Mim's Gentle Milk Co™ by Bellamy's Organic™

Infant Formula (0–6 Months)

COGNITION

Mim's Gentle Milk Co™ Step 1 Infant Formula contains iodine, iron and zinc that all have important roles in cognitive or brain function. Iron is a critical nutrient for brain development including learning and memory[1]. Zinc has been reported as having a key role in neurodevelopmental processes[2]. New evidence shows that adverse early events can have a long term impact on brain development and cognitive function[3] and iodine has long been known to be a key essential micronutrient needed for appropriate neurodevelopment[4]. The recommended number of feeds per day of Mim's Gentle Milk Co™ Step 1 Infant Formula provides a significant contribution to the recommended daily intakes of iodine, iron and zinc[5], and it can therefore help to prevent potential deficiencies of these important nutrients crucial for brain and cognitive function.

IMMUNITY

There is conclusive scientific evidence that many micronutrients and vitamins play a key role in the development of immunity in infants and that any nutritional deficits at this time may have detrimental long term consequences to the immune system[6]. Mim's Gentle Milk Co™ Step 1 Infant Formula contains significant quantities of many such micronutrients and vitamins, including iron and zinc as well as vitamins A, B12 and C. Many of these nutrients such as vitamins A, B12, and zinc are essential for antibody production[7]. The recommended number of feeds per day of Mim's Gentle Milk Co™ Step 1 Infant Formula provides a significant contribution to the recommended daily intakes of all of these important nutrients[8] helping to support the developing immune system.

SYNBIOTICS

The combination of a prebiotic and a probiotic is referred to as a synbiotic, and all have been shown to offer protection against some infections. For example, the well known probiotic Bifidobacterium animalis subsp lactis BB-12® has proven safety and has also been shown to reduce the risk of infections in infancy[9]. Recently, a systematic review of the effect of probiotics on upper respiratory tract infections suggested that the use of probiotics should be encouraged more in the paediatric community[10]. Prebiotics, notably the oligosaccharide GOS, have been studied for many years and research has shown benefits relating to reduced incidence of infections and modulation of the immune system and gut microbiome[11]. Mims Gentle Milk Co™ Step 1 Infant Formula contains a synbiotic blend of *Bifidobacterium* (BB-12®) and prebiotic oligosaccharide GOS.

GOAT'S MILK

Scientific literature has provided interesting data in the last few years that suggest that there could be benefits to infants and young children consuming formula made from goat's milk. For example, in human breast milk the third largest component after lactose and lipids are human milk oligosaccharides[12]. These multifunctional glycans act as powerful prebiotics and are digested by beneficial Bifidobacterium in the large intestine[12]. They also influence immune function in the growing child by a number of means including binding to pathogens in gut lumen and increasing barrier functions[13]. The concentration of oligosaccharides in goat's milk has been reported to be more than seven times that of cow's milk and have a greater variety of these important glycans[14]. Moreover, Leong and colleagues[15] undertook a study in 2019 to quantify the diversity and concentration of oligosaccharides present in goat's milk based infant formula as well as their prebiotic and anti-pathogen adhesion properties. They reported finding fourteen quantifiable oligosaccharides in the goat's milk based infant formula they tested. Importantly, of these, five were structurally similar to those found in human milk. The oligosaccharides found were shown to significantly enhance the growth of bifidobacterium and lactobacilli as well as showing strong anti-pathogen adhesion properties notably of *Eschericha- Coli* NCTC 10418 and Salmonella typhimurium.

A second potential advantage of consuming formula manufactured from goat's milk relates to the composition of fatty acids found in such milk. Whilst goat's milk and cow's milk are very similar in their composition of saturated fats and trans fatty acids, goat's milk has up to twice as many short chain and medium chain fatty acids. These fatty acids are known to be metabolised differently to long chain fatty acids and are described as being rapidly available sources of energy. Goat's milk has smaller fat globules which are known to be digested more easily and more quickly than fat globules found in cow's milk [16, 17].

