

W : www.nuk.co.za
 E : info@nuk.co.za
 T : (011) 430 5600
 Artemis Brands® (PTY) LTD PO Box 130782,
 Bryanston, 2074, South Africa
 SOLE DISTRIBUTORS OF NUK IN SOUTH AFRICA.
 MAPA GmbH, Industriestr. 21-25, 27404 Zeven, Germany
 Made in Germany
 Please keep distributor's address and Art. No.
 for future reference.
 Rev. 11.18

Proudly printed in South Africa

- NUK South Africa
- NUK_SouthAfrica
- nuk_southafrica

NUK®

Guide to NUK Bottles and Cups



NUK Bottles and Cups

While breastfeeding is best for your baby, the bottle is designed for alternative feeding as prescribed by your health care professional. The bottle is used with a teat (more information to follow).

- New Classic:** combines narrow bottle shape with a wide neck, for use with First Choice+ wide-neck teat
- First Choice+:** wide bottle design, for use with First Choice+ wide-neck teat
- Nature Sense:** extra wide bottle design with a teat that has multiple feed holes



New Classic

First Choice+

Nature Sense

First Choice+ Range

Usage:

The First Choice+ Bottle and Cup can be used for several purposes if used according to instructions. Once your baby has grown out of the teats, it can be used as a non spill learner bottle, from 6 months, by just adding a non spill spout and handle.

When teaching your toddler to drink from an open cup you may want to first try the free flow spout which will only spill a little, in the case of an accident.

From 36 months you can then add the Sports Cup Push-Pull Spout

In order to convert your bottle into a learner bottle, you will have to purchase the following loose items:

- First Choice Handles - only for 150ml bottle
- Non-spill silicone/latex/bite-resistant PP spout

All First Choice Spouts and all other accessories are interchangeable with First Choice Bottles. Please note that First Choice accessories are not interchangeable with New Classic or Nature Sense bottles.



NUK First Choice+ Teats



Different hole sizes ensure a consistent flow of feed even with different consistencies of feeds.

A: Flat underside ensures correct positioning of tongue, encouraging milking action.

B: Flat slender neck encourages milking action and helps promote nasal breathing.

C: Feed hole points upwards so milk is directed towards the baby's palate allowing the feed to mix with saliva for good digestion.

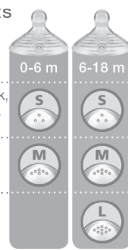
Available in Silicone or Latex

- 0-6 m**
- S** Small for thin liquids such as breast milk, tea, water
- M** Medium for milk (formula)
- L** Large for thicker feeds
- 6-18 m**
- S** Small for thin liquids such as breast milk, tea, water
- M** Medium for milk (formula)
- L** Large for thicker feeds
- XL** Extra Large for reflux formula (thicker feeds)



NUK Nature Sense Teats

Available in Silicone

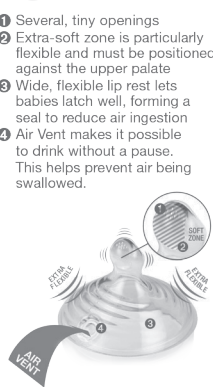


For breast milk, infant formula, tea, water

For formula

For thicker liquids*

*Excluding reflux formula which is not compatible with this teat. Different hole configurations and sizes ensure a consistent flow even with different viscosity of feeds. Holes are positioned upwards against the palate which puts the enzyme lactase (in saliva) in prolonged contact with lactose (in milk).



Preparation and Cleaning Instructions

Important: Breastfeeding is best for babies.

Preparation: When preparing feed or teats, always follow the temperature specifications of the feed manufacturer. To retain vitamins and nutrients, the temperatures should not exceed 60 °C. Do not microwave bottles filled with feed or water (risk of explosion/material damage). **Uneven heating may result in scalding!** Never fill drinking cup with carbonated drinks that are too hot. This can lead to excess pressure that can make the liquid overflow. Never heat closed bottles as they may explode! Please softly squeeze vent and drinking hole/slit before each use to ensure that it is open. Only administer food and drink in the quantity and consistency recommended by the manufacturer. From 5 months, gradually change your baby over to a beaker. Cooling down a PP bottle that has been filled with hot liquid (> 80°C) and sealed with the lid afterwards, could cause the bottle to deform permanently.

