

# How to make formula



## Hygienic

Wash your hands before making milk. Wash well and sterilize equipment before using.

## Accurate

Use desired number of cubes. Use the attached spoon to measure the right amount for powdered formula.

## Safe

Please make formula as needed and do not feed the baby with leftover milk.

### ① Measure formula

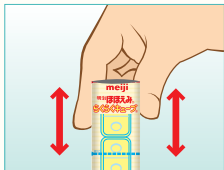
Cut the sealed bag to open. Hold it with your fingers on the picture side and place the necessary number of cubes in a sterilized feeding bottle.

\*One cube is for making 40ml of formula

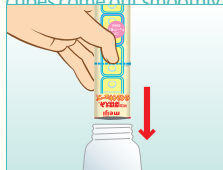


#### Tips

① Gently strike the side of the opening of the bag to fill the bag with air. (Cubes may get stuck when the opening is flattened.)



② Hold the package with your fingers on the picture sides, not on the lateral sides, and tilt it vertically into the bottle so that cubes come out smoothly.



### ③ Cool the formula down and make sure to check the temperature

Add the nipple, shake the bottle gently, and dip into water to cool the formula down to body temperature. Place a few drops of the formula on the inner side of the arm. The most appropriate temperature is around 40°C, which you feel as warmth.

❗ Be sure to cool the formula down to body temperature before feeding a baby.

### ② Add boiled water to dissolve the formula

Add 2/3 of the completion amount of boiled water cooled down (to above 70 degrees centigrade for Hohoemi, approx. 50 degrees centigrade for Step). To prevent the formula from spilling out, cover it with the nipple and the cap and circularly shake it till full dissolution. Add more boiled water cooled down (the rest 1/3 of the completion amount) in the bottle. (Bottoms of formula bubbles must come to the scale mark of the completion amount.)

❗ Feeding bottles can get hot, so be careful and avoid the risk of getting scalded. Avoid making the formula close to children.

\*Under instructions of the Health, Labour and Welfare Ministry, we recommend using hot water above 70 degrees centigrade for Meiji Hohoemi formula dissolution, according to "the guidelines for making, preserving, and handling formula milk for babies".

### ④ Feed the formula

Make eye contact showing affection while feeding your baby. Burp the infant after feeding.



### ❗ Precautions For Use

#### Those who use peptide milk

- If you currently use allergen-free formula or peptide milk, please consult your doctor before using Rakuraku Cube.
- According to the baby's constitution and health condition, consult a doctor, chemist, midwife, health instructor, nurse, national registered dietician, or nutritionist before using Rakuraku-Cube.

#### For Rakuraku Cube

- Do not feed Rakuraku Cube before dissolving.
- When a cube is left over, fold the top side of a packet, close it using a clip, and then store it.
- Do not expose the cubes to moisture, heat sources, or direct sunlight. Please do not store it in a refrigerator.
- Finish within a week after opening a packet.



#### For powdered formula

- Remove and clean the spoon and store in another container.
- Tightly put the lid on when storing in order to prevent foreign matter from getting into the container.
- Do not expose the cubes to moisture, heat sources, or direct sunlight.
- Use both hands to carry.
- Finish within a month after opening the tin.





For expectant mothers preparing for childbirth

For mothers who make milk every day

Even for mothers who want to breast feed their babies as often as possible,

For fathers who want to help with childcare

# 明治 ほほえみ<sup>®</sup> らくらくキューブ<sup>®</sup>

An innovative shape that is the only shape in the world.

only 1 

Easy even for mothers not used to preparing a bottle of formula.  
Easy for the family (dad, grandpa, grandma) to prepare!

Use as a supplement to breast milk!  
When you have a cold. For a day out.  
When leaving your baby with a caretaker!

Rakuraku Cube is also good for stockpiles!  
Long storage available to stockpile for an emergency

Patented product (No.4062357)  
Powdered formula in cubes —the only shape in the world.

## Feedback from Mommies

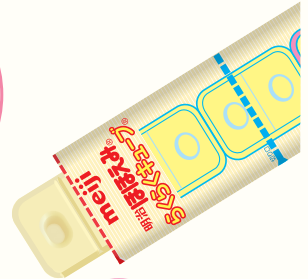
- Cubed formula is reliable when leaving my baby with a caretaker since it is easy to prepare.
- This is good to supplement breastfeeding. I can use only as much as necessary since it is in small packages.
- I was determined that breastfeeding and formula feeding were my job, but thanks to the Easy Cube, my husband can feed the baby as well, and I am now very relieved!

Whenever, wherever, whoever,  
**Easy!**

No need to level off the scoop.  
No more spills!

It can be stored for up to one and a half years if not opened.

You can easily count the number of cubes you put in the bottle!



## Rakuraku Cube to support baby's growth

Powdered formula substituting for breast milk  
**Up to the first birthday**

明治 ほほえみ<sup>®</sup>

only 1 

Includes arachidonic acid (ARA) and DHA as breast milk does.



Nutrition support formula  
**Up to 3 years old**

明治 ステップ<sup>®</sup>

only 1 

Support 100%\* of iron and calcium intake required for babies.



\*The portion is recommended amount (for between one and three years old children) set in the "Dietary Reference Intakes for Japan 2010" provided by the Health, Labour and Welfare Ministry.(When taking 400ml of "Meiji Step" per day)

\*Rakuraku Cube contains the same nutritional elements in powder typed "Meiji Hohoemi" and "Meiji Step".