• Clean before first and each use.
• Before first use separate all 6 parts and place them in boiling water for 5 minutes. This is to ensure hygiene.
• Inspect before each use and pull the feeding nipple in all directions. Throw away at the first signs of damage or weakness.
• To ensure proper cleaning/sterilizing all bottle parts MUST be disassembled.
• Cleaning/sterilizing while assembled can damage the bottle.
• Sterilize using one of the following methods: steam sterilizing (electric or microwave according to manufacturer’s instructions), boiling in water for at least 5 minutes or liquid sterilizing solution.
• Dishwasher safe on top dishwasher rack (max. 65° C / 149 Fahrenheit) but food colorings may discolor components.
• All parts should be completely dry before reassembly.
• Ensure valve is assembled correctly and the base of the bottle is firmly attached prior to filling bottle with liquid (see figure 1 & 2).
• Always use only MAM nipples with the MAM bottles.
• Bottle nipple fits all MAM wide neck bottles 5 oz or larger and the Trainer.
• Store nipples and valves in a dry sealed container.
• Use sugar free food or liquids only.
• The bottle is made of polypropylene which is hygienic, easy to clean and relatively soft. Avoid any heavy pressure on it, as this could affect the function.
• Do not use abrasive cleaning agents. Only soft bristle brushes or soft sponges should be used. Hard scourers may scratch the plastic and silicone valves.
• Do not leave single bottle parts in direct sunlight or heat, or leave in sterilizing solution for longer than recommended, as this may affect the product function.
• Do not use pin or sharp object to enlarge feeding hole of nipple.
• Do not let babies self-feed.
• Do not put your baby to bed with bottle. Prolonged contact with liquids may cause severe tooth decay.
• To avoid injury, do not let baby walk with bottle.

Heating instructions:
• Remove the protective cap and nipple before heating
• Place in a bottle warmer, under hot running water or in a container of heated water.
• Stir thoroughly after heating to evenly distribute heat. Allow the standing time recommended by the bottle warmer manufacturer and test the temperature before serving.
• Wrap cloth or towel around bottom of bottle and shake to absorb any excess water after warming in a bottle warmer or boiling water.
• After warming the bottle in a bottle warmer or boiling water it is recommended to tighten the bottom of the bottle.
• Do not overheat as this may damage the bottle.
• NEVER pour boiling water into the bottle.
• NEVER heat or cool a sealed bottle.
• NEVER place bottle in heated oven.

Instructions

1. Place silicone valve into bottom ring.
2. Press down on raised perimeter of silicone valve.
3. Screw assembled base onto bottom of bottle in slow steady manner.
4. Insert nipple into top of bottle screw ring until you hear a “click”.

Continued on page 2
CAUTION - for your child’s safety and health!

- Always use this product with adult supervision.
- Never use feeding nipples as a soother.
- Continuous and prolonged sucking of fluids will cause tooth decay.
- Always check food temperature before feeding.
- Keep all components not in use out of the reach of children.

Self-sterilizing function of Anti-Colic Bottle:
The Anti-Colic Bottle can be transformed into a self-sterilizing bottle by 3 simple steps. Thereby making further sterilization unnecessary. Always clean bottle parts before using the sterilizing function!

Step 1: For the self-sterilization of the Anti-Colic bottle assemble clean bottle parts in the following way: base with silicone valve, nipple with screw ring, bottle body and protective cap.

Step 2: Fill the base with silicone valve with 20 ml of cool water. The protective cap makes a practical measuring cup.

Step 3:
- Place the screw ring with nipple in the bottle base.
- Place the bottle body on it (Optionally screw in slightly to avoid pouring out hot water by removing the bottle from microwave).
- Place the protective cap on top.

Sterilization in the microwave:

- Set the microwave timer according to the number of bottles being simultaneously sterilized. Set microwave from 500 to 1000 watts.
- Allow bottle to cool down before removing from microwave. Recommended cooling time: 10 minutes at opened microwave door.
- Pour out the remaining water. Allow bottle parts to dry. Always store bottle assembled.

<table>
<thead>
<tr>
<th>Number of bottles sterilized at the same time</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Estimated duration of sterilizing [min]</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
</tbody>
</table>

Additional Instructions:

- The self-sterilizing bottle should only be placed on solid and flat surfaces.
- When using multifunctional devices pay attention to the instructions of the manufacturer.
- Always set the microwave to the correct power and time.
- Filling the base with inaccurate water measures can damage the bottle. Never place in the microwave without water.
- If using a combination microwave oven, ensure that the self-sterilizing bottle is not exposed to the heat of the grill because this will damage it.
- ATTENTION when dealing with sterilized products since they may still be hot.
- Wash hands before using sterilized products.
- Always store the bottle dry.
- Hold the self-sterilizing bottle straight when removing from microwave to avoid pouring out hot residual water.
- Do not wash self-sterilizing bottle after sterilizing.
- Do not touch the nipple after sterilizing. Handle nipple by using the screw ring.