1. Hlanzisa ibhodlela nengono nesongo emanzini abilayo uqede amagciwane imizuzu emithathu kuya kwemihlanu, ngaphambi kokukusebenzisa.
2. Bilisa amanzi aphuzwayo imizuzu emihlanu. Wabeke aphole aze abe sezingeni lama-50°C.
3. Bheka ishadi lokufunza umntwana. Thela amanzi acishe abe yingxenye ebhodleleni.
4. Sebenzisa kuphela ukhezo lokukala olufakiwe.
5. Gcwalisa izinkezo zokulinganisa, ulinganise ngommese ohlanzisiwe. Bheka ishadi lokufunza umntwana. Thela emanzini ubungako bobisi oluyimpuphu njengoba kubonisiwe eshadini lokufunza umntwana.
6. Xukuzisa, uthlele amanzi asele, uxukuze futhi. Kubeke kuphole kuze kube sezingeni elingama-37°C ngaphambi kokufunza umntwana.
7. Lungisa ukudla komntwana okukodwa kuphela ngesikhathi.
8. Lahla ukudla komntwana okusele.
9. Sebenzisa isinamathelisi esisebhokisini ukuvalisa futhi isikhwama. Kubeke endaweni epholile engenamswakamo. Kusebenzise emasontweni amathathu emva kokukuvula.
10. Bamba umntwana ummise, umfunze.

#### **Isigaba Soku-1**

<b>ISHADI LOKUFUNZA</b>	<b>ISILINGANISO SAMANZI (ML)</b>	<b>IZINKEZO ZOKULINGANISA*</b>	<b>UMKHIQIZO OLUNGISIWE</b>	<b>UKUFUNZA NGOSUKU</b>
Isonto loku-1	Landela iseluleko sikadokotela			
Amasonto ama-2 kuya kwama- 4	100	3	110	5-7
Inyanga yesi-2	135	4	150	5
Inyanga yesi-3 kuya kweyesi- 4	170	5	185	5
Emva kwezinyanga ezi-4	200	6	220	4-5

\* Ukhezo olulodwa lokulinganisa = 4.9 g

#### **Isigaba Sesi-2**

<b>ISILINGANISO SAMANZI (ML)</b>	<b>IZINKEZO ZOKULINGANISA*</b>	<b>UMKHIQIZO OLUNGISIWE</b>	<b>UKUFUNZA NGOSUKU</b>
140	4	150	2-3
170	5	185	
200	6	220	

\* Ukhezo olulodwa lokulinganisa = 5.2 g

#### **Isigaba Sesi-3**

<b>ISILINGANISO SAMANZI (ML)</b>	<b>IZINKEZO ZOKULINGANISA*</b>	<b>UMKHIQIZO OLUNGISIWE</b>	<b>UKUFUNZA NGOSUKU</b>
140	4	150	1-2
170	5	185	
200	6	220	

\* Ukhezo olulodwa lokulinganisa = 5.2 g

## SESOTHO

### LEBESE LA LETSWELE KE DIJO TSE MOLEMO KA HO FETISISA TSA MASEA HA E A TSHELA LEBESE LA LETSWELE

### SEHLAHISWA SENA SE TLA SEBEDISWA FEELA HO YA KA KELETSO YA SETSEBI SA BOPHELO SEHLAHISWA SENA HA SE A BOLAWA DIKOKWANAHLOKO KA DINAKO TSOHLE MME SE KA FUPARA DIKOKWANA TSE KOTSI.

#### SE TLAMEHA HO LOKISWA KA HO TSHWANELEHILENG.

1. Hlwekisa botlolo, tlhoko le reng ka ho bolaya dikokwanahloko metsing a belang metsotso e 3 – 5 pele o se sebedisa.
2. Bedisa metsi a ho nwa metsotso e 5. A tlohele fole ho ya katametsong ya 50°C.
3. Sheba Papetla ya Boholo ba Sejo. Tshela katametso ya halofo ya metsi ka botlolong.
4. Sebedisa feela kgaba ya ho lekanya e kentsweng.
5. Tlatsa kgaba ya ho lekanya mme o batalatse ka thipa e bolailweng dikokwanahloko. Sheba Papetla ya Boholo ba Sejo. Eketsa bokaakang ba lebese le phofa le bontshitsweng ho Papetla ya Boholo ba Sejo metsing.
6. Tsokotsa ka botlalo. Eketsa metsi a setseng mme tsokotse hape. Se tlohele se fole ho ya katametsong ya 37°C pele o fepa.
7. Lokisa sejo se le seng feela ka nako.
8. Lahla sejo se saletseng.
9. Sebedisa sekgorametsi se kentsweng lebokoseng ho kwadisisa mokotlana. Boloka sebakeng se phodileng, se ommeng. Sebedisa nakong ya dibeke tse 3 tsa ho bula.
10. Tshwara lesea le tsepame nakong ya phepo.