Cleaning bottles, teats, spouts and accessories: Cleaning bottles, teats and accessories: Before first use place in boiling water for 5 minutes, use sufficient water to avoid damage. To ensure hygiene, clean thoroughly using mild washing up liquid and sterilise before every further use. We recommend using the NUK Steriliser for sterilisation. Always dismantle the bottle for boiling or steam-sterilising (temperature above 80 °C) into its component parts and leave it open, otherwise deformation may result. Certain foodstuffs (e.g. carrot juice) may discolour the material or affect its odour (e.g. fennel tea). This has no effect on the fitness for use or safety of the bottle. Teats and bottles should not be cleaned in a dishwasher – dishwasher detergents can cause material damage! For sterilisation in a microwave oven we recommend using the NUK Microwave Steriliser (please follow the instructions of the steriliser/ the device!). Please note that discoloured or deformed bottles will not be replaced.

Skoonmaak van bottels, tuite en bykomstighede: Plaas vir 5 minute in kokende water voordat dit die eerste keer gebruik word en gebruik voldoende water om skade te voorkom. Om higiëne te verseker, gebruik'n sagte opwasmiddel om dit deeglik te reinig en steriliseer weer voor elke verdere gebruik. Ons beveel die NUK Steriliser Vapo Rapid aan vir sterilisering. Haal altyd eers die bottel se samestellende dele uitmekaar vir kook- of stoomsterilisering (temperatuur bō 80°C) en los dit oop, andersins kan dit moontlik vervorm. Sekere bestanddele van drankies (bv. wortelsap) kan die materiaal verkleur of die reuk daarvan beïnvloed (bv. vinkeltee). Dit het geen uitwerking op die gebruiksgeskiktheid of veiligheid van die bottel nie. Tuite en bottels hoort nie in die skottelgoedwasser nie – wasmiddels vir skottelgoedwassers kan skade aan die materiaal veroorsaak! Wanneer steriliserings in 'n mikrogofoond gedoen word, moet slegs die NUK Microwave Steriliser gebruik word om skade aan die materiaal te voorkom (volg asseblief die steriliseerder se instruksiehandleiding).

Ukuhlanza amabhodlela, izincence nokunye okuningi: Ngaphambi kokuba ukusebenzise okokuqala konke lokhu kufake emanzini abilayo imizuzu emi-5, sebenzisa amanzi aneayo ukuthintela umonakalo. Ukuqinisekisa ukuthi kuhlanzeke ngokwanele, kuhlanze isikhathi esanele usebenzisa okokuhlanza izinto zokuhlanza bese ubalala amagciwane kukho ngaso sonke isikhathi ngaphambi kokuba ukusebenzise futhi. Sincoma ukuthi usebenzise i-NUK Steriliser Vapo Rapid ukubalala amagciwane kwizinto zokuncelisa umntwana. Ngaso sonke isikhathi hlukanisa ibhodlela ukuze ulihlaze emanzini abilayo noma ulihlanze kwisisi bokushisa (izinga lokushisa kufanele libe ngaphezu kuka-80 °C) kwizingxenyi zebhodlela bese uzishiya zivulekile, ngoba uma ungenza njalo ibhodlela lokuncelisa umntwana lingavele lonakale. Ezinye izithako ezithile ezifakwa eziphuzweni (isib. ujusi kakherothi) kuyenzeka zishyng umbala omubi emabhodleleni noma kwesinye isikhathi zijike iphunga lebhodlela (isib. ityie lefeneli). Kodwa-ke konke lokhu akukuphazamisi ukusebenziseka kwebhodlela futhi akulenzi ukuthi lingabe lisaphepha ibhodlela lokuncelisa umntwana. Izincence namabhodlela okuncelisa umntwana akusizona

