

Nutrients per
100mL

High Cal Fortified Human Milk (FHM)

Nutrients Per 100 mL



Similac[®]
Human Milk Fortifier

Similac[®]
Special Care[®]
PREMATURE INFANT
FORMULA
WITH IRON

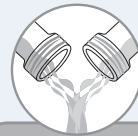
30 Cal/fl oz



Preterm
Human Milk*
(PTHM)



PTHM + Similac[®]
Human Milk Fortifier
(SHMF) = Fortified
Human Milk (FHM)



High Cal FHM



High Cal FHM



High Cal FHM



Similac[®]
Special Care[®]
with Iron 30
(SSC 30)

Cal/fl oz	20	24	26	27	28	30
Ratios		Mix 1 packet SFHM + 25 mL PTHM	Mix 2 parts FHM + 1 part SSC 30	Mix 1 part FHM + 1 part SSC 30	Mix 1 part FHM + 2 parts SSC 30	
Nutrients						
Energy, Cal	67	79	86	90	94	101
Volume, mL	100	100	100	100	100	100
Protein, g	1.41	2.35	2.58	2.69	2.81	3.04
Fat, g	3.89	4.14	5.00	5.42	5.85	6.71
Carbohydrate, g	6.6	8.2	8.1	8.0	8.0	7.8
Calcium, mg	25	138	153	160	168	183
Phosphorus, mg	13	78	86	90	94	101
Magnesium, mg	3.1	9.8	10.6	11.0	11.4	12.2
Iron, mg	0.12	0.46	0.91	1.14	1.37	1.83
Zinc, mg	0.34	1.31	1.38	1.41	1.45	1.52
Manganese, mcg	0.6	7.6	9.1	9.9	11	12
Copper, mcg	64	228	237	241	245	254
Iodine, mcg	11	10	9	8	8	6.0
Sodium, mg (mEq)	25 (1.1)	39 (1.7)	40 (1.7)	41 (1.8)	42 (1.8)	44 (1.9)
Potassium, mg (mEq)	57 (1.5)	117 (3.0)	122 (3.1)	124 (3.2)	126 (3.2)	131 (3.4)
Chloride, mg (mEq)	55 (1.6)	91 (2.6)	88 (2.5)	86 (2.5)	85 (2.4)	82 (2.3)
Vitamin A, IU	390	983	1078	1126	1173	1268
Vitamin D, IU	2	119	130	135	141	152
Vitamin E, IU	1.1	4.2	4.1	4.1	4.1	4.1
Vitamin K, mcg	0.2	8.3	9.6	10.2	10.9	12.2
Thiamin B ₁ , mcg	21	247	249	250	251	254
Riboflavin B ₂ , mcg	48	453	512	541	570	629
Vitamin B ₆ , mcg	15	220	231	237	242	254
Vitamin B ₁₂ , mcg	0.05	0.67	0.63	0.61	0.59	0.56
Niacin, mcg	150	3623	4106	4347	4589	5072
Folic Acid, mcg	3.3	25.6	29.6	31.6	33.6	37.5
Pantothenic Acid, mcg	181	1636	1733	1782	1830	1927
Biotin, mcg	0.4	25.7	29.7	31.6	33.6	37.5
Vitamin C, mg	10.7	34.8	35.7	36.2	36.6	38
Choline, mg	9.4	11	11	11	10	10
Inositol, mg	15	18	26	29	33	41
Potential RSL, mOsm	12.6	23.1	24.8	25.7	26.5	28.2
Approx Osmolality, mOsm/kg water	290	385	365	355	345	325

*Meeting the Special Nutrient Needs of Low-Birth-Weight and Premature Infants in the Hospital (A8100). Columbus, Ohio: Abbott Nutrition, Abbott Laboratories, January 1998, p.56.

Note: Proper hygiene, handling and storage are important when preparing infant feedings. Always follow your hospital's policies and procedures regarding safe handling practices when preparing infant feedings to prevent the possibility of contamination.

Nutrients per
100Cal

High Cal Fortified Human Milk (FHM)

Nutrients Per 100 Calories

► **VERSATILE**

Provides a balance of important nutrients in an easy-to-use form

► **SAFE**

Helps eliminate potential mixing errors



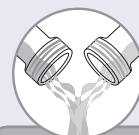
Preterm Human Milk* (PTHM)



PTHM + Similac® Human Milk Fortifier (SHMF) = Fortified Human Milk (FHM)



High Cal FHM



High Cal FHM



High Cal FHM



Similac® Special Care® with Iron 30 (SSC 30)

Cal/fl oz	20	24	26	27	28	30
Ratios		Mix 1 packet SFHM + 25 mL PTHM	Mix 2 parts FHM + 1 part SSC 30	Mix 1 part FHM + 1 part SSC 30	Mix 1 part FHM + 2 parts SSC 30	
Nutrients						
Energy, Cal	100	100	100	100	100	100
Volume, mL	149	127	116	111	106	99
Protein, g	2.10	2.97	2.98	2.99	2.99	3.0
Fat, g	5.80	5.24	5.78	6.01	6.23	6.61
Carbohydrate, g	9.9	10.4	9.4	8.9	8.5	7.7
Calcium, mg	37	175	177	178	179	180
Phosphorus, mg	19	98	99	99	100	100
Magnesium, mg	4.6	12.4	12.3	12.2	12.1	12
Iron, mg	0.18	0.58	1.1	1.3	1.5	1.8
Zinc, mg	0.51	1.7	1.6	1.6	1.5	1.5
Manganese, mcg	0.9	9.6	11	11	11	12
Copper, mcg	96	289	274	267	261	250
Iodine, mcg	16	13	10	9	8	6.0
Sodium, mg (mEq)	37 (1.6)	49 (2.1)	47 (2.0)	46 (2.0)	45 (2.0)	43 (1.9)
Potassium, mg (mEq)	85 (2.2)	148 (3.8)	141 (3.6)	137 (3.5)	134 (3.4)	129 (3.3)
Chloride, mg (mEq)	82 (2.3)	115 (3.2)	102 (2.9)	96 (2.7)	90 (2.6)	81 (2.3)
Vitamin A, IU	581	1245	1247	1248	1249	1250
Vitamin D, IU	3	150	150	150	150	150
Vitamin E, IU	1.6	5.3	4.8	4.6	4.4	4.0
Vitamin K, mcg	0.3	11	11	11	12	12
Thiamin B ₁ , mcg	31	313	288	278	268	250
Riboflavin B ₂ , mcg	72	574	592	600	607	620
Vitamin B ₆ , mcg	22	278	267	262	258	250
Vitamin B ₁₂ , mcg	0.07	0.85	0.73	0.68	0.63	0.55
Niacin, mcg	224	4587	4748	4819	4884	5000
Folic Acid, mcg	4.9	32	34	35	36	37
Pantothenic Acid, mcg	269	2072	2005	1975	1948	1900
Biotin, mcg	0.6	33	34	35	36	37
Vitamin C, mg	16	44	41	40	39	37
Choline, mg	14	14	12	12	11	10
Inositol, mg	22	21	30	33	35	40
Potential RSL, mOsm	18.7	29.3	28.7	28.5	28.2	27.8
Approx Osmolality, mOsm/kg water	290	385	365	355	345	325