

*Printed on all Infant Formula Labels and Educational Materials intended for Mothers*

**Important notice: Breast milk is best for babies.**

Before you decide to use an infant formula consult your doctor or clinic for advice. Warning: Unboiled water, unboiled bottles or incorrect dilution can make your baby ill. Only prepare one bottle at a time. If necessary, keep only in refrigerator. Follow instructions exactly.

**Breastfeeding**

Breastfeeding provides the best nutrition and protection from illness, for your baby. For most infants, breast milk is all that is needed for the first 4 to 6 months. Many mothers continue to breastfeed after 6 months and then give other foods as well. For advice on breastfeeding, consult your doctor or any other health professional, or a friend or relative who has successfully breastfed. Frequent feeding is the best way to establish and maintain a good milk supply. A well balanced diet, both during pregnancy and after delivery, also helps sustain an adequate supply of breast milk.

**Advice especially for the working mothers**

Your baby can still receive the benefits of breastmilk even if you go out to work. Partial breastfeeding is better than bottlefeeding completely, so continue to breastfeed even if you have been advised to give other foods. If you sleep with your baby, he will breastfeed during the night without disturbing you. Before you leave home in the morning and again when your return, breastfeed your baby. When mixed feeding, always offer the breast before giving other foods.

Remember: Breast milk is the best and most economical food for your baby.

**Seek advice**

The use of foods which are not intended for young babies can be harmful. Unnecessary introduction of partial bottlefeeding or other foods and drinks, will have a negative effect on breastfeeding. Therefore always consult a health professional before introducing anything other than breast milk.

**Using a breast milk substitute**

If a doctor or other health professional recommends an addition to breastfeeding, or its replacement, during the first 4 to 6 months, it is preferable to use an infant formula meeting recognized quality standards. When used correctly this supplies the nutritional needs of your baby in an easily digestible form. You will need more than one can (450g) per week if your baby is only bottlefed, so keep your family circumstances and costs in mind before deciding whether to use infant formula.

As soon as your baby is old enough, feed infant formula with a cup and spoon.

**Information For Health Workers**

Printed on all materials intended for the medical and para-medical professions.

**Important Notice**

The World Health Organization (WHO\*) has recommended that pregnant women and new mothers be informed of the benefits and superiority of breastfeeding — in particular the fact that it provides the best nutrition and protection from illness for babies.

Mothers should be given guidance on the preparation for, and maintenance of, lactation, with special emphasis on the importance of a well-balanced diet both during pregnancy and after delivery. Unnecessary introduction of partial bottlefeeding or other foods and drinks should be discouraged since it will have a negative effect on breastfeeding. Similarly, mothers should be warned of the difficulty of reversing a decision not to breastfeed.

Before advising a mother to use an infant formula, she should be advised of the social and financial implications of her decision : for example, if a baby is exclusively bottlefed, more than one can (450g) per week will be needed, so the family circumstances and costs should be kept in mind. Mothers should be reminded that breast milk is not only the best, but also the most economical food for babies.

If a decision to use an infant formula is taken, it is important to give instruction on correct preparation methods, emphasizing that unboiled water, unboiled bottles or incorrect dilution can all lead to illness.

\* See: International Code of Marketing of Breast Milk Substitutes, adopted by the World Health Assembly in Resolution WHA 34.22, May 1981.

1. All countries of Africa, Middle East, Asia, Latin America, the Caribbean nations, and the Pacific Nations except Japan, Republic of Korea, Singapore, Taiwan.
2. Information printed on all Nestlé infant formula labels, educational materials intended for mothers, and on documentation for health professionals.
3. Breast milk substitute manufactured in accordance with strict international quality standards to be suitable as the sole source of nutrition for a baby during the first 4-6 months of life — the International Code does not apply to Weaning Foods (see Code Articles 2, 10.2 and Annex 3).