izinto okufanele zibe sendishini yokuwasha izitsha – phela imithi yokuhlanza izitsha ingazilimaza lezi zinto! Uma lezi zinto uzihlanza kwi-microwave oven, kumele usebenzise i-NUK Microwave Steriliser kuphela, ukuze ugweme ukulimala kwezingxenyi lezi (uyacelwa ukuba ulandele imiyalelo ekwincwajana yokuhlanzwa).

Ukucoca ibhotile, iititi nezinto ezizezinye zokuncedisa: Phambi kokuyisebenzisa okokuqala ngqa faka ibhotile emanzini abilayo imizuzu emi5, sebenzisa amanzi aneayo ukuthintela umonakalo. Ukuqinisekisa ucoceko, yicoce kakuhle ngokugqibeleleyo usebenzisa ulwelo lokuhlamba olungagqithisanga ze ubalale iintsholongwane ngalo lonke ixesha phambi kokuyisebenzisa. Sicebisa ukusebenzisa iNUK Steriliser Vapo Rapid ukubalala iintsholongwane. Qhaqha ibhotile ngokwamalungu ayo ze uyishyng ivulviwe ngalo lonke ixesha ukuyibilisa okanye ukuyenza ithambe ngomphunga (iqondo lobushushu elingaphezu kwe80 °C) ze uyishyng ivulviwe, kungenjalo ingalimala. Ezinye izithako zeziselo (umzekelo isiselo sekherothi/ umnqathe zingayijikho ibala imbatshe okanye zijike ivumba layo (umzekelo, iti eyiffenel/fennel tea). Oku akunafuthe ekufanelekeni kokusetyenziswa okanye kukhuseleko lwebhotile. Iititi neebhotile azikulungelanga ukhlanjwa kumashini wokuhlamba izitya – izicocisi ezihlambululayo zomashini wokuhlamba izitya zingadala umonakalo kwizinto ezenziwe ngazo! Xa ubalala iintsholongwane kwioveni eyimicrowave sebenzisa iNUK Microwave Steriliser kuphela, ukuthintela umonakalo wento eyenziwe ngayo! (nceda ulandele incwadi yemiyalelo yesibulali-zintsholongwane).

Go thatswa mabotlolo, ditami le dilo tse dingwe tse di dirisiwang mo leseeng: Pele ga o o dirisa lekgotlo la nthla di tsenye mo teng ga metsi a a belang metsoetsa e le 5, dirisa metsi a a lekaneng sentle gore di se ka tsa senyega. Go thomamisga gore di phepa-phepa, di thatswe thata o dirisa seedi se se seng bogale mme o o inele mo teng ga seedi se se bolayang megare nako le nako pele o o dirisa gape. Fa o o inela mo teng ga seedi se se bolayang megare, re tshithinyisa gore o dirise NUK Steriliser Vapo Rapid. Tihathamolola botlolo ka dinako tsothle ka dikarolo tsothle tsa yone gore o o tsenye mo metsing a a belang kgotsa o e arametse phufudi e e bolayang megare (mogote o o kwa godimo ga 80 °C) mme o o tiogele o sa e tswala, go seng jalo popego ya yone e tla senyega. Ditswaki dingwe tsa dino (ka sekai, matute a digwete) di ka fetola mmala wa botlolo kgotsa tsa dira gore e nne le monko go o rileng (ka sekai, tee ya mathlare). Seno ga se ame ka gope go siamela go dirisiwa ga botlolo kgotsa go sireletsega ga yone. Ditami le mabotlolo ga di a tshwanela go thatswiwa ka motshini wa go thatswa dijana – di ka senngwa ke diedi tsa go bolaya megare tsa motshini wa go thatswa dijana! Fa o bolaya megare mo go tsone ka go dirisa maekeroweife, dirisa NUK Microwave Steriliser fela, seno se dira gore di se ka tsa senyega (tsweetswee latela buka ya ditaelo ka ga go inela dilo mo teng ga seedi se se bolayang megare).

