

Directions to use MixMe® Vitamin and Mineral powder

STEP 1

Tear sachet open.




STEP 2

Set aside a small portion of food that the child will be able to finish in a single sitting.



STEP 3

Pour the vitamin and mineral powder onto the small portion of the cooked meal, just before feeding the child.



STEP 4

Mix the small portion well after you have added the vitamin and mineral powder.



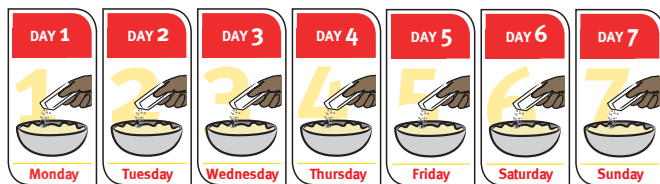
STEP 5

Feed the food that has the added vitamin and mineral powder to the child within half an hour (30 minutes) of adding the powder.



How often should MixMe® be used?

Use only **1 sachet per child per day**.



How should MixMe® be stored?

- Store the box containing the sachets in a cool, dry place.
- Protect from sunlight. Store the box containing sachets in a cool place like a cupboard or shelf away from the sun and heat. Some vitamins will lose activity if it is exposed to heat or sunlight.
- Shelf life: 24 months if stored correctly. Take note of the expiry date indicated on the bottom of the box and sachets.
- **KEEP OUT OF REACH OF CHILDREN.**
- Packaging can be recycled or should be buried – do not burn packaging.

What does MixMe® Vitamin and Mineral Powder contain?

| Composition per 1g sachet: 1 serving: | | | |
|---------------------------------------|----------------|-------|----------|
| Nutrient | Per 1g Serving | %NRV* | %RNI's** |
| Vitamin A | 1332 IU | 133 | 100 |
| | 400 mcg | 133 | 100 |
| Vitamin D | 200 IU | 100 | 100 |
| | 5 mcg | 100 | 100 |
| Vitamin E | 5 mg TE | 83 | 100 |
| Vitamin B1 | 0.5 mg | 100 | 100 |
| Vitamin B2 | 0.5 mg | 100 | 100 |
| Vitamin B6 | 0.5 mg | 100 | 100 |
| Vitamin B12 | 0.9 mcg | 100 | 100 |
| Niacinamide | 6 mg | 100 | 100 |
| Folate | 150 mcg | 60 | 100 |
| Vitamin C | 30 mg | 60 | 100 |
| Iron | 10 mg | 143 | 100 |
| Zinc | 4.1 mg | 137 | 100 |
| Copper | 0.56 mg | 47 | 100 |
| Selenium | 17 mcg | 85 | 100 |
| Iodine | 90 mcg | 100 | 100 |

*Nutrient Reference Values for South Africa (Infants 13-36 months).

**Reference Nutrient Intake based on WHO, WFP, UNICEF: Joint statement. Preventing and controlling micronutrient deficiencies in populations affected by an emergency. 2007. http://www.who.int/nutrition/publications/micronutrients/WHO_WFP_UNICEFstatement.pdf

Inactive Ingredients: maltodextrin, silicon dioxide, tricalcium phosphate. Used to act as carriers for the vitamins and minerals.

For more information, please visit:

<http://www.hftag.org>

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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 – 59 months of age.
- The Vitamin and Mineral Powder is also sometimes referred to as multiple Micronutrient Powder (MNP).

Why use MixMe®?

- Often the foods fed to children when they transition from exclusive breastfeeding (0 - 6 months) 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 – 59 months of age, just before it is fed to the child, ensures an adequate intake of the essential vitamins and minerals.
- Adding MixMe® Vitamin and Mineral Powder to the food of children, between the ages of 6 – 59 months of age, at home (home fortification) aims to ensure that the foods that they eat, meets their needs for the essential vitamins and minerals.
- All children should be exclusively breastfed (breast milk only without any other fluids, not even water) from birth to 6 months of age. Semi-solid complimentary foods are added at 6 months of age together with continued breastfeeding for up to 2 years and beyond.
- Home-fortification, if used correctly, does not conflict with exclusive and continued breastfeeding or with the timely transition from exclusive breastfeeding to the introduction of complementary foods at 6 months of age and then to family foods as the child grows older. MixMe® Vitamin and Mineral Powder is added to the foods already fed to children 6 months to 59 months of age.

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 – 59 months of age, 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 – 59 months of age, is getting the vitamins and minerals they need.

Who should use MixMe®?

- Exclusive breastfeeding is recommended from birth to 6 months.
- MixMe® Vitamin and Mineral Powder is recommended for children **6 – 59 months (6 months – 5 years)** of age.
- 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 breastfed.
 - 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** Set aside a small portion of cooked warm, solid or semi-solid food that the child will be able to finish in a single sitting.
- 3** Pour the MixMe® Vitamin and Mineral Powder onto the small portion of the warm, cooked meal just before feeding the child aged between 6 – 59 months of age.
 - MixMe® Vitamin and Mineral Powder SHOULD NOT be added before cooking as this will destroy the vitamins.
 - 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 breastfeeding 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.
- 4** Mix the MixMe® Vitamin and Mineral Powder into the amount of food which the child will eat at one time.
 - Choose a meal time 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 sachet might become inactive.

- 5** 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.

