It is very important to clean the bottle and all the components after every feeding. Do not use solvents or abrasive cleaning agents. Do not place bottles on work surfaces that have been cleaned with anti-bacterial detergents. Excessive concentrations may cause cracks in the bottle.

All parts are dishwasher safe. We recommend placing the parts on the top shelf of the dishwasher and away from the heating source. Do not place the parts in detergent solvents for a long time period, this may weaken the plastic and silicone.

Our unique cup uses the same revolutionary venting design. This will ensure your baby can make a smooth transition from a bottle to a drinking cup.

Teats
A. We recommend that you only use Bfree Teats.
B. The bottles are supplied with the following teats:
   - **Stage 1**: 160ml, 260ml
   - **Stage 2**: 300ml
Additional Bfree Teats:
- **Stage 2 MEDIUM FLOW**: 3 months +
- **Stage 3 FAST FLOW**: 6 months +
- **Stage 4 THICK LIQUIDS**: 6 months +
- **VARIABLE FLOW**: 3 months +

These flow rates are averages. Hungrier babies can move faster through the teat speeds shown above.

Cleaning
A. It is very important to clean the bottle and all the components after every feeding.
B. Do not use solvents or abrasive cleaning agents.
C. Do not place bottles on work surfaces that have been cleaned with anti-bacterial detergents. Excessive concentrations may cause cracks in the bottle.
D. All parts are Dishwasher safe, we recommend placing the parts on the top shelf of the dishwasher and away from the heating source.
E. Do not place the parts in detergent solvents for a long time period, this may weaken the plastic and silicone.

Bfree SIPPI CUPS
Our unique cup uses the same revolutionary venting design. This will ensure your baby can make a smooth transition from a bottle to a drinking cup.

Bfree TWISTER Brush Set
These unique brushes are ideal for cleaning your Bfree bottles and teats.

A. The BOTTLE BRUSH rotates easily for really effective cleaning.
B. The TEAT BRUSH has a special sponge which allows you to clean the inside of the teat.
Please follow the steps carefully

1. Bottle parts:
   - cap
   - collar
   - teat
   - travel disc
   - white plastic vent cover
   - silicone vent
   - anti-bubble tube (not included in Me colored bottles).
   - heat sensor
   - bottle
   - special cleaning brush

2. Before first use, wash all parts in hot, soapy water and then sterilize in boiling water for 5 minutes. Alternatively, when using a sterilizer please follow manufacturer’s instructions.

3. Make sure hands are clean prior to assembly of any bottle parts.

4. Pour the breast milk or formula into the bottle and heat to 37°C, making sure the formula is mixed according to the manufacturer’s instructions.

5. Push the white vent cover onto the silicone vent as shown. Make sure:
   - there is no gap between the white vent cover and the vent.
   - the slit is open before feeding.

6. Push the vent into the top of the anti-bubble tube. (Anti-bubble tube not included in Me colored bottles).

7. Push the vent firmly into the top of the bottle.

8. Pull the teat through the collar and screw the collar firmly onto the bottle. (Do not tighten excessively to allow proper ventilation)

9. If you decide to mix the formula inside the bottle you can shake it as shown, in a twisting action.

10. Before feeding your baby, check the heat sensor device. If it is purple it is safe to feed. If it has changed to pink, the feed is too hot. It will change from purple to pink if the feed is heated above the recommended level of 37°C.

11. As an extra precaution, we recommend that you also check the temperature of the feed by shaking a few drops onto the back of your hand before feeding.

12. Feed your baby by holding him/her in the correct position as shown.

13. After feeding, disassemble all the parts and wash in hot, soapy water. For the bottle and teat we recommend you use the Bfree TWISTER Brush Set.

14. Use the special brush provided to clean the inside of the anti-bubble tube as shown (not included in Me colored bottles). Do not use it to clean the silicone vent so as not to puncture it.

15. After the bottle and all parts have been carefully cleaned you may repeat step 2 or place all parts in a cool, dry place for safekeeping.

Bottle parts:
- cap
- collar
- teat
- travel disc
- white plastic vent cover
- silicone vent
- anti-bubble tube (not included in Me colored bottles).
- heat sensor
- bottle
- special cleaning brush

Do not leave heat sensor in direct sunlight when not in use.

The anti-bubble tube prevents air mixing with the milk to produce bubbles that cause colic in the baby. The anti-bubble tube can be removed when the baby is 3-6 months old or when colic is no longer a problem.