

Nutrients per

**100 CAL**

# Preterm Human Milk & Similac® Special Care® 30 Cal High Calorie Fortified Human Milk (FHM)

Nutrients Per 100 Calories

## Similac® Special Care® Liqui-Mix™ System\*

For safe\*\* delivery of high-calorie, nutrient-dense nutrition!

- ▶ **SAFE**—Commercially sterile liquid meets ADA and CDC† recommendations to reduce risk of contamination
- ▶ **VERSATILE**—Mixes easily to create a variety of calorically-dense formulations
- ▶ **SIMPLE**—Easy-to-use 2-to-1, 1-to-1, 1-to-2 system!



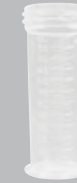
Expressed Preterm Human Milk\* (PTHM)



High Calorie FHM



High Calorie FHM



High Calorie FHM



Similac® Special Care® with Iron 30 (SSC30)

Cal/fl oz	20	23	25	27	30
Ratios		2 parts PTHM + 1 part SSC30	1 part PTHM + 1 part SSC30	1 part PTHM + 2 parts SSC30	
Nutrients					
Energy, Cal	100	100	100	100	100
Volume, mL	149	127	119	111	99
Protein, g	2.1	2.5	2.6	2.8	3.0
Fat, g	5.8	6.15	6.29	6.41	6.61
Carbohydrate, g	9.9	9.0	8.6	8.3	7.73
Calcium, mg	37	99	123	144	180
Phosphorus, mg	19	54	68	80	100
Magnesium, mg	4.6	7.8	9.1	10.2	12
Iron, mg	0.18	0.9	1.2	1.4	1.8
Zinc, mg	0.51	0.94	1.11	1.25	1.5
Manganese, mcg	1	6	8	9	12
Copper, mcg	96	162	189	212	250
Iodine, mcg	16	12	10	8	6.0
Sodium, mg (mEq)	37 (1.6)	40 (1.7)	41 (1.8)	42 (1.8)	43 (1.9)
Potassium, mg (mEq)	85 (2.2)	104 (2.7)	111 (2.9)	118 (3.0)	129 (3.3)
Chloride, mg (mEq)	82 (2.3)	82 (2.3)	81 (2.3)	81 (2.3)	81 (2.3)
Vitamin A, IU	581	869	984	1084	1250
Vitamin D, IU	3	66	91	113	150
Vitamin E, IU	1.6	2.6	3.0	3.4	4.0
Vitamin K, mcg	0	5	7	9	12
Thiamin B1, mcg	31	125	163	196	250
Riboflavin B2, mcg	72	308	402	484	620
Vitamin B6, mcg	22	120	159	193	250
Vitamin B12, mcg	0.07	0.28	0.36	0.43	0.55
Niacin, mcg	224	2280	3098	3813	5000
Folic Acid, mcg	5	19	24	29	37
Pantothenic Acid, mcg	269	971	1251	1495	1900
Biotin, mcg	0.6	16.3	22.5	28.0	37
Vitamin C, mg	16	25	29	32	37
Choline, mg	14	12	12	11	10
Inositol, mg	22	30	33	36	40
Linoleic Acid, mg	550	615	640	633	700
Selenium, mcg	2.2	2.0	2.0	1.9	1.8
Potential RSL, mOsm	18.7	22.6	24.2	25.6	27.8
Approx Osmolality, mOsm/kg water	290	302	308	313	325

Talk to your Abbott Nutrition representative for more information or to order— 1-800-551-5838.

Similac Special Care 30..... item #59439  
 Volu-Feed Nurser..... item #00180  
 Volu-Feed Dispensing Caps ..... item #00180



\* Can only be made by using the Similac Special Care Liqui-Mix™ System.

\*\*Proper hygiene, handling and storage are important when preparing infant formulas. Always follow your hospital's policies and procedures regarding safe handling practices when preparing infant feedings to prevent the possibility of contamination. †American Dietetic Association, Centers for Disease Control and Prevention

Nutrients per  
**100mL**

# Preterm Human Milk & Similac® Special Care® 30 Cal High Calorie Fortified Human Milk (FHM)

Nutrients Per 100 Calories

**Similac®**  
**Special Care®**  
PREMATURE INFANT  
FORMULA  
WITH IRON

**30 Cal/fl oz**



Expressed Preterm Human Milk\* (PTHM)



High Calorie FHM



High Calorie FHM



High Calorie FHM



Similac®  
Special Care®  
with Iron 30  
(SSC30)

Cal/fl oz	20	23	25	27	30
Ratios		2 parts PTHM + 1 part SSC30	1 part PTHM + 1 part SSC30	1 part PTHM + 2 parts SSC30	
Nutrients					
Energy, Cal	67	79	84	90	101
Volume, mL	100	100	100	100	100
Protein, g	1.41	1.95	2.23	2.50	3.04
Fat, g	3.89	4.83	5.30	5.77	6.71
Carbohydrate, g	6.6	7.0	7.2	7.4	7.8
Calcium, mg	25	77	104	130	183
Phosphorus, mg	13	42	57	72	101
Magnesium, mg	3.1	6.1	7.6	9.1	12.2
Iron, mg	0.12	0.7	1.0	1.3	1.83
Zinc, mg	0.34	0.74	0.93	1.13	1.52
Manganese, mcg	0.6	4	6	8	12
Copper, mcg	64	127	159	191	254
Iodine, mcg	11	9	8	8	6.0
Sodium, mg (mEq)	25 (1.1)	31 (1.4)	34 (1.5)	37 (1.6)	44 (1.9)
Potassium, mg (mEq)	57 (6.5)	82 (2.1)	94 (2.4)	106 (2.7)	131 (3.4)
Chloride, mg (mEq)	55 (1.6)	64 (1.8)	69 (1.9)	73 (2.1)	82 (2.3)
Vitamin A, IU	390	683	829	975	1268
Vitamin D, IU	2	52	77	102	152
Vitamin E, IU	1.1	2.1	2.6	3.1	4.1
Vitamin K, mcg	0.2	4	6	8	12.2
Thiamin B <sub>1</sub> , mcg	21	98	137	176	254
Riboflavin B <sub>2</sub> , mcg	48	242	339	435	629
Vitamin B <sub>6</sub> , mcg	15	94	134	174	254
Vitamin B <sub>12</sub> , mcg	0.05	0.22	0.30	0.39	0.56
Niacin, mcg	150	1791	2611	3432	5072
Folic Acid, mcg	3.3	15	20	26	37.5
Pantothenic Acid, mcg	181	763	1054	1345	1927
Biotin, mcg	0.4	12.8	19.0	25.2	37.5
Vitamin C, mg	11	20	24	29	38
Choline, mg	9.4	10	10	10	10
Inositol, mg	15	23	28	32	41
Linoleic Acid, mg	369	483	540	596	710
Selenium, mcg	1.5	1.6	1.7	1.7	1.8
Potential RSL, mOsm	12.6	17.8	20.4	23.0	28.2
Approx Osmolality, mOsm/kg water	290	302	308	313	325



\* Can only be made by using the Similac Special Care Liqui-Mix™ System.

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