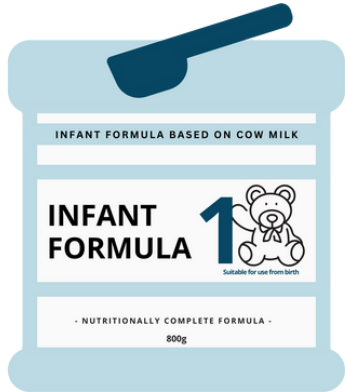


How to choose an infant formula for your baby

Infant formula products are the only safe and suitable alternative to breast milk. Below is a guide to the infant formula products available at different stages of your baby's development.

INFANT FORMULA



Infant formula is for healthy babies from **birth to 12 months**.

- Products labelled as 'Infant formula' will include age information to help you choose the right product.
- They can have a number 1 on the can to show it is for the first stage of formula feeding.
- Always follow the instructions on the label to prepare the formula. Products will have different instructions and scoop sizes so check each container and use the scoop provided.
- Infant formula can be purchased from most stores such as supermarkets, pharmacies, department stores and service stations.
- Speak to a health professional, such as your doctor or dietitian, about which formula is right for your baby.

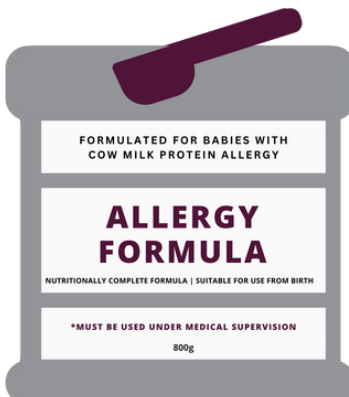
FOLLOW-ON FORMULA



Follow-on formula is for healthy infants aged **6 to 12 months**.

- Products suitable for infants from 6 months will be labelled as 'Follow-on formula' and include age information to help you choose the right product.
- They can have a number 2 on the label to show you it is for the second stage of formula feeding. Moving on to stage 2 is optional.
- The ingredients in follow-on formula will be similar to infant formula but there will be some differences to support the needs of your infant at this stage of development.
- Always follow the instructions on the label to prepare the formula. Products will have different instructions and scoop sizes so check each tin and use the scoop provided.
- Follow-on formula can be purchased from most stores such as supermarkets, pharmacies, department stores and service stations.
- Speak to a health professional, such as your doctor or dietitian, about which formula is right for your baby.

SPECIAL MEDICAL PURPOSE PRODUCT FOR INFANTS



Special medical purpose product for infants is for babies from birth who have a **medically diagnosed condition**.

- These products must be used under medical supervision.
- They may be used as the main or supplementary source of nourishment.
- The medical condition or purpose of the product will appear on the label. For example, *Allergy formula intended for use in instances of cow's milk protein allergy*.
- The ingredients in these products are similar to those in infant formula, with differences to manage the dietary needs of the diagnosed medical condition.
- They can only be purchased from specific places such as a medical practitioner, a dietitian or a pharmacy. They are not available in stores such as supermarkets and department stores.
- For further information and advice on these products, talk to your healthcare professional such as a doctor or dietitian.