Ho hwekisa dibotlolo, dithoko le ditatsetlets: Pele ho tshbediso ya pele beha ka metsing a belang bakeng sa metsoetsa e 5, sebedisa metsi a lekaneng ho qoba tshenyo. Ho netefatsa bohleeki, hwekisa kahohleohle o sebedisa sesepa se bobeba sa dijana ebe o bolaea dikokwanahloko pele ho tshbediso e ngwwe le e ngwwe e latelang. Re kgothalatsa hore o sebedise NUK Steriliser Vapo Rapid bakeng sa ho bolaya dikokwanahloko. Kamehla o aronyane botlolo bakeng sa ho bolaya dikokwanahloko ka ho bedisa kapa ka mohodi wa metsi a belang (motsho o o fetang 80 °C) ka dikarolwana tsa yona mme o e siye e butswa, ho seng jwalo e ka nna ya senyeha. Ditswakwa tse itseng tsa dino (mohl. lero la sehwele) di ka fetola mmala wa sesebediswa kapa ama monko wa sona (mohl. tee ya fenele). Sena ha se ame tshwanelo ya tshbediso kapa polokeho ya botlolo. Ditlhoko le dibotlolo ha di lokele ho kena ka motshini o hlatswang dijana – disepa tsa motshini ona di ka senya disebediswa tsena! Ha o bolaya dikokwanahloko ka ontong ya maekeroweife o sebedise NUK Microwave Steriliser feela, ho qoba tshenyo ya sesebediswa (ka kopo latela bukana ya ditaelo ya sebolaya dikokwanahloko).

For your child's safety and health: WARNING!

Feeding products that are not sterilised properly can be harmful to your baby. Tuitkoppies, bottels en tuite wat nie behoorlik gesteriliseer is nie, kan skadelik vir jou baba wees. If you are breastfeeding your baby, using a feeding bottle, teat or spout may interfere with the baby's natural way of suckling your breast. Always use this product with adult supervision. Never use feeding teats or spouts as a soother. **Keep small components out of reach of infants - they might be swallowed or inhaled - Fingers could get trapped.** Continuous and prolonged sucking of fluids will cause tooth decay. This applies in particular to sweetened drinks and fruit/vegetable juices. Always check food temperature before feeding. **Always check the teat or spout for signs of excessive wear by pulling the teat or spout in all directions before each use especially when the child has teeth. Replace when sticky from use, visibly damaged or showing signs of tears or bites to avoid the danger of small parts being swallowed.** For safety and hygiene purposes, replace the teat or spout after 1-2 months use. Do not expose the teat or spout to direct sunlight/heat or leave in disinfectants (sterilising solution) for longer than the stated time as this can damage the teat or spout. Store hygienically in a dark and dry place. Do not dip in medicine! If the bottle is damaged from the inside (e.g. by scratches), it should be replaced for hygiene reasons.

For glass bottles: Glass bottles may break. Do not use metal spoons to stir the bottle – this could cause hairline cracks which could result in fracture when hot feed is poured in. Never use force to seal/unseal, and replace the bottle if there is the slightest sign of damage, e.g. cracking.

For products which include a lid or protective cap: Keep all components not in use out of the reach of children.

For LATEX teat: Produced from natural rubber latex which may cause allergic reactions.

Note: Only use original NUK Parts. NUK First Choice Bottles and Spouts are compatible only with the corresponding range. Secure with lid and/or cap during transportation.

First Choice+ Bottles and First Choice Cups Age Usage Guide

	0 Months +	6 Months +	12 Months +	18 Months +	36 Months +

All products are BPA free.
 *Colours and designs of bottles and cups may vary.

