

# SIMILAC® ADVANCE® STEP 1

DHA- and ARA-enriched formula

For term infants 0+ months of age



Exclusive blend of  
DHA, lutein, and  
natural vitamin E†

## INDICATIONS FOR USE

- For initial or supplemental feeding of term infants.
- For oral or tube feeding use.

### Safety precaution:

- Not for parenteral use.

## FEATURES AND BENEFITS

- **DHA**, an Omega-3 fatty acid that supports the normal physical development of the brain and eyes.<sup>1</sup>
- **Lutein**, an antioxidant found in breast milk and concentrated in the infant brain and eyes.<sup>2-4</sup>
  - Recent studies show that lutein may have a role in visual and cognitive development.<sup>5</sup>
- **Vitamin E**, an antioxidant found in breast milk.<sup>6,7</sup>
  - Similac® Advance® exclusively uses natural vitamin E†, the most abundant form found in breast milk and in the infant brain.<sup>6-9</sup>
- Galactooligosaccharides (GOS), a type of oligosaccharide and dietary fibre, that:
  - Help promote softer stools, similar to those of breastfed babies.<sup>10</sup>
  - May support the growth of good bacteria in the baby's intestinal tract.<sup>11,12</sup>
- Non-GMO.‡
- Easy to digest.<sup>5</sup>

## TECHNICAL DATA

	Powder (at standard dilution)
Caloric density (Cal/mL)	0.68
Protein (% of total energy)	8.3
Fat (% of total energy)	49.9
Carbohydrate (% of total energy)	41.8
Total Cal:g nitrogen ratio	309:1
Non-protein Cal:g nitrogen ratio	284:1
Water (g/L)	901
Osmolality (mOsm/kg water)	303
Renal solute load (mOsm/L)	97
Viscosity at room temperature/ chilled	-
Minimum tube size for gravity/ pump feeding (Fr)	N/A
Low residue	Yes
Gluten-free	Yes
Kosher	Yes
Halal	Yes

## AVAILABILITY

### Powder

6499230B	Similac® Advance® Step 1	658-g containers	6/case
66982356	Similac® Advance® Step 1	964-g containers	6/case

Available in ready-to-use and concentrated liquid format; see next product page for details.

† RRR- $\alpha$ -tocopherol, provided as *d*- $\alpha$ -tocopheryl acetate, the most bioactive form of vitamin E.

‡ Ingredients not genetically engineered.

§ Similar to other infant formulas.

### REFERENCES:

1. Canadian Food Inspection Agency: Health Claims - Nutrient Function Claims. Last modified on 2019-02-13. [Accessed online on 2019-04-09].
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3. Krinsky NI et al. *Ann Rev Nutr* 2003;23:171-201.
4. Vishwanathan R et al. *JPGN* 2014;59(5):659-65.
5. Johnson EJ. *Nutrition Reviews* 2014;72(9):605-12.
6. Stone WL et al. *Am J Clin Nutr* 2003;77:899-906.
7. Institute of Medicine. Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium and Carotenoids. National Academy of Sciences. 2000.
8. Kuchan MJ et al. *Curr Dev Nutr* 2018;2:nzy055.
9. Kuchan MJ et al. *Br J Nutr* 2016;116:126-31.
10. Williams T et al. *JPGN* 2014;59(5):653-8.
11. Ben XM et al. *Chin Med J (Engl)* 2004;117:927-31.
12. Ben XM et al. *World J Gastroenterol* 2008;14(42):6564-8.

## ENERGY

	Per 100 g Powder	Per 100 mL (at standard dilution)	Per 100 Cal
ENERGY (Cal [kJ])	509 (2130)	68 (283)	100 (418)
PROTEIN (g)	10.6	1.4	2.1
% of total energy		8.3	
Arginine (mg)	310	41	561
Cystine (mg)	150	20	29
Tyrosine (mg)	390	52	77
Histidine (mg)	250	33	49
Isoleucine (mg)	580	77	114
Leucine (mg)	1080	144	212
Lysine (mg)	880	1218	173
Methionine (mg)	290	39	57
Phenylalanine (mg)	450	60	88
Tryptophan (mg)	180	24	35
Threonine (mg)	600	80	118
Valine (mg)	640	86	126
Taurine (mg)	34.0	4.5	6.7
Carnitine (mg)	7.5	1.0	1.5
Nucleotides (mg)	54.5	7.2	10.7
Source	Dry skim milk, whey protein concentrate, whey protein hydrolysate		
FAT (g)	28.2	3.74	5.5
% of total energy		49.9	
Polyunsaturated fatty acids (g)	7.05	0.94	1.39
Linoleic acid (g)	3.97	0.53	0.78
Arachidonic acid (ARA) (g)	0.107	0.0142	0.021
Linolenic acid (g)	0.38	0.05	0.07
Docosahexaenoic acid (DHA) (g)	0.051	0.0068	0.010
Omega-6:Omega-3 ratio		9.71:1	
Monounsaturated fatty acids (g)	11.41	1.52	2.24
Saturated fatty acids (g)	9.67	1.29	1.90
Cholesterol (mg)	-	-	-
Source	High oleic safflower or sunflower oil, soy oil, coconut oil, ARA and DHA		
MCT oil (% of total fats)	0.0	0.0	0.0
CARBOHYDRATE (g)	55.0	7.3	10.8
% of total energy		41.8	
Total dietary fibre (g)	-	-	-
Short-chain fructooligosaccharides (scFOS) (g)	-	-	-
Galactooligosaccharides (GOS) <sup>†</sup> (g)	2.7	0.4	0.5
Source	Lactose, dry skim milk, galactooligosaccharides		
Aciesulfame-potassium (mg)	-	-	-
Sucralose (mg)	-	-	-

