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## Formula

Posted by Emily - 2007/11/06 22:59

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Hi,  
Just wondering if anyone could recommend a good formula available here in Barcelona. Oscar is 3 months old and I would like to give him a bottle of formula at night to try to help him sleep through!!!!!!!  
Emily

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## Re:Formula

Posted by Midshm - 2007/11/08 04:01

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I would make sure whatever formula you buy that you get it from a health store. Baby Bio seems to be available in lots of health food stores. Hipp Organic is also popular in the UK and you can get it here in Veritas. Try not to buy the others as they are so sweet and have sugar mascarding as some other ingredient. Maltodextrina I think. They don't think it unusual here to put honey as a key ingredient in baby cereal either so beware. Going to the pharmacy is no better - possibly worse. If baby is only having a bottle at night you may as well get the good stuff! Hope you get a better night's sleep!

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## Re:Formula

Posted by Raquelita - 2007/11/08 17:53

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I would recommend Milupa Aptamil, and I speak from experience. It is the closest to breast milk and contains prebiotics so their poo is the same as with breast milk. Breast milk is sweet and I found this formula was pretty similar tasting. Milupa is available in supermarkets, e.g. Alcampo, Carrefour, and also in some pharmacies (or they can order it for you). Expect to pay 11-12€ for a 900g can.

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## Re:Formula

Posted by Emily - 2007/11/17 07:17

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Thanks for the tips re: formula....  
We have tried a couple of the different brands now, but Oscar still will NOT have anything to do with the bottle??? Oh well, I'll keep trying!!

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## Re:Formula

Posted by Ceri - 2007/11/27 14:49

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Hi Emily,  
Hope you have found a formula which works now. If you are still struggling to get him to take the bottle, have you tried getting daddy to give it? My LO would not take a bottle from me, but happily from his dad.  
HTH,  
Ceri

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