

## Infant / Baby Goat Milk Formula

Age	Ounces	feedings per day
Day 1	0.1-0.2 oz	6-10
Day 2	0.8-1	6-10
Day 3	2-3 oz	6-10
Day 7	2-4 oz	7-8
Day 8-30	2.5-5 oz	7-8
1-3 months	4-6 oz	5-6
3-6 months	6-8 oz	4-6
6-9 months	7-8 oz	4-5
9 months onward until weened	7-8 oz	3

Small amounts of appropriate vegetables can be added after the milk feeding that meal, starting at about 6 1/2 months. Gradually build up the amounts of vegetables. But avoid sweet things early on. Recommend using the vegetables and fruits listed in Dr. Gundry's Plant Paradox book.

Don't feed the child cold goat milk formula or other liquids due to this negatively affecting digestion.

Formula:

Day 1-9

half good pure quality water and half goat milk

After this gradually reduce the water and increase the goat milk so that it is all goat milk by day 14-15.

Add a 1/8th of a teaspoon of black strap molasses to each serving. This has more nutrients than regular molasses. It contains iron, copper, calcium, magnesium, B-6, selenium and manganese. This helps fortify the goat milk.

In one dose of the formula also add:

2,000 iu of Vitamin **D3**, reduce to 1,000 iu if using the DHA recommended below.

## Vitamin A (not beta-carotene)

Age Group	RDA (mg)	Upper Intake (mg)
Infants 0-6 months	200	1000
Infants 6-12 months	260	1500
Children 1-3 years	700	2500
Children 4-8 years	1000	2500
Children 9-18 years (includes pregnant or lactating women)	1300	3000
Adults 19-50 years (includes pregnant or lactating women)	1000	2500

One capsule of colostrum, such as, Jarrow Formulas, Colostrum Prime Life. Stir the powder in well.

Use this in a different feeding from the vitamin A and D so clumping of the substances does not occur.

From some health food stores or at Vitacost.com:

Carlson Norwegian Baby's **DHA** 1100 mg Omega-3s with Vitamin D3

Body Weight / Dose

5-10 lbs / 1.0 mL

11-20 lbs / 2.0 mL

21-25 lbs / 3.0 mL

26-30 lbs / 4.0 mL

31-40 lbs / 5.0 mL

This should be given orally and not mixed in the formula.

## Probiotics

Jarrow Formulas Jarro-Dophilus® Probiotics Infant Liquid Drops

or

Natren Life Start Probiotics for Infants

Follow label instructions.

This is general data and may need to be varied depending upon the child, weight gain or lack of it.

Should have a qualified health practitioner trained in nutrition to make any needed changes.