

PREPARING FORMULA

STORAGE:

1. Keep the formula cool and dry.
2. Make sure the can is closed tightly after each use.
3. Refrigerate prepared formula in a covered container and use it within 24 hours of preparation.

WEIGHING WITH AN ELECTRONIC SCALE:

1. Place container on scale.
2. Press ON/TARE.
3. When display reads 0, add prescribed amount of Phenyl-Free 1 powder.
4. Put Phenyl-Free 1 powder in a large measuring cup (for example, a 32 oz liquid measuring container).
5. Press ON/TARE.
6. When display reads 0, add prescribed amount of Enfamil*.
7. Add Enfamil powder to the measuring cup.

MIXING:

1. Add about half of the water prescribed.
2. Blend. *Most families find it easiest to use a hand-held immersion or “stick” blender.*
3. Add water to make the total volume prescribed.
4. Blend again.
5. Pour into baby bottles and cap tightly.
6. Refrigerate until ready to use.

* or other standard infant formula.



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