



Your health, your choices

Can I use bottled water to make up baby formula (infant formula)?

Bottled water is not recommended to make up infant formula feeds for your baby. This is because it's not usually sterile and may contain too much salt (sodium) or sulphate.

Checking the levels of sodium and sulphate

If you have to use bottled water to make up a feed, check the label to make sure that the water contains:

- less than 200 milligrams (mg) a litre of sodium (also written as Na)
- no more than 250mg a litre of sulphate (also written as SO or SO₄)

You may need to use bottled water to make up a feed if:

- your drinking water has been contaminated because of flooding
- you're travelling abroad and drinking the local water is not recommended

Boiling water to make up formula feeds

As bottled water is not usually sterile, it will still need to be boiled, like tap water, before you prepare the feed.

Always use boiled water at a temperature of at least 70C, but remember to let the feed cool before you give it to your baby.

Find out more about [making up infant formula](#), including a step-by-step guide to preparing a formula feed.

Read the answers to more questions about [children's health](#).

Further information:

- [What should I do if I think my baby is intolerant to cows' milk?](#)
- [When should I start giving my baby solids \(weaning\)?](#)
- [Birth to Five: bottle feeding](#)
- [Birth to Five: making up infant formula](#)
- [Live Well: flood – cleaning up and food hygiene](#)
- [Guide to breastfeeding](#)

Last reviewed: 14/07/2011

Next review due: 13/07/2013