First Choice Learner Spouts

First Choice Non-Spill Silicone Spout
 Use this spout when you are transitioning from the bottle. Very similar to the silicone teat, and spill proof.

First Choice Non-Spill Bite-Resistant PP Spout
 Durable for teething children



Non-Spill Silicone Spout

Non-Spill Bite-Resistant PP Spout



First Choice Learner Bottles

Snap-on closure

First Choice Non-Spill Spout

Screw Ring

Sealing disk

Ergonomically shaped bottle

Extra-wide base

Detachable handle



Nature Sense Learner Spout

Nature Sense Non-Spill Silicone Learner Spout
Use this spout when you are transitioning from the bottle



Nature Sense Non-Spill Silicone Spout



Nature Sense Learner Bottles

Non-Spill Silicone Spout

Extra-soft and wide lip rest

Innovative Anti-Colic Vent prevents air being swallowed

Soft feel handles for easy grip

Anti-Slip base



First Choice Active & Kiddy Cups



The NUK Active Cup and Kiddy Cup are suitable for children from 12 months +.

- The Active Cup has a non-spill soft silicone spout
- The Kiddy Cup has a non-spill bite-resistant polypropylene spout

For your child's safety and health:

Please refer to Bottle Cleaning Instructions and Warnings stated previously on this insert.

Active & Kiddy Cups Cleaning Instructions

Cleaning: To clean the bite-resistant PP non-spill (Kiddy Cup) spout, pull the vent out of the spout (see Fig 1a-b). Rinse under warm running water or, if necessary, soak for a short time in warm water. Rinse in clean water and shake off any excess. Leave to dry. This part is dishwasher safe.

Assembly: To reassemble the spout, push the vent firmly back into the spout (see fig. 1a-b).

Skoonmaak: Om die harde PP lekvrye tuit (Kiddy Cup-tuit) skoon te maak, trek die ontlugter uit die tuit (sien Fig. 1a-b). Spoel onder warm lopende water af of, indien nodig, week dit vir 'n kort rukkie in warm water. Spoel in skoon water af en skud enige oortollige water af. Los dit om droog te word. Hierdie deel is skottelgoedwasserveilig.

Aanmeekaarsit: Om die tuit weer aanmeekaar te sit, druk die ontlugter ferm terug in die tuit in (sien Fig. 1a-b).

Ukuhlanza: Ukuhlanza umlomo oqinile ongachithi we-PP i-(Kiddy Cup Spout), donsa imbobo uyikhiphe emlonyeni (bhaka isithombe 1a-b). Hlambulula phansi kwamanzi afudumele ahambayo noma,

uma kudingeka, cwilisa isikhashana emanzini afudumele. Hlambulula emanzini ahlanzekile uvuthuze amanzi asalele. Yekela ukuthi kome. Kuphephile ukugeza le ngxenyi ngomshini wokugeza izitsha.

Ukuhlanganisa: Ukuhlanganisa umlomo, sunduza imbobo ingene iqine phakathi emlonyeni (bhaka isithombe 1a-b).

Ukucoca: Ukucoca umlomo oqinileyo ongachithiyo we-PP i-(Kiddy Cup Spout), tsala umngxuma uwukhuphe emlonyeni (Jonga Kumfanekiso 1a-b). Hlamba phantsi kwamanzi afudumeleyo ahambayo okanye, ukuba kunemfuneko, faka uyeke emanzini afudumeleyo okwethutyana. Hlamba emanzini acocokileyo uvuthulule amanzi asaleleyo. Yeka kome. Kukhuselekile ukuhlamba eli lungu ngomashini wokuhlamba izitya.

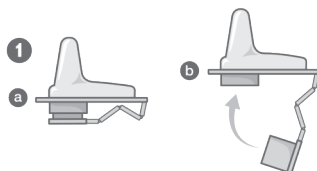
Ukudibanisa: Ukudibanisa umlomo, sunduza umngxuma uwufake emlonyeni uqine. (Jonga kumfanekiso 1a-b).