NUTRITION INFORMATION

		Average quantity per 100 mL of prepared feed
	Energy	281 kJ
	Protein	1.4 g
	Fat	3.4 g
	- Omega 3	69 mg
	α-Linolenic acid (ALA)	61 mg
	Docosahexaenoic acid (DHA)	8.0 mg
	- Omega 6	602 mg
	Linoleic acid (LA)	594 mg
	Arachidonic acid (ARA)	8.2 mg
	Carbohydrate	7.6 g
VITAMINS	Vitamin A	66 µg RE
VITAMINS	Vitamin B6	45 µg
VITAMINS	Vitamin B12	0.20 µg
VITAMINS	Vitamin C	10.6 mg
VITAMINS	Vitamin D	1.0 µg
VITAMINS	Vitamin E	1.5 mg αTE
VITAMINS	Vitamin K1	6.6 µg
VITAMINS	Biotin	2.6 µg
VITAMINS	Niacin (Vitamin B3)	594 µg
VITAMINS	Folate (Vitamin B9)	11.2 µg
VITAMINS	Pantothenic acid (Vitamin B5)	488 µg
VITAMINS	Vitamin B2 (Riboflavin)	79 µg
VITAMINS	Thiamine (Vitamin B1)	66 µg
MINERALS	Calcium	63 mg
MINERALS	Copper	58 µg
MINERALS	Iodine	10.6 µg
MINERALS	Iron	0.83 mg
MINERALS	Magnesium	6.6 mg
MINERALS	Manganese	9.9 µg
MINERALS	Phosphorus	40 mg
MINERALS	Selenium	2.4 µg
MINERALS	Zinc	0.66 mg
MINERALS	Chloride	53 mg
MINERALS	Potassium	69 mg
MINERALS	Sodium	20 mg
OTHER	Choline	10.6 mg
OTHER	Inositol	4.0 mg
OTHER	L-carnitine	1.1 mg
OTHER	Taurine	4.6 mg
OTHER	Lutein	5.5 µg
OTHER	Prebiotic: GOS[1]	100 mg
OTHER	Probiotic: *Bifidobacterium* (BB-12®)	214 million cfu

Net Weight: 800 g
[1]GOS – Galacto-oligosaccharides
BB-12® is a trademark of Chr. Hansen A/S

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Infant Formula (0–6 Months)

INDICATIONS: Healthy infants from birth as a partial or complete breast milk substitute.

CONTRADICTIONS: Confirmed goat's or cow's milk protein allergy, galactosaemic, lactose intolerance.

FEEDING GUIDE

FEEDING TABLE

Age of child	Quantity per serve		Serves per day
	Drinking water (mL)	Level measuring scoops	
Up to 2 weeks	60	1	7–8
Up to 1 month	120	2	6
Up to 2 months	120	2	6
Up to 4 months	180	3	5
Up to 6 months	180	3	5

Displacement volume: 1 scoop of Mims Gentle Milk Co™ Step 1 Infant Formula (8.8 g) + 60 mL of water = 67 mL total volume. This feeding guide is a general guide only and will not necessarily suit every infant. As with breastfeeding, bottle feeding according to need is appropriate. Infants will generally self-regulate intake according to appetite. For formula requirements, refer to the National Health and Medical Research Council Infant Feeding Guidelines (2012). Introducing solid foods at around 6 months is necessary to meet an infant's increasing nutritional and developmental needs.

INGREDIENTS

Organic **lactose**, Organic full cream goat **milk** powder, Organic vegetable oils [organic **soy** oil, organic palm olein oil, organic coconut oil, organic sunflower oil, emulsifier (organic **soy** lecithin)], Organic galacto-oligosaccharides (GOS) from **milk**, Minerals (calcium carbonate, sodium citrate, iron sulphate, magnesium sulphate, zinc sulphate, copper sulphate, sodium selenite, potassium iodide, manganese sulphate), Dried ARA and DHA (algal) oils [**milk** solids, emulsifier (**soy** lecithin), antioxidants (sodium ascorbate, mixed tocopherols, ascorbyl palmitate)], Vitamins (sodium ascorbate, vitamin E acetate, vitamin A acetate, D-calcium pantothenate, niacinamide, vitamin D3, vitamin B12, vitamin K1, thiamine hydrochloride, pyridoxine hydrochloride, folic acid, d-Biotin), Choline bitartrate, L-isoleucine, Probiotic: *Bifidobacterium* (BB-12®), L-tryptophan, L-cystine, Taurine, Inositol, L-carnitine, Lutein.

ALLERGENS: Contains milk & soy.

Mim's Gentle Milk Co™ Infant Formula is based on goats' milk.

Availability: Selected pharmacies, online at mimsgentlemilkco.com.au and pharmacyonline.com.au

HOW TO PREPARE

1. 
Always wash hands before preparing. Wash and rinse bottle and all utensils thoroughly. Use only the enclosed scoop.

2. 
Boil fresh drinking water and allow to cool until lukewarm.

3. 
Consult Feeding Table. Pour exact amount of warm, previously boiled water into the sterilised bottle.

4. 
Fill the measuring scoop with formula powder and level off using the levelling blade on the tin.

5. 
Always add one level scoop of powder for each 60 mL of water in the feeding bottle. Place cap on bottle. Shake or swirl until powder dissolves. If required, cool the prepared formula by holding the bottle under cold, running water.

6. 
Before feeding your baby, make sure the prepared formula is at the right temperature by testing on your wrist. If prepared formula is not consumed immediately, refrigerate and use within 24 hours.

Always use the scoop provided. Discard any unfinished feed. Each bottle should be prepared individually.

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IMPORTANT NOTICE: Breast milk is best for babies. Professional advice should be followed before using an infant formula. Reversing a decision not to breastfeed is difficult, and social and financial implications should be considered. Bellamy's Organic complies with the WHO code and relevant subsequent codes, meaning we have a strong commitment to the provision of safe & adequate nutrition for babies by protection and support of breastfeeding and by ensuring the proper use of infant formula, when they are necessary.

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