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> Nestle NAN Comfort 1 Starter Infant Formula User Manual

NAN 7613035279025

Nestle NAN Comfort 1 Starter Infant Formula User Manual

Model: 7613035279025

1. PRODUCT OVERVIEW

Nestle NAN Comfort 1 is a starter infant formula specifically designed for infants from birth up to 6 months of age. This formula is intended for the dietary management of common minor digestive problems experienced by infants, such as infantile colic, excessive gas, flatulence, abdominal cramps, and constipation. It is fortified with iron and contains L.reuteri, a healthy probiotic culture known to support healthy digestion, reduce excessive crying in colicky babies, and contribute to the development of a healthy gut.



Image: Front view of the Nestle NAN Comfort 1 Starter Infant Formula 400g can, showing the brand logo, product name, and weight.

2. INGREDIENTS

The primary ingredients of Nestle NAN Comfort 1 include:

Skimmed cow's milk, Lactose, Whey protein concentrate from cow's milk, Palm olein, Rapeseed oil, Coconut oil, Sunflower oil, Emulsifier (soy lecithin), L-Histidine, Taurine, Inositol, Lactobacillus culture (DSM 17938 under license from BioGaia AB), L-Carnitine, Minerals & Vitamins. This product contains Milk and Soy.



Image: Detailed view of the ingredients list as printed on the product packaging, highlighting key components and allergens.

3. NUTRITIONAL INFORMATION

The following table provides the average nutritional composition of Nestle NAN Comfort 1, both per 100g of powder and per 100ml of prepared formula. This information is crucial for understanding the dietary value provided to the infant.

NUTRITIONAL INFORMATION

Average composition	Per 100g of powder	Per 100ml of prepared formula	Average composition	Per 100g of powder	Per 100ml of prepared formula
Energy (Kcal)	514	67	Niacin (mg)	4.3	0.56
(KJ)	2150	282	Vitamin B6 (mg)	0.38	0.05
Protein (g)	10.80	1.41	Folic Acid (µg)	68	8.9
Fat (g)	26.00	3.41	Pantothenic Acid (mg)	4.1	0.54
Of which:			Vitamin B12 (µg)	1.6	0.21
Linoleic Acid (g)	4.20	0.55	Biotin (µg)	16	2.1
Alpha-Linolenic Acid (g)	520	68	Choline (mg)	56	7.3
Trans fatty acids (g)	0.1	0.01	Inositol (mg)	59	7.7
Saturated fatty acids (g)	10.4	1.4			
Carbohydrates (g)	59.10	7.74	Minerals		
Of which:			Sodium (mg)	165	22
Lactose (g)	40.20	5.27	Potassium (mg)	506	66
Maltodextrin (g)	18.90	2.48	Chloride (mg)	325	43
Taurine (mg)	39	5.1	Calcium (mg)	365	48
L-Carnitine (mg)	7.9	1	Phosphorus (mg)	215	28
Vitamins			Magnesium (mg)	52.0	6.8
Vitamin A (µg RE)	600	79	Iron (mg)	5.2	0.68
Vitamin D (µg D)	7.2	0.94	Copper (mg)	0.4	0.052
Vitamin E (mg TE)	8.2	1.1	Zinc (mg)	5.5	0.72
Vitamin K (µg)	43	5.6	Iodine (µg)	115	15
Vitamin C (mg)	105	14	Manganese (µg)	118	15
Vitamin B1 (mg)	0.61	0.08	Selenium (µg)	14.0	1.8
Vitamin B2 (mg)	1.05	0.14			

Scoop size: 4.35g; 100ml = 13.1g of powder + 90ml of water.

Image: A table detailing the average composition of energy, macronutrients (fat, protein, carbohydrates), vitamins, and minerals per 100g of powder and per 100ml of prepared formula.

4. PREPARATION INSTRUCTIONS

Proper preparation is essential for the health of your infant. Follow these steps carefully:

- 1. Wash your hands:** Before preparing baby's formula, thoroughly wash your hands.
- 2. Sterilize equipment:** Wash bottle, teat, and cap. Boil thoroughly until no milk remains.
- 3. Boil water:** Boil drinking water for five minutes; allow to cool to lukewarm temperature (about body temperature).
- 4. Measure water:** Consult the feeding table and pour the exact amount of lukewarm water into the bottle.
- 5. Add powder:** Use only the scoop provided in the tin. Level the powder using the inner rim of the tin. Add the exact number of leveled scoops for the baby's age as per the feeding table.
- 6. Mix:** Cap the bottle and shake well until the powder is fully dissolved.
- 7. Check temperature:** Before feeding, check the temperature of the formula on your wrist to ensure it is lukewarm.
- 8. Storage after opening:** Close the tin tightly after each use and store it in a cool and dry place. The contents must be used within 3 weeks after opening.

