

NUTRITION INFORMATION

Typical values per 100ml prepared feed	
Energy	280kJ 66kcal
Fat	3.4g
of which, saturates	1.2g
of which, monounsaturates	1.6g
of which, polyunsaturates	0.53g
- linoleic acid (omega 6)	400mg
- α-linolenic acid (omega 3)	53mg
- docosahexaenoic acid (DHA) (omega 3)	15mg
- arachidonic acid (AA) (omega 6)	16mg
Carbohydrate	7.4g
of which, sugars (lactose)	7.4g
Fibre	0.030g
of which, 2'-fucosyllactose (2'-FL)	0.030g
Protein	1.3g
Vitamins	
Vitamin A	56µg
Vitamin D ₃	1.5µg
Vitamin E	1.5 mg α-TE
Vitamin K ₁	6.7µg
Vitamin C	12mg
Thiamin (B ₁)	0.062mg
Riboflavin (B ₂)	0.12mg
Niacin (B ₃)	0.66mg
Vitamin B ₆	0.036mg
Folic acid	22µg DFE
Vitamin B ₁₂	0.18µg
Biotin	2.3µg
Pantothenic acid	0.35mg
Minerals	
Sodium	19mg
Potassium	70mg
Chloride	57mg
Calcium	63mg
Phosphorus	44mg
Magnesium	4.6mg
Iron	0.89mg
Zinc	0.49mg
Copper	0.049mg
Manganese	0.0090mg
Fluoride	0.0065mg

Nutrition information and ingredients for Follow on Milk, updated March 2025

Selenium	2.5µg
Iodine	13µg
Others	
Choline	21mg
Taurine	4.6mg
Carnitine	0.90mg
Inositol	3.9mg

INGREDIENTS

Pasteurised goat whole **milk**, lactose (from **milk**), vegetable oil blend (high oleic sunflower oil, rapeseed oil, sunflower oil, antioxidants (sunflower lecithin, tocopherol-rich extract)), pasteurised goat **milk** powders, oil from the microalgae *Schizochytrium* sp., *Mortierella alpina* oil, calcium citrate, 2'-fucosyllactose (from **milk**), choline chloride, sodium citrate, dicalcium phosphate, L-tyrosine, calcium hydroxide, L-tryptophan, L-cystine, L-isoleucine, ferrous sulphate, taurine, dl-α-tocopheryl acetate, L-ascorbic acid, zinc sulphate, potassium chloride, inositol, nicotinamide, cholecalciferol, retinyl acetate, L-carnitine, calcium d-pantothenate, cyanocobalamin, copper sulphate, phytonadione, thiamin hydrochloride, riboflavin, pyridoxine hydrochloride, manganese sulphate, folic acid, potassium iodide, sodium selenite, d-biotin.

Allergy Advice: For allergens, see ingredients in **bold**. This product contains 38% goat milk on a dry matter basis.

Important Notice: Breastfeeding is best for babies. Follow on milk is only for babies over 6 months, as part of a healthy, varied diet. It should not be used as a breastmilk substitute before 6 months and should be used on the advice of a health care professional. The decision to start weaning, especially before 6 months, should be made only on the advice of a health care professional responsible for maternal and child care, based on your baby's individual needs. Introduce a cup from 6 months and avoid prolonged contact of milk feeds with your baby's teeth. Make sure your baby's teeth are cleaning after the last feed at night.