Go e Thatswa: Go thatswa molomo o o thata wa PP non-spill (Kiddy Cup Spout), thathamolola tshupu e e gopang o e ntshe mo teng ga molomo (leba Setshwantsho 1a-b). E tsokotse ka metsi a a bothito a a tswang mo tepeng kgotsa, fa go thokega, e inele ka lobakanyana mo metsing a a bothitho. E tsokotse ka metsi a a phepa mme o thothore metsi ape a a saletseng mo go yone. E tlogele gore e ome. Karolo eno ga e kita e sengwa ke motshini o o thatswang dijana.

Go e kopanya: Go kopanya molomo wa yone, kgorometsa tshupu e e gopang thata mo teng ga molomo wa yone (leba setshwantsho fig. 1a-b).

Ho hlwekisa: Ho hlwekisa molomo o sa qhaleng o thata wa PP (Kiddy Cup Spout), hula tshubu o e ntshe kantie ho molomo (sheba Fig 1a-b). Tsokotsa/Podisa tlasa metsi a mathang a fofu kapa, ha ho hloka-hala, inela ka metsing a fofu nakwana. Tsokotsa/Podisa ka metsing a hlwekieleng ebe o thothora marothodi a setseng. E tlhelle e ome. Karolo ena e ka hlatswa ka motshini o o hlatswang dijana.

Kopanyo: Ho kopanya molomo, suthumetsa tshubu ka thata kahare ho molomo (sheba fig.1a-b).



First Choice Flexi Cup

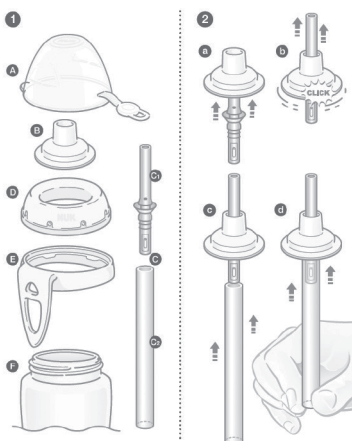


The NUK Flexi Cup is suitable for children from 18 months+.

- It comes with a non-spill straw

Figure 1:

- | | |
|-------------------|-----------------|
| A Lid | C2 Suction Tube |
| B Straw Holder | D Screw Ring |
| C Straw Element | E Clip |
| C1 Silicone Straw | F Cup |



- Always check straw and drinking attachments for signs of wear and replace if visibly damaged.
- Wash all individual parts of the drinking cup thoroughly before each use and disinfect if necessary. Store dry and hygienically.
- We do not recommend washing individual parts in the dishwasher – abrasive cleaning agents may cause damage to materials.
- Do not place full drinking cups into the microwave (danger of explosion/damage to materials). Heating in this way could cause the contents of the drinking cup to explode.
- Uneven heating may result in scalding!**
- Only sterilise in a microwave if the NUK Microwave Steriliser is used, otherwise damage to materials could occur.

For your child's safety and health: WARNING!

- This product must only be used under adult supervision.
- Continuous and prolonged sucking of fluids can cause tooth decay. This applies in particular to sweetened drinks (for example fruit/vegetable juices).
- Check the temperature of the drink before each use.
- The drinking cup is suitable for children from the age of 18 months and should not be used to feed infants.
- Never fill drinking cup with carbonated drinks or drinks that are too hot. This can lead to excess pressure that can make the liquid overflow.
- Do not use the straw as a soother. Constant nibbling and biting can damage the straw.
- Use drinking attachments + clip only with this cup, as the fit is not guaranteed when used with other bottle models.
- Keep parts out of reach of small children: - Danger of being swallowed - Finger entrapment.**

Flexi Cup Cleaning Instructions

Cleaning: 1. To clean the NUK Flexi Cup, disassemble sections (A-F). To do this, pull apart the suction tube (C2) and the silicone straw (C1). Then pull the silicone straw (C1) out of the straw holder (B) from beneath.

