



Boobie Juice Fortification Rehydration Instructions

Support:
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Tips for Accurate Measurement

For accurate fortification of your infant's feeds

MEASURING VOLUME (LIQUID)

Step 1: Sterilize the Measuring Tube

- Before each use, sterilize the measuring tube using your preferred method (boiling, steam sterilizer, or microwave sterilizing bags).
- Allow them to cool and dry fully before use.
Note: Measuring tube and bottle line accuracy can vary from Mfg to Mfg.

Step 2: Pre-Warm Liquid- Optimal Rehydrating.

- If your infant's feed needs to be warmed, pre-warm the liquid at this stage using your preferred method before adding any powder. Warming the liquid improves hydration absorption (typically body temperature ranges are ideal 98f-103f)

***CAUTION: Do not microwave breast milk! Uneven heating and scalding can occur.**

Step 3: Measure Your Liquid (Milk or Water)

- Place the tube on a flat, level surface, then pour your liquid into the measuring tube slowly, stopping near your target volume.
- Reading the meniscus (the curve of the liquid): When liquid sits in a narrow tube, its surface forms a gentle curve—this is called the meniscus.
- Always read the measurement from the bottom of this curve, not the edges where the liquid touches the tube wall.
- Viewing the tube at eye level will give the most accurate reading.
Note: The bottom of the curve gives the true volume. Reading from the top of the curve will cause you to under-measure.

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MEASURING BY WEIGHT (POWDER OR LIQUID)

Step 4: Weigh Your Ingredients

- We suggest using a kitchen scale with 0.01 gram accuracy for precise weight-based measurements. This is a calibratable scale recommendation <https://a.co/d/05j7MBjR>
- Place the scale on a flat, level surface.
- Press the power button to turn the scale on. Allow it to fully initialize—the display should read 0.00 g.
- Measuring using two separate sterile measuring tubes or containers.
- Place a clean empty liquid container or weigh boat in the center of the scale platform.
- Press the Tare button. The display will return to 0.00 g, canceling out the weight of the container.
- Gradually add small amounts of your freeze-dried powder (or pour your liquid) into the tube or container.
- Stop adding when the scale reads your target weight in grams.

Note: Be sure to always "tare" your scale before measuring and add ingredients in small increments as you approach your target—it's easier to add a little more than to remove excess.

MIX AND PREPARE THE FEED

Step 5: Add Powder to Liquid and Mix

- Add the measured liquid directly into the measuring tube containing your freeze dried powder.
- Place the cap back on the tube securely and swirl gently to mix until the powder is fully dissolved.
- Transfer the fortified milk to a feeding container or follow storage recommendations.

Note: Avoid shaking vigorously, as this can introduce air bubbles. Gentle swirling or inversion should be sufficient to allow the powder to mix and rehydrate.

Questions? Contact the Boobie Juice care team for support at (602) 456-1492 or ilove@boobiejuice.com.