## VITAMINS

Vitamin A (RE [IU])	430 (1433)	57 (190)	83 (278)
Vitamin D <sub>3</sub> (mcg [IU])	7.63 (305)	1.01 (40.5)	1.49 (60)
Vitamin E (IU)	20.3	2.7	4.0
Vitamin K <sub>1</sub> (mg)	0.068	0.009	0.013
Vitamin C (mg)	76	10	15
Thiamine (mg)	0.60	0.08	0.12
Riboflavin (mg)	0.80	0.11	0.16
Niacin (mg)	5.40	0.72	1.06
Vitamin B <sub>6</sub> (mg)	0.31	0.04	0.06
Folic acid (mg)	0.052	0.007	0.010
Vitamin B <sub>12</sub> (mg)	0.0013	0.0002	0.0003
Pantothenic acid (mg)	2.3	0.3	0.5
Biotin (mg)	0.019	0.003	0.004
Choline (mg)	76	10	15
Inositol (mg)	30.0	4.0	5.9
Lutein (mg)	0.057	0.0076	0.011

## MINERALS

Sodium (mg [mmol])	135 (5.87)	18 (0.78)	27 (1.15)
Potassium (mg [mmol])	600 (15.38)	80 (2.06)	118 (3.02)
Chloride (mg [mmol])	333 (9.39)	44 (1.25)	65 (1.85)
Calcium (mg)	400	53	79
Phosphorus (mg)	216	29	42
Magnesium (mg)	39.0	5.2	7.7
Iron (mg)	9.1	1.2	1.8
Zinc (mg)	3.80	0.5	0.75
Iodine (mg)	0.100	0.013	0.020
Copper (mg)	0.400	0.05	0.08
Manganese (mg)	0.0363	0.005	0.0071
Selenium (mg)	0.010	0.0013	0.002
Chromium (mg)	-	-	-
Molybdenum (mg)	-	-	-

## INGREDIENTS

**Similac® Advance® Step 1, Powder:** Lactose, dry skim milk, high oleic vegetable oil (safflower or sunflower), soy oil, coconut oil, galactooligosaccharides (GOS), whey protein concentrate, whey protein hydrolysate, potassium citrate, calcium carbonate, *M. alpina* oil\*, tricalcium phosphate, potassium hydroxide, *C. cohnii* oil\*\*, soy lecithin, magnesium chloride, sodium chloride, choline bitartrate, ascorbic acid, L-tryptophan, ferrous sulphate, taurine, m-inositol, cytidine 5'-monophosphate, disodium guanosine 5'-monophosphate, ascorbyl palmitate, disodium uridine 5'-monophosphate, zinc sulphate, *d*- $\alpha$ -tocopheryl acetate, adenosine 5'-monophosphate, L-carnitine, mixed tocopherols, niacinamide, calcium D-pantothenate, copper sulphate, vitamin A palmitate, thiamine hydrochloride, pyridoxine hydrochloride, riboflavin, lutein, folic acid, manganese sulphate,  $\beta$ -carotene, phyloquinone, biotin, sodium selenite, potassium iodide, vitamin D<sub>3</sub>, cyanocobalamin. May contain: Potassium chloride. **Contains: Milk, soy.**

**Ingredients associated with food intolerances and/or sensitivities:** Coconut oil, lactose, other soy components.

\* Source of arachidonic acid (ARA). \*\* Source of docosahexaenoic acid (DHA).

<sup>†</sup> GOS is approximately 1% of the total energy and provides approximately 1.3 Cal/g.

Values listed are subject to change. Please refer to the product label or packaging for the most current ingredient, allergen and nutrient profile information.

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