Ingredients: Skimmed cow's milk, Lactose, Whey protein concentrate, Palm olein, Rapeseed oil, Coconut oil, Sunflower oil, Emulsifier (soy lecithin), L-Histidine, Taurine, Inositol, Lactobacillus culture, L-Carnitine, Minerals & Vitamins, Lactobacillus culture. (DSM 17938 under license from BioGaia AB). Contains Milk and Soy.

المكونات: حليب البقر المقشود، لاکتوز، بروتين مصّل الحليب المرکز، أولین النخيل، زيت بذر اللفت، زيت جوز الهند، زيت دوار الشمس، مستحلب (ليسيثين الصويا)، ل-هيستيدين، تورين، إينوسيتول، مستنبت لاکتوباسيلوس، ل-كارنيتين، معادن وفيتامينات، مستنبت لاکتوباسيلوس. (دي إس إم ١٧٩٣٨ بموجب ترخيص من بيوجيا إيه بي). يحتوي على الحليب والصويا.

Image: Visual guide illustrating the 10 steps for preparing Nestle NAN Comfort 1, from hand washing to final storage.

5. FEEDING TABLE

The following table provides a guideline for the quantity of water and scoops of formula needed per feed, as well as the recommended number of feeds per day, based on the infant's age. Always consult your healthcare professional for personalized advice.

Age of infant	Quantity per feed		No. of feeds per day	
	Previously boiled water in ml*	Number of measuring scoops**	Formula	Others
1 st and 2 nd week	90	3	6	-
3 rd and 4 th week	120	4	5	-
2 nd month	150	5	5	-
3 rd and 4 th month	180	6	5	-
5 th and 6 th month	210	7	5	-

*To maintain the number of living cultures, the boiled water must be cooled down to about body temperature before adding the

powder.

**Scoop size: 4.35g. 100ml = 13.1g of powder + 90ml of water.

FEEDING TABLE

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Image: A table providing recommended feeding quantities and frequencies for infants from birth to 6 months, based on age.

6. STORAGE AND HANDLING

- Always close the tin tightly with the plastic lid after each use.
- Store the product in a cool, dry place, away from direct sunlight and heat.
- Once opened, the contents of the tin must be used within 3 weeks to ensure freshness and quality.
- Do not keep unfinished feeds. Discard any remaining formula after feeding.

7. IMPORTANT CONSIDERATIONS AND WARNINGS

- **Breast Milk Importance:** Breast milk is the best nutrition for babies. Breastfeeding should continue for as long as possible. Consult your health professional before deciding to use an infant formula.
- **Allergies:** This product is not intended for use in cases of declared cow's milk protein allergy or if such an allergy is suspected. It is not a milk protein allergy product.
- **Sole Source of Nutrition:** This formula is not intended as the sole source of nutrition for infants beyond 6 months of age without professional medical advice.
- **Preparation Accuracy:** Only prepare one bottle at a time. Feed immediately and follow the instructions exactly. Improper preparation, storage, and handling can lead to health risks for your baby.
- **Feeding Safety:** Always hold your baby while feeding. Leaving your baby unattended may cause choking. Use under medical supervision.

- **Product Information:** Actual product packaging and materials may contain more and different information than what is shown online. Always read labels, warnings, and directions before using or consuming a product.

8. PRODUCT SPECIFICATIONS

- **Product Dimensions:** 10.2 x 14.2 x 10.2 cm
- **Item Model Number:** 7613035279025
- **Net Weight:** 400 Grams
- **Units:** 400 gram
- **Brand:** NAN
- **Format:** Powder
- **Age Range Description:** Infant (From Birth to 6 Months)
- **Manufacturer:** Nestle Nan
- **Country of Origin:** France
- **ASIN:** B07MVCQ5P8
- **First Available Date:** 16 January 2019

9. MANUFACTURER AND SUPPORT INFORMATION

This product is manufactured by Nestle Nan.

For any complaints or inquiries, please contact Nestle Customer Care in the Middle East and North Africa:

- **UAE Customer Care Center:** 800 116 1001
- **Egypt Customer Care Center:** 08001610
- **Other Countries:** +9714-8100000



Image: Rear view of the product packaging displaying Nestlé's commitment to research and development, along with customer service contact details for various regions.