



NEW

MixMe™

Vitamin & Mineral Powder

**For children from
6-59 months of age**



What is MixMe™ Vitamin and Mineral Powder?

- MixMe™ Vitamin and Mineral Powder are sachets filled with a dry powder mixture containing 15 essential vitamins and minerals that are often missing in the diets of children from 6 months to 59 months(5 years).
- The Vitamin and Mineral Powder is also sometimes known as multiple **Micronutrient Powder** (MNP).

Why use MixMe™?

- Often the foods fed to children when they transition from exclusive breast milk to family foods, from 6 – 59 months of age, do not provide enough of the vital vitamins and minerals to meet their daily needs.
- Adding MixMe™ Vitamin and Mineral Powder to the food of a child, between 6 months and 5 years of age, just before it is fed to the child, ensures an improved intake of the essential vitamins and minerals.
- Adding MixMe™ Vitamin and Mineral Powder to the food of children, between the ages of 6 months and 5 years, at home (home fortification) aims to ensure that the foods that they eat, meets their needs for the essential vitamins and minerals.
- Children from **birth to 6 months** should be **exclusively breastfed** and children between 6 months and at least 2 years of age, should continue to be breastfed.

What are the benefits of using MixMe™?

- Many studies have shown that MixMe™ Vitamin and Mineral Powder helps to ensure that children, between the age of 6 months to 5 years, receive the vital vitamins and minerals that they need for their health, growth and development.
- MixMe™ Vitamin and Mineral Powder contains 15 essential vitamins and minerals and using MixMe™ Vitamin and Mineral Powder each day, allows you to feel confident that your child aged from 6 months to 5 years is getting the vitamins and minerals they need.

Who should use MixMe™?

- MixMe™ Vitamin and Mineral Powder is recommended for children **6 – 59 months** (6 months – 5 years) of age.
- Exclusive breastfeeding is recommended from birth to 6 months.
- MixMe™ Vitamin and Mineral Powder is recommended when the young child starts consuming foods in addition to breast milk from 6 months. MixMe™ Vitamin and Mineral Powder can then be used until the child is 5 years old.



How should MixMe™ be used?

1 For one child, mix one sachet of MixMe™ Vitamin and Mineral Powder per day with the food that the child is being fed at a single meal.

- MixMe™ Vitamin and Mineral Powder **SHOULD NOT** be used for infants **under 6 months** of age, as these children only need breast milk and should be exclusively breast-fed.
- **Avoid sharing** a sachet of MixMe™ Vitamin and Mineral Powder with other children. This is because one sachet contains the vitamins and minerals that one child needs.
- Put the child's food on their own **separate plate / bowl** before adding the MixMe™ Vitamin and Mineral Powder.

2 Mix the MixMe™ Vitamin and Mineral Powder into warm, solid or semi-solid foods just before feeding the child aged between 6 months and 5 years.

- MixMe™ Vitamin and Mineral Powder **SHOULD NOT** be added **before cooking** as this will destroy the vitamins and minerals.
- MixMe™ Vitamin and Mineral Powder **SHOULD NOT** be added to **very hot foods** as it could result in colour and taste changes.
- MixMe™ Vitamin and Mineral Powder **SHOULD NOT** be added to **cold foods** as the powder may not mix well and result in lumps.
- MixMe™ Vitamin and Mineral Powder **SHOULD NOT** be added to **liquid foods** as it could result in colour and taste changes.
- MixMe™ Vitamin and Mineral Powder is used added to foods, **TOGETHER WITH** continued breast feeding for children 6 months up to at least 2 years and **DOES NOT** replace breast milk. Children from birth to 6 months should be exclusively breastfed.

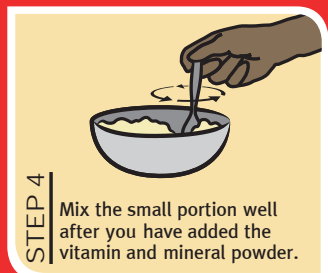
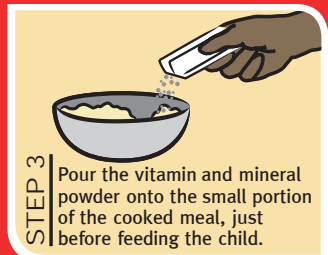
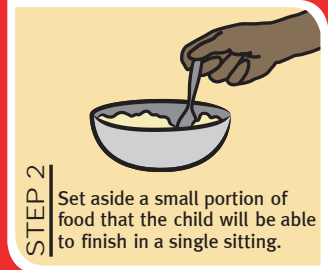
3 Mix the MixMe™ Vitamin and Mineral Powder into the amount of food which the child will eat at one time.

- Choose the meal where the child eats the most.
- The contents of the MixMe™ Vitamin and Mineral Powder sachet should be used all at once at one meal and **SHOULD NOT** be divided between meals, as the vitamins and minerals in the open powder might become inactive.

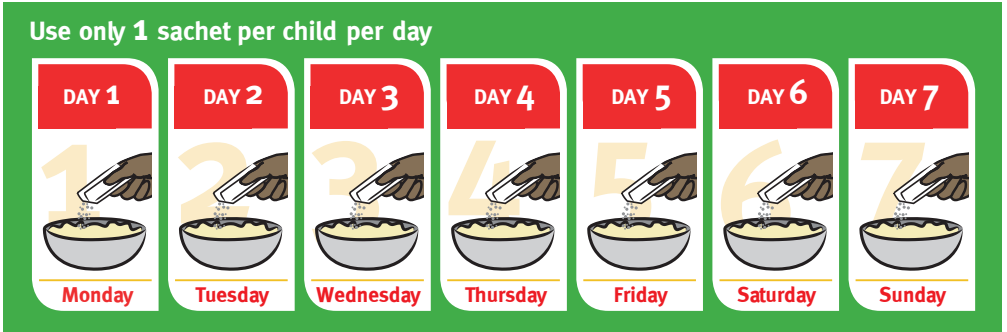
4 Food mixed with MixMe™ Vitamin and Mineral Powder should be fed to a child **within half an hour (30 minutes)** of mixing. If the child does not eat all the food to which the MixMe™ Vitamin and Mineral Powder has been added, that food should be thrown away and not kept for another meal. This is to ensure that the vitamins and minerals remain active.

- MixMe™ Vitamin and Mineral Powder does not change the taste or consistency of the food when mixed correctly. The colour of white / beige foods such as maize porridge could change to a slightly yellow colour when MixMe™ Vitamin and Mineral Powder is added. No colour changes are normally seen in darker foods such as stews and gravy.
- MixMe™ Vitamin and Mineral Powder contains iron and so children using a Micronutrient Powder may have a darker or even black stool. This is not cause for concern.

Directions to use MixMe™ Vitamin and Mineral powder



How often should MixMe™ be used?



How should MixMe™ be stored?

- Store below 25°C, in a cool, dry place.
- Protect from sunlight. Store the large foil pouch with the sachets in a cool place like a cupboard or shelf away from the sun and heat. Some vitamins and minerals will lose activity if it is exposed to heat or sunlight.
- Shelf life: 24 months if stored correctly. Look at the expiry date indicated on the back of the pack and sachets.
- **KEEP OUT OF REACH OF CHILDREN.**
- Packaging can be recycled or should be buried – do not burn packaging.



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