



## Preparation & Storage

### Cow & Gate Instant Carobel, 135g

#### Dual usage

Method	Consistency	Level scoops of Instant Carobel	Hand warm infant milk* ml / fl oz		Concentration %
In a bottlefeed	thin	0.5	90	3	1
In a bottlefeed	thick	1	60	2	3
As a spoonfeed or paste	very thick	3	60	2	9

Instant Carobel may be added directly to an infant's milk or drink (water/juice), or given by spoon as a thick gel just prior to drinking, or eating a very wet meal.

\*Can also be used with cooled, freshly boiled water.

#### In a bottlefeed

- Prepare the infant milk to the manufacturer's guidelines
- Add Instant Carobel as indicated in the feeding guide above
- Shake well (for 30-60 seconds)
- Leave for 3-4 minutes to thicken
- Shake again and feed immediately
- Do not heat in a microwave – hot spots may occur and cause scalding

#### As a spoonfeed or paste

- This method is appropriate for breastfed infants and may be the preferred method for bottlefed infants
- It is also suitable for first weaning foods that have too liquid a consistency and for older children and adults
- Add Instant Carobel as indicated in the feeding guide above
- Stir well and leave for 3-4 minutes to thicken
- Stir again and feed immediately, by spoon, prior to and during the feed or meal

Instant Carobel will continue to thicken up to 4-15 minutes after mixing. Therefore, it is advisable to add Instant Carobel one scoop at a time, stir well and allow to thicken, and then add more Instant Carobel until the desired consistency is achieved.

1 level scoop size = 1.7g. Always use the scoop provided.