



Preparation & storage

Cow & Gate Anti-reflux powder, 800g

Powder



- 1** Wash hands and sterilise all utensils according to manufacturers' instructions



- 2** Boil 1 litre of freshly run water. Do not use artificially softened or repeatedly boiled water.



- 3** Measure the required amount of boiled water into a large sterilised bottle. Seal bottle and allow to cool for 45 minutes.



- 4** Using the scoop provided, level off the powder with the built-in leveller. Do not press/heap the powder.



- 5** Add one scoop to every 30ml (1 fl oz) of boiled cooled water. Add the correct number of scoops to the water. Adding too many or too few scoops can be harmful.



- 6** Replace seal on bottle and roll the bottle upright between the palms of hands – roll it strongly for 5 seconds. The time between adding the scoops and rolling the bottle should be as short as possible.



- 7** Shake the bottle for 20 seconds and then leave to stand for 7 minutes to allow it to thicken. Turn the bottle upside down just before feeding and test the temperature on your wrist.