2. Rinse parts (A-F) under warm running water or soak for a short time in water if necessary. Rinse with clear water and shake off excess water. Leave separated parts to dry.

Assembly (see figure 2 a-d): Reassemble after drying. (a) Insert the silicone straw (C1) into the straw holder (B) from beneath, (b) pull up until it audibly locks into place (c) secure the suction tube (C2) back into the silicone straw. (d) For this purpose, the suction tube should always be round at both ends. If applicable, form carefully between thumb and index finger.

Note: Before each use, please check the straw for visible damage/signs of ageing (bite marks, material detachment, etc.), and replace if necessary, along with the drinking attachments. Certain drink ingredients (carrot juice for example) can stain the material. However, it is quite safe to continue use.

Skoonmaak: 1. Om die NUK Flexi Cup skoon te maak, haal dele (A-F) uitmekaar. Om dit te doen, trek die suigbuis (C2) en die silikoonstrooitjie (C1) uitmekaar. Trek dan die silikoonstrooitjie (C1) van onder af uit die strooitjehouer (B).

2. Spoel dele (A-F) onder lopende warm water af of laat dit vir 'n kort rukkie in water week, indien nodig. Spoel met skoon water uit en skud oortollige water af. Los die uitmekaargehaalde dele om droog te word.

Ukuyihlanza: 1. Ukuhlanza i-NUK Flexi Cup, hlakaza izingxenyi zayo (A-F). Ukwenza lokhu, donsa ishubu elihlanganise izingxenyi (C2) kanye nepayipanyana lesilikhoni (C1). Bese ulidonsa ipayipana lesilikhoni (C1) ulikhipha entweni eyisibambo esigcina leli payipanyana (B) ulikhiphe ngezansi.

2. Hlanza izingxenyi (A-F) ngaphansi kwamanzi antukuntuku asempompi noma uzicwile isikhathi esifushane emanzini uma kudingeka. Zihlambulule ngamanzi ahlanzekile bese uzishukumisa ukukhipha amanzi asasele. Zibeke ngokwehlukana izingxenyi lezo ukuze zome.

Ukucoca: 1. Ukucoca i-NUK Flexi Cup, khulula amacandelo (A-F). Ukuze wenze oku, tsala wohlukanise umbobho wokufunxa (C) kunye nestro sesilikhoni (C). Emva koko tsala istro sesilikhoni (C) siphume ngaphandle komphamba westro (B) ukusuka ngaphantsi.

2. Hlambulula amalungu (A-F) emanzini ashushu ampompozayo okanye faka emanzini ixesha elifutshane xa kukho ifuneko yoko. Hlambulula ngamanzi acocokileyo ze uhlukehle ibhotile ukusuka amathonsi amanzi angaba asalele ebhotleni. Yeka amalungu owahlukanisileyo ukuba ome.

Go di thatswa: 1. Fa o thatswa NUK Flexi Cup, thathamolola dikarolo (A-F). Go dira jalo, thathamolola tshupu e e gopang (C) le seteroo sa silikhoni (C). Morago ga moe goga seteroo sa silikhoni (C) go tswa mo teng ga setshegetsisi sa sone (B) go tswa kwa tlase.

2. Tsokotsa dikarolo (A-F) ka metsi a a bothitho a a tswang mo tepeng kgotsa o di inele ka lobakanyana mo metsing fa go thokega. Di tsokotse ka metsi a a senang sesepa go tswa foo o bo o di thothora metsi. Tlogela dikarolo tse di kgaogantsweng di sa kopannngwa gore di ome.

Ho hlwekisa: 1. Ho hlwekisa NUK Flexi Cup, arola dikarolo tsa (A-F). Ho etsa sena, hula tshubu ya ho hula (C2) le lehlakana la silikhoni (C1). Ebe o hula lehlakana la silikhoni (C1) o le ntsha ho setshwari sa lehlakana (B) le ka tlaase.

