



Dr. Shawn A. Schmidt

BABY FORMULA

1qt	Goats milk (or soy or rice)
1 Tsp	Lecithin
1/8 Tsp	Kelp powder
1 Tsp	Infant Acidophilus
1 Tsp	Cold pressed soy oil
1/2 Tsp	Nutritional yeast - (gradually increase each week by 1/2 Tsp. until Table spoons is reached)
1 Tsp	Soieray Calcium Magnesium citrates caps
1/2 Tsp	Blackstrap molasses

Blend in blender for only a few seconds, (so as not to foam too much)

Store in refrigerator until ready to use. Will keep for 4-5 days. Freeze if you want to keep longer.

Vit C - 40 mg per pound of body weight

Vit E - 50 mg daily

1/4 Tsp. Cod liver oil - 1 to 3 months

1/2 Tsp. Cod liver oil - 4 to 12 months