#### Mohato 1

PAPETLA YA HO FEPA	BOKAAKANG BA METSI (ML)	DIKGABA TSA HO LEKANYA*	SEHLAHISWA SE LOKISITSWENG	DIPHEPO KA LETSATSI
Beke 1	Latela keletso ya ngaka ya hao			
Beke 2 – 4	100	3	110	5-7
Kgwedi 2	135	4	150	5
Kgwedi 3 – 4	170	5	185	5
Ka mora dikgwedi tse 4	200	6	220	4-5

\* 1 kgaba ya ho lekanya = 4.9 g

#### Mohato 2

BOKAAKANG BA METSI (ML)	DIKGABA TSA HO LEKANYA*	SEHLAHISWA SE LOKISITSWENG	DIPHEPO KA LETSATSI
140	4	150	2-3
170	5	185	
200	6	220	

\* 1 kgaba ya ho lekanya = 5.2 g

#### Mohato 3

BOKAAKANG BA METSI (ML)	DIKGABA TSA HO LEKANYA*	SEHLAHISWA SE LOKISITSWENG	DIPHEPO KA LETSATSI
140	4	150	1-2
170	5	185	
200	6	220	

\* 1 kgaba ya ho lekanya = 5.2 g

## TSHIVENDA

### MUKANDO NDI WONE ZWIŁIWA ZWA KHWIŃESA KHA VHANA HANA MIKANDO

#### TSHIBVELEDZWA ITSHI TSHI ĐO SHUMISWA FHEDZI HO WANALA NGELETSHEDZO YA MUSHUMELI WA MUTAKALO WA PHUROFESHINALA

#### TSHIBVELEDZWA ITSHI A TSHI DZULI TSHO KUNAKISWA NAHONE TSHI NGA VHA NA ZWITZHILI ZWI RE KHOMBO. TSHI TEA U LUGISELWA NA U SHUMISWA NGA NĐILA YO TEAHO.

1. Kha vha vhulaye zwitzhili kha bođelo ło kunaho, ƚhungu, na rinngi ya u fara ƚhungu kha mađi ane a khou fhisa minete 3 – 5 phanđa ha musi vha tshi zwi shumisa.
2. Kha vha vhilise mađi a nweaho lwa minetse 5. Kha vha a litshe a fhole u swika kha 50°C.
3. Kha vha sedze kha Tshati ya u pfesesa na kushumisele ya u mamisa. Kha vha shele hafu ya mađi kha bođelo.
4. . Vha shumise fhedzi lebula ire nga ngomu misi yoƚhe.
5. Kha vha đadze lebula ya u ela vha linganyise nga lufhanga lu sina zwitzhili. Kha vha sedze Tshati ya u pfesesa na kushumisele ya u mamisa. Kha vha shele mafhi a luvhanda o sumbedziswaho kha Tshati ya u pfesesa na kushumisele ya u mamisa mađini.
6. Kha vha dzinginyise vhukuma. Vha đadzise mađi oƚhe o salaho vha dzinginyise hafhu. Kha vha a litshe a fhole u swika kha 37°C phanđa ha musi vha tshi mamisa.
7. Vha ite mafhi a u mama zwenezwo fhedzi.
8. Vha tevhule mafhi o salaho.
9. Kha vha shumise tshiƚikara tshi re nga ngomu bogisini u nambatedza hafhu bogisi. Kha vha a vhee fhethu ho omaho, hu sa fhisi. Vha a shumise nga murahu ha vhege 3 vho a vula.
10. Kha vha takule nřwana o ima zwavhuđi musi vha khou mu mamisa .

