



The **Holle** range of Organic Baby products is an optimal platform to support a child's growth and development through the most important years of their life.

We offer a wide range of 100% Organic products including **Infant Formulas**, **Instant Cereals & Porridge**, a baby **Jar** range encompassing both complete meals and desserts and a baby **Tea** - great for settling kids and relieving symptoms from teething and colic.

**Holle Organic products are made from all natural ingredients. They do not contain any artificial colours, flavours or preservatives.**

## Holle Organic Infant Formulas



- **Gluten Free**
- **No Added Sugar**
- **GM Free**
- **Also available in convenient singular sachets**

### Holle Organic Infant Formula 1 (cow based)

**Birth – 12 months**

A mother's milk is the most natural and beneficial nourishment for a baby. That is why Holle recommends breastfeeding. If a mother cannot or is unable to breastfeed, **Holle Organic Infant Formula 1** used from birth, will provide a complete organic replacement for your infant baby. It includes all the required nutrients that a baby needs for the first 6 months of its life. This product is easily digestible and has been formulated and developed to closely resemble the protein found in breast milk.

### Holle Organic Infant Follow-On Formula 2 (cow based)

**6 months – 3 years**

Can be used as a continuation after breastfeeding, or if your baby's hunger cannot be satisfied with the Holle Organic Infant Formula 1.

**Holle Organic Infant Follow-On Formula 2** can be given as of 6 months of age and will be more suitable for your baby's nutritional requirements and should form part of a balanced diet including bottles and porridge meals. Holle Organic Infant Follow-On Formula 2 is hunger satisfying, developed to meet a baby's nutritional requirements. This product is suitable for feeding in a bottle until the third year after birth.

### Holle Organic Infant Goat Milk Formula (goat based)

**6 months – 3 years**

**Holle Organic Infant Goat Milk Formula** is an alternate infant formula for children requiring a **cow milk free diet**. It can be used after breast feeding or after using the protein adapted Holle Organic Infant Formula 1 or 2 or another brand of formula to meet the growing nutritional requirements of your baby from 6 months of age. Unique qualities include ability to assist in the reduction of eczema and asthma in babies.



## Holle Organic Infant Cereals/Porridges



- **Instant preparation – ready in minutes**
- **No Added Sugar or Salt**
- **Dairy Free – when prepared with water**
- **GM Free**
- **Also available in convenient singular sachets**

The **Holle Organic Porridge** range is made from **whole grain cereals** to digest and suitable for babies.

Heat and moisture are gently applied to cook the cereal starch and make it easy to absorb by infants. Using the whole grain ensures that the active nutrients of the grain are retained, along with its valuable fibres which promote digestion.

**Holle Organic Porridge** uses all natural ingredients that are free of animal hormones, growth regulators, chemical fertilisers and insecticides. They do not contain any preservatives, colours or flavours.

### **From 4 months\***

#### **Holle Organic Rice Porridge**

Rice porridge is generally given as a baby's first cereal as it is easy to digest and gluten free.

#### **Holle Organic Millet Porridge**

Millet is a natural whole grain and is gluten free making it ideal for a baby's first cereal. Millet has been used as a staple food for centuries around the world.

\*Not recommended for children under the age of 4 months

### **From 6 months\***

#### **Holle Organic 3 Grain Porridge**

Made from the goodness of organic oats, barley and spelt. This cereal is used as the last step porridge in the Holle range to help accommodate your baby's increased appetite, hunger and need for extra nutrients.

#### **Holle Organic Rolled Oats Porridge**

Oats are a traditional wholegrain cereal loved by children. They are high in protein and low in sodium.

#### **Holle Organic Semolina Porridge**

Semolina is a whole wheat cereal that is traditionally used to make a wide range of foods. Semolina in its natural state is tasty and nutritious and ideal as a baby porridge.

#### **Holle Organic Spelt Porridge**

Spelt grain is an ancient species of modern wheat and is increasing as an alternative to modern wheat flour in products. It is naturally high in carbohydrates and low in fat.

It is also a good source of protein which makes it ideal as a baby porridge.

#### **Holle Organic Baby Muesli Porridge**

Baby Muesli porridge is tasty and nutritious. As your baby's taste buds develop, they'll enjoy the taste of this fruity porridge. Baby Muesli contains oats, spelt, apple and sesame and is the only organic multigrain porridge available in the range.

\*Not recommended for children under the age of 6 months

# range information

## Holle Organic Baby Jars



- Yeast & Egg Free
- No Added Salt or Sugar
- Lactose Free
- No Binding Agents
- GM Free

Holle offers a complete baby jar range for babies from 4 months to toddlers. The **Holle Organic Baby Jar** range are pasteurised at approximately 70°C by using a patented modern production method. This help to ensure that fruits, vegetables and meats retain their natural colour and vital nutrients.

Our jar food is made from all natural ingredients and does not contain any colours, flavours or preservatives. A variety of the jars are gluten free.

### Holle Organic Baby Meal Range From 4–6 months

- Organic Carrots with Apple
- Organic Mixed Vegetable
- Organic Zucchini, Pumpkin & Potatoes
- Organic Cauliflower, Potatoes & Broccoli
- Organic Pumpkin & Chicken
- Organic Broccoli with Wholegrain Rice
- Organic Carrots
- Organic Parsnip

### Holle Organic Dessert Range From 4–6 months

- Organic Apple
- Organic Apple, Banana & Apricot
- Organic Apple & Banana with Wholegrain Flakes
- Organic Apple & Bilberry
- Organic Pear
- Organic Banana & Peach
- Organic Apple & Pear
- Organic Mixed Fruit

### Holle Organic Toddler Range From 8 months

- Organic Bircher Muesli with Fruit
- Organic Apple & Pear with Wholegrain Flakes
- Organic Mixed Vegetables with Rice
- Organic Mixed Vegetables with Millet
- Organic Pumpkin & Potato
- Organic Spinach & Rice
- Organic Pumpkin & Rice

## Holle Baby Tea

The first of its kind in Australia – **Holle Organic Baby Tea** is ideal for general settling of babies and to help relieve symptoms of teething and colic. It is made from natural ingredients and does not contain any stimulants.

The carefully chosen herbs (fennel, aniseed, caraway and camomile) have a settling and relaxing effect and the tea is tasty and pleasant. **Holle Organic Baby Tea** is suitable for babies from 2 weeks of age. Older children can also benefit from Holle Organic Baby Tea. Each pack contains 20 infusion tea bags individually packed.



## Holle Zwieback Spelt Rusk

These spelt rusks are great as a snack for babies from 6 months. Extremely versatile – use them to make porridge or add toppings to make a great snack for kids and adults. They are made from Spelt flour which can generally be better tolerated by those who are wheat sensitive. These biscuits are unsweetened and are egg and dairy free.

## Holle Baby Spelt Cookies

Made from spelt flour, these great tasting cookies are great for babies from 6 months especially for those with an intolerance to wheat. They are free from preservatives, flavourings and colourings with no added sugar or salt.



**To place an order or for more information on the Bio Living range, contact  
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