

Nutritional Analysis

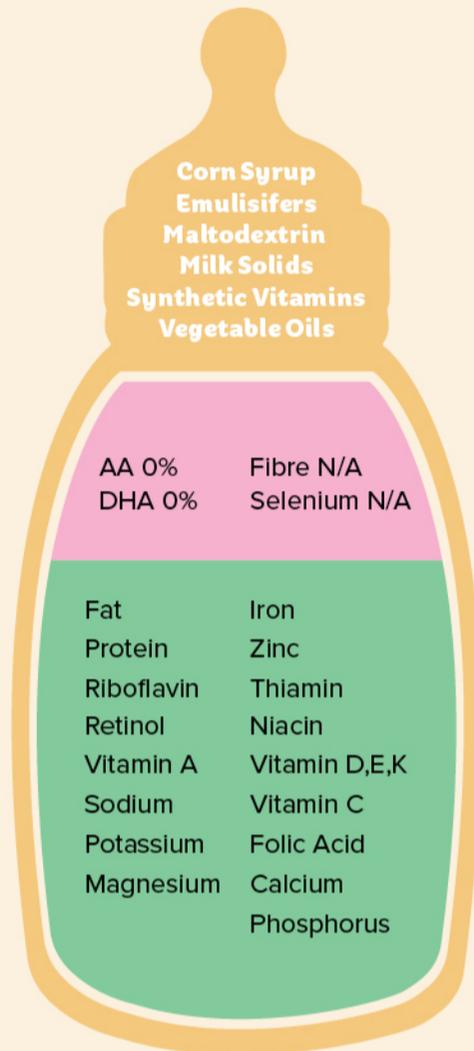
For nutrients compared to the Adequate Intake (AI) for a 6-month-old baby

COMMERCIAL FORMULA

HAPPY TUMMY BREW

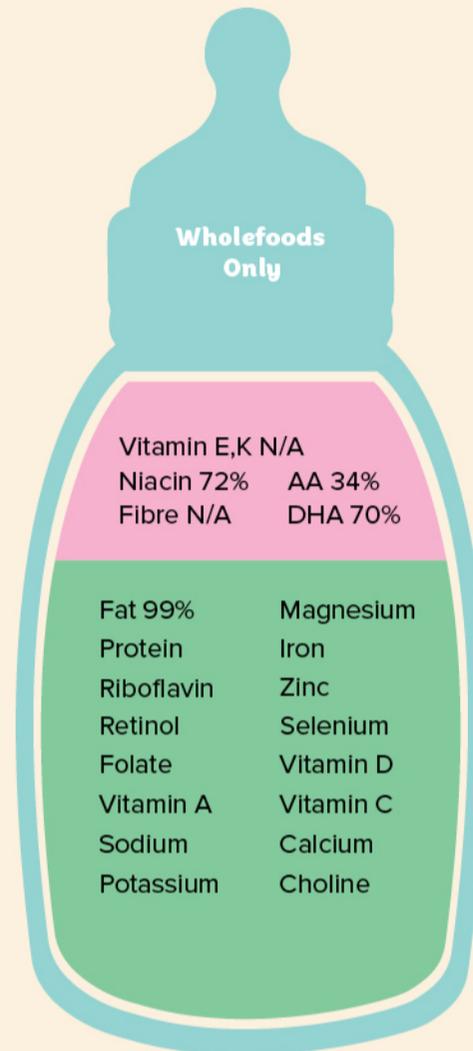
SOME COMMERCIAL FORMULA INGREDIENTS:

Milk solids,
vegetable oils,
maltodextrin,
corn syrup
minerals (calcium citrate,
magnesium potassium
citrate, chloride, sodium
chloride, calcium phosphate,
sodium citrate, ferrous
sulphate, potassium iodide,
sodium selenate),
emulsifier (soy lecithin),
vitamins, (sodium ascorbate
(vit C),
d-l alpha tocopherol acetate
(vit E),
niacinamide (niacin),
calcium pantothenate,
retinyl acetate (vit A),
thiamine mononitrate (vit B1),
pyridoxidine (vit B6),
riboflavin (vit B2),
Folic acid,
Phylloquinone, (vit K),
Biotin,
Cholecalciferol
(vit D3) Taurine,
Inositol,
L-histidine,
Lactobacillus cultures
(DSM 17938 under license
from BioGaia AB),
L-carnitine



HAPPY TUMMY BREW INGREDIENTS:

Chicken liver,
Coconut oil,
Fermented cod liver oil,
Olive oil
Broth:
bony chicken parts;
necks, backs, wings,
breastbones,
apple cider vinegar,
purified filtered water
Probiotic*:
B. lactis,
L. fermentum,
antioxidant (ascorbic acid),
L. rhamnosus,
B. breve,
B. bifidum.



100% AI unless otherwise stated Under AI but can be supplemented with solid foods to reach 100%

*Figures are based on the use of babyblotic as the probiotic.

Acute vitamin A toxicity in children may result from taking large doses (> 300,000 IU), usually accidentally. Chronic vitamin A Toxicity Infants who are given excessive doses (18,000 to 60,000 IU/day) of water-miscible vitamin A may develop toxicity within a few weeks.

Our brew provides a daily dose of only 9034 IU of naturally occurring Vitamin A. You would need to have 33 times more of this drink for it to achieve the toxic amount. This would require 132 bottles of the drink in one day. For the 18,000–60,000 IU for a few weeks you would need 7.9–26 bottles per day.

Source: The Merck Manual (2014). Vitamin A. Updated October 2014 accessed 1st March 2015.

The Weston A Price Foundation (2014). Cod liver oil, basics and recommendations. Updated 2014, Accessed 16th Feb 2015 from <http://www.westonaprice.org/health-topics/cod-liver-oil-basics-and-recommendations/>

You will find more Vitamin A references in the Bibliography.