#### Liga 1a 1

TSHATI YA U MAMISA	VHUNZHI HA MAĐI (ML)	LEBULA DZA U ELA *	TSHIBVELEDZWA TSHO LUGISELWAHO	MAFHI NGA ĐUVHA
Vhege ya 1	Vha tevhedze ngeletshedzo dza dokotela wavho			
Vhege ya 2 – 4	100	3	110	5-7
Ńwedzi wa 2	135	4	150	5
Ńwedzi wa 3 – 4	170	5	185	5
Nga murahu ha miŃwedzi 4	200	6	220	4-5

\*lebula ya u ela 1 = 4.9 g

#### Liga 1a 2

VHUNZHI HA MAĐI (ML)	LEBULA DZA U ELA *	TSHIBVELEDZWA TSHO LUGISELWAHO	MAFHI NGA ĐUVHA
140	4	150	2-3
170	5	185	
200	6	220	

\*lebula u ela 1 = 5.2g

#### Liga 1a 3

VHUNZHI HA MAĐI (ML)	LEBULA DZA U ELA *	TSHIBVELEDZWA TSHO LUGISELWAHO	MAFHI NGA ĐUVHA
140	4	150	1-2
170	5	185	
200	6	220	

\*lebula u ela 1 = 5.2g

## **XIUTSONGA**

XIPHEPHANA LEXI XI NGA NGHENISIWA ENDZENI KA HOLLE

### **MAFI YA VELE HI WONA YA NGA LULAMELA N'WANA**

#### **A KU CHERIWANGA MAFI YA VELE**

**MASI LAWYA YA TA TIRHISIWA NTSENA HI KU LETERIWA HI MUTIRHERI WA SWA RIHANYO  
MASI LAWYA A YA TENGANGA HI KU HETISEKA EKA NKARHI HINKWAWO, SWI NGA ENDLEKA YA VA NA  
SWITSONGWATSONGWANA LESWI SWI NGA LULAMANGIKI.  
YA FANELA KU LULAMISIWA NI KU TIRHISIWA HI MFANELO.**

1. Basisa bodhlela, thiti na rhingi hi mati yo vila swi tshama timinete ta 3 – 5 u nga se swi tirhisa.
2. Virisa mati yo nwa timinete to ringana 5. Pfumelela swi hola ku ringana 50°C.
3. Hlaya xiphephana xa nongonoko wo pima wo dyisa. Kutani u chela mpimo wa halufu wa mati endzeni ka bodhlela.
4. Tirhisa ntsena lepula leri nga nghenisiwa ku pima.
5. Tata lepula ro pima hi rona kutani u tirhisa lepula leri na rona ri nga basisiwa hi mati yo vila ku susa ni ngu ringananisa leswi swi nga tatisa ku tlula mpimo. Hlaya nakambe leswi swi nga eka xiphephana xo pima. Chela mpimo wa masi lawya ya nga kombetiwa eka xiphephana, eka mati.
6. Hlulukhla swinene. Kutani u chela mpimo wa mati lawya ya nga sala u hlulukhla nakambe. Pfumelela swi hola ku ya fika eka 37°C u nga si dyisa n'wana.
7. Lulamisa yo ringana ku dyiwa siku rolero.
8. Halata lawya ya nga sala.
9. Tirhisa xitikara lexi xi nga endzeni ku pfala nchumu nakambe. Hlayisa eka ndhawu yo hola kahle kambe yi omile. Loko u kala u pfula u swi tirhisa swi hela ku nga se hundza mavhiki ya (3) manharhu.
10. Khoma n'wana a tshamiseka swiene loko a ri ekudyeni.

#### **Xiyimo xa 1**

<b>NONGONOKO WO DYA</b>	<b>MPIMO WA MATI (ML)</b>	<b>MPIMO WA LEPULA*</b>	<b>SWAKUDYA LESWI LULAMISIWEKE</b>	<b>KU DYA HI SIKU</b>
Vhiki ra 1	Landzelela leswi u leteriwaka hi dokodela wa wena			
Mavhiki ya 2 – 4	100	3	110	5-7
Tin'hwetit ta 2	135	4	150	5
Tin'hwetit ta 3 – 4	170	5	185	5
Endzhaku ka tin'hwetit ta 4	200	6	220	4-5

\* mpimo wa lepula rin'we = 4.9 g

#### **Xiyimo xa 2**

<b>MPIMO WA MATI (ML)</b>	<b>MPIMO WA LEPULA*</b>	<b>SWAKUDYA LESWI LULAMISIWEKE</b>	<b>KU DYA HI SIKU</b>
140	4	150	2-3
170	5	185	
200	6	220	

\* mpimo wa lepula rin'we = 5.2 g

#### **Xiyimo xa 3**

<b>MPIMO WA MATI (ML)</b>	<b>MPIMO WA LEPULA*</b>	<b>SWAKUDYA LESWI LULAMISIWEKE</b>	<b>KU DYA HI SIKU</b>
140	4	150	1-2
170	5	185	
200	6	220	

\* mpimo wa lepula rin'we = 5.2 g