

## Product Information: Similac Go and Grow® Milk-Based Formula

For more information, contact your Abbott Nutrition Representative or visit  
[www.abbottnutrition.com](http://www.abbottnutrition.com)

# Similac Go and Grow® Milk-Based Formula

## Milk-Based Infant Formula with Iron

- A milk-based, iron-fortified formula for older babies 9 to 24 months old. Specially formulated to help bridge the nutritional gaps that can be associated with the transition to table foods.
- Our exclusive formula has:
  - DHA (Omega 3) and ARA (Omega 6) for brain and eye development.
  - Calcium for strong bones - no palm olein oil.
  - Nucleotides to help support the immune system.
  - Prebiotics to help promote digestive health.
  - Carotenoids naturally found in breast milk.
  - Lutein to support eye health.
- Over 25 essential minerals and vitamins.
- At least 30% of the recommended Daily Value\* of calcium, iron, vitamin C and vitamin E.
- Complements nutrition provided by table food.
- Gluten-free.
- Kosher.
- Halal.



## Safety Precautions

- Never use a microwave oven to warm formula. Serious burns can result.
- **Warning:** Powdered infant formulas are not sterile and should not be fed to premature infants or infants who might have immune problems unless directed and supervised by your baby's doctor.

\* Percent daily value (DV) for 1- to 4-year-olds

## Ingredients

### Unflavored Powder:

Nonfat Milk, Lactose, High Oleic Safflower Oil, Soy Oil, Coconut Oil, Galactooligosaccharides. Less than 2% of the Following: C. Cohnii Oil, M. Alpina Oil, Beta-Carotene, Lutein, Lycopene, Calcium Phosphate, Potassium Citrate, Ascorbic Acid, Soy Lecithin, Calcium Carbonate, Choline Chloride, Ferrous Sulfate, Choline Bitartrate, Ascorbyl Palmitate, Taurine, m-Inositol, d-Alpha-Tocopheryl Acetate, Zinc Sulfate, Mixed Tocopherols, Niacinamide, Calcium Pantothenate, Vitamin A Palmitate, Cupric Sulfate, Thiamine Chloride Hydrochloride, Riboflavin, Pyridoxine Hydrochloride, Folic Acid, Manganese Sulfate, Phylloquinone, Biotin, Sodium Selenate, Vitamin D3, Cyanocobalamin, Potassium Phosphate, Magnesium Chloride, Potassium Hydroxide, and Nucleotides (Adenosine 5'-Monophosphate, Cytidine 5'-Monophosphate, Disodium Guanosine 5'-Monophosphate, Disodium Uridine 5'-Monophosphate).

**Allergens:** Contains milk and soy ingredients.

## Availability

List Number	Item
50827	Similac Go & Grow Milk-Based EarlyShield Formula Powder / 1.38-lb (624-g) SimplePac / 6 ct

For more information, contact your Abbott Nutrition Representative or visit  
[www.abbottnutrition.com](http://www.abbottnutrition.com)

# Similac Go and Grow® Milk-Based Formula

Milk-Based Infant Formula with Iron

## Nutrition Information - Unflavored Powder

	100 Cal*	1000 mL*
	Value	Value
Calories	100	650
Volume, mL	154	1000
Protein, g	3.00	19.51
Fat, g	5.40	35.12
Carbohydrate, g	10.2	66.3
Water, g	133	899
Linoleic Acid, mg	1000	6503
Vitamin A, IU	300	1951
Vitamin D, IU	60	390
Vitamin E, IU	3	19.5
Vitamin K, mcg	8	52
Thiamin (Vitamin B1), mcg	100	650
Riboflavin (Vitamin B2), mcg	150	975
Vitamin B6, mcg	60	390
Vitamin B12, mcg	0.3	1.95
Niacin, mcg	1050	6828
Folic Acid, mcg	15	98
Pantothenic Acid, mcg	450	2926
Biotin, mcg	4.4	28.6
Vitamin C, mg	12	78
Choline, mg	16	104
Inositol, mg	4.7	31
Calcium, mg	195	1268
Phosphorus, mg	130	845
Magnesium, mg	9	58.5
Iron, mg	2	13.0
Zinc, mg	0.75	4.88
Manganese, mcg	5	33
Copper, mcg	90	585
Iodine, mcg	12	78
Selenium, mcg	1.8	11.7
Sodium, mg	30	195
Potassium, mg	150	975
Chloride, mg	80	520

For more information, contact your Abbott Nutrition Representative or visit  
[www.abbottnutrition.com](http://www.abbottnutrition.com)

# Similac Go and Grow® Milk-Based Formula

Milk-Based Infant Formula with Iron

## Unflavored Powder Footnotes & References

### Per 100 Cal\*

\*Nutrient values are applicable when prepared as directed.

### Per 1000 mL\*

\*Nutrient values are applicable when prepared as directed.

## Preparation

### Powder: Caloric Density

The following table shows the quantity of water to mix with the number of **unpacked, level scoop(s) of Powder** to arrive at the approximate caloric densities shown. Use only the scoop provided in the container.

Caloric Density (Cal/fl oz)	Water (fl oz)	Unpacked, Level Scoop	Approximate Yield (fl oz)
20 (standard)	2	1	2
22	3.5	2	4
24	5	3	6
26	1.5	1	2
27	4.25	3	5

### Powder

Your baby's health depends on carefully following these directions. Proper hygiene, handling and storage are important when preparing infant formula. Failure to follow these directions could result in severe harm. Ask your baby's doctor if you need to use cooled, boiled water for mixing and if you need to boil (sterilize) bottles, nipples and rings before use.

- Wash your hands, surfaces and utensils.
- Pour water into a clean cup or bottle (see mixing guide).
- Add 1 unpacked level scoop (8.7 g) to each 2 fl oz of water.
- Return dry scoop to holder in lid.
- Cap cup or bottle.
- Shake well.
- Once feeding begins, **use within 1 hour or discard.**

### Standard Preparation Mixing Guide

Measure water	+	Add scoop(s) of <i>unpacked level powder</i> using enclosed scoop	=	Finished bottle (approx)
2 fl oz		1 scoop (8.7 g)		2 fl oz
4 fl oz		2 scoops		4 fl oz
6 fl oz		3 scoops		6 fl oz
8 fl oz		4 scoops		8 fl oz

Pour prepared formula into feeding cup or bottle, cap and store in refrigerator. **Use within 24 hours.**

For more information, contact your Abbott Nutrition Representative or visit  
[www.abbottnutrition.com](http://www.abbottnutrition.com)

Abbott Nutrition Abbott Laboratories  
Columbus, OH 43219-3034  
1-800-227-5767



# Similac Go and Grow® Milk-Based Formula

Milk-Based Infant Formula with Iron

## Storage & Handling

### Powder

- Once mixed, store bottle or cup in refrigerator and **feed within 24 hours**.
- Store unopened or opened container at room temperature; avoid extreme temperatures.
- **Use opened container contents within 1 month.**
- Do not reuse container.

For more information, contact your Abbott Nutrition Representative or visit  
[www.abbottnutrition.com](http://www.abbottnutrition.com)