2. Tsokotsa dikarolo tsa (A-F) ka tlasa metsi a futhumetseng a kollang kapa o di inele sebakanyana kahara metsi ha ho hloka-hala. Tsokotsa ka metsi a hlakieleng mme o hloko-hloko ho tlosa metsi. Tlohela dikarolo tse arotsweng hore di ome.

First Choice Sports Cup



- The Sports Cup's 450ml capacity (the biggest amongst all NUK Cups!) perfectly meets the demands of mobile, active toddlers
- Soft silicone push-pull top made which allows easy opening and simple closing
- Robust and lightweight Polypropylene material
- It is hygienic thanks to the protective cap and practical clip
- Extra wide neck for easy filling and cleaning
- Easy-grip, super-sealing click-in screw ring for leak resistant opening and closing
- Wide base for stability
- Ergonomically designed for a child's hands
- Can be used with other NUK First Choice Products
- Recommend age: 36 months +

- Before each use, wash all components of the cup thoroughly using the NUK Bottle Cleanser or mild washing up liquid.
- When sterilising in a microwave oven only use the NUK Microwave Steam Steriliser - to avoid material damage (please follow the instructions on the steriliser).
- Do not heat filled or closed cups in a microwave (risk of explosion/material damage). Heating in this way could cause the contents of the cup to explode. Uneven heating may result in scalding!
- Do not fill with fizzy or hot drinks (i.e. above normal drinking temperature). This will result in excess pressure, which can cause the lid to pop off, or liquid to leak out of the cup.

For your child's safety and health: WARNING!

- Continuous and prolonged sucking of fluids, particularly sweetened drinks, fruit juices or feeds with fruit acid or carbohydrates, will cause tooth decay.
- Always check food temperature before drinking.
- This cup is designed for children of 36 months + and not for feeding young babies. Never use spout as a soother. **Keep parts out of reach of infants: - They might be swallowed or inhaled - Fingers could get trapped.**
- NUK has developed a soft push-pull spout to help promote the healthy oral development of your child. Before each use you should check for signs of damage to the push-pull spout (a) caused by aging (such as

chewing, material peeling, etc.) Part (a) and its holder (b) can be replaced if required.

- For hygiene reasons, if the inside surface of the cup is scratched or otherwise damaged, it should be replaced. Keep the spout in a dry, covered container at room temperature.
- The spout and clip should only be used with this cup, as we cannot guarantee that the spout will fit other bottle types.

Sports Cup Cleaning Instructions

Cleaning: 1. Dismantle NUK Sports Cup into its individual component parts (a-e) for cleaning. To do this, Push-Pull Spout (a) should be pulled upwards out of Push-Pull holder (b).

2. Rinse parts (a-e) thoroughly in warm water. On no account should caustic or aggressive cleaning agents be used, nor should (a,b or d) be boiled, or steamed or vapourised (material damage may occur).

3. Shake any remaining drops of water out of (a) and (b) and allow all parts to dry before putting together again.

Assembly: Assemble (a) and (b) ensuring that the rims (a) do not become jammed between the bars (b) - they should fit in freely, see Fig.2 (a) + (b) (pull-out safety mechanism!).

Tip: The parts will be easier to fit if (a) is first cooled for approximately 10 minutes in the fridge or put briefly in the freezer compartment will suffice.

Note: Check for visible damage / signs of Push-Pull element (a) ageing (from chewing, material peeling off or swelling up, etc.) each time before use. Part (a) and its holder (b) (See Fig. 2b) should also be replaced as required.

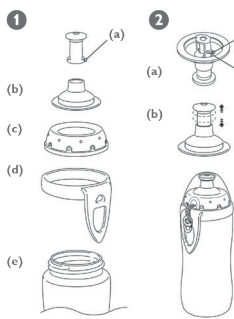


Figure 1:
a Push-Pull Spout - Rim
b Push-Pull Holder
c Screw ring
d Clip
e Bottle

Figure 2:
A1 Rim
B1 Bars