

Product Information: Similac® Human Milk Fortifier Concentrated Liquid

For more information, contact your Abbott Nutrition Representative or visit
www.abbottnutrition.com

Similac® Human Milk Fortifier Concentrated Liquid

- 1 SIMILAC HUMAN MILK FORTIFIER CONCENTRATED LIQUID is intended for premature and low-birth-weight infants as a nutritional supplement to add to human milk.
- 1 Use under medical supervision.
- 1 Small, convenient packet is designed for easy mixing.
- 1 For fortifying preterm human milk; has the full range of essential vitamins and minerals.¹
- 1 Commercially sterile and meets the Academy of Nutrition and Dietetics and Centers for Disease Control and Prevention (CDC) recommendation to use liquid for NICU feedings.^{2,3}
- 1 Packet is simple to open.⁴
- 1 Low iron level provides flexibility to add iron as needed.
- 1 Halal.
- 1 Kosher; made with dairy ingredients.



Safety Precautions

- 1 Add only to human milk - do not add water.
- 1 Unless directed by physician, this fortifier should not be added to every feeding after:
 - Achieving a body weight of 3600 g (approximately 8 lbs)
 - Reaching an age of 40 weeks post-conception
 - 12 weeks post-discharge
- 1 This product is nutritionally incomplete by itself and is designed to be added to human breast milk.
- 1 Additional iron may be necessary.
- 1 Tolerance to enteral feedings should be confirmed by offering small volumes of unfortified human milk.
- 1 Once enteral feeding is well established, Similac Human Milk Fortifier Concentrated Liquid can be added to human milk.
- 1 Follow directions as specified on carton. Improper dilution may be harmful.
- 1 **Never use a microwave oven to warm feedings.** Serious burns can result.

¹ Klein CJ. *J Nutr.* 2002;132(6):1395S-1577S.

² Centers for Disease Control and Prevention. *Enterobacter sakazakii* infections associated with the use of powdered infant formula—Tennessee, 2001. Available at <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5114a1.htm>. Published April 11, 2002. Accessed May 31, 2024.

³ Pediatric Nutrition Practice Group. Steele C, Collins E (eds). *Infant and Pediatric Feedings: Guidelines for Preparation of Human Milk and Formula in Health Care Facilities, 3rd Ed.* Academy of Nutrition and Dietetics. 2019:12.

⁴ Data on file, 2010. Abbott Nutrition Market Research, Abbott Laboratories, Columbus, Ohio.

Ingredients

Concentrated Liquid Unflavored:

Water, Nonfat Milk, Corn Syrup Solids, Medium Chain Triglycerides, Whey Protein Concentrate. Less than 2% of: Calcium Phosphate, Magnesium Chloride, Potassium Citrate, Salt, Calcium Carbonate, Potassium Phosphate, Sodium Citrate, Magnesium Phosphate, Zinc Sulfate, Ferrous Sulfate, Copper Sulfate, Manganese Sulfate, Sodium Selenate, Vitamin A Palmitate, Vitamin D3, d-Alpha-Tocopheryl Acetate, Phyloquinone, Thiamine Hydrochloride, Riboflavin, Pyridoxine Hydrochloride, Vitamin B12, Niacinamide, Folic Acid, Calcium Pantothenate, Biotin, Ascorbic Acid, Inositol, Choline Chloride, Soy Lecithin, M. Alpina Oil*, Schizochytrium Sp. Oil†, and Potassium Hydroxide.

* Source of ARA.

† Source of DHA.

Allergens: Contains milk and soy ingredients.

Availability

List Number	Item
56649	Similac Human Milk Fortifier Concentrated Liquid / 0.17 fl oz (5 mL) Packet / 6 x 24 ct

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Nutrition Information - Concentrated Liquid Unflavored

	5 mL (1 Packet)		30 mL (1 packet mixed with 25 mL preterm human milk)		100 mL		100 Cal (~4 packets mixed with 100 mL preterm human milk)	
	Value	%RDI / %DV	Value	%RDI / %DV*	Value	%RDI / %DV	Value	%RDI / %DV*
Calories	7		24		79		100	
Volume, mL	5		30		100		126	
Protein, g	0.35		0.70		2.34		2.95	
Fat, g	0.27		1.24		4.14		5.23	
Carbohydrate, g	0.81		2.47		8.24		10.4	
Water, g	3.6		25.6		85		108	
Linoleic Acid, mg	1		93 [†]		311		392	
Vitamin A, IU	197		294		982		1238	
Vitamin D, IU	35		35		118		149	
Vitamin E, IU	1.0		1.2		4.2		5.3	
Vitamin K, mcg	2.4		2.5		8.2		10.3	
Thiamin (Vitamin B1), mcg	48		53		177		224	
Riboflavin (Vitamin B2), mcg	123		135		450		568	
Vitamin B6, mcg	49		53		176		222	
Vitamin B12, mcg	0.08		0.09		0.31		0.39	
Niacin, mcg	1040		1080		3592		4532	
Folic Acid (Folacin), mcg	7							
Pantothenic Acid, mcg	309		354		1180		1489	
Biotin, mcg	7.6		7.7 [†]		25.7		32.4	
Vitamin C (Ascorbic Acid), mg	7.7		10.4		34.6		43.7	
Choline, mg	0.9		3.3 [†]		10.8		13.7	
Inositol, mg	1.7		5.4 [†]		18		22.7	
Calcium, mg	35		41		137		173	
Calcium, mEq	1.8		2.1		7		8.9	
Phosphorus, mg	20		23		77		98	
Magnesium, mg	2.2		2.9		9.9		12.5	
Iron, mg	0.11		0.14		0.47		0.59	
Zinc, mg	0.3		0.39		1.3		1.62	
Manganese, mcg	2.1		2.3 [†]		7.5		9.5	
Copper, mcg	15		31		104		131	
Iodine, mcg	0.5		3.2 [†]		11		13	
Selenium, mcg	0.2		0.6 [†]		2		2	
Sodium, mg	5		12		37		47	
Sodium, mEq	0.22		0.5		1.7		2.1	
Potassium, mg	21		35		118		148	
Potassium, mEq	0.54		0.9		3		3.8	

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Nutrition Information - Concentrated Liquid Unflavored

	5 mL (1 Packet)		30 mL (1 packet mixed with 25 mL preterm human milk)		100 mL		100 Cal (~4 packets mixed with 100 mL preterm human milk)	
	Value	%RDI / %DV	Value	%RDI / %DV*	Value	%RDI / %DV	Value	%RDI / %DV*
Chloride, mg	13		27		89		113	
Chloride, mEq	0.37		0.8		2.6		3.2	
Potential Renal Solute Load, mOsm	3.8		6.9		23		29	
Osmolality, mOsm/kg H ₂ O	NA		385		385		385	

Concentrated Liquid Unflavored Footnotes & References

Per 30 mL (1 packet mixed with 25 mL preterm human milk)

*One packet (5 mL) Similac Human Milk Fortifier Concentrated Liquid in 25 mL preterm human milk. Preterm human milk values from "Meeting the Special Needs of Low-Birth-Weight and Premature Infants in the Hospital." Columbus, OH: Abbott Nutrition, Abbott Laboratories, Jan 1998, p 56.

†Values based on term human milk from American Academy of Pediatrics.. "Pediatric Nutrition Handbook", ed 4. Elk Grove Village: American Academy of Pediatrics, 1998, pp 217, 258, 655-658.

Per 100 Cal (~4 packets mixed with 100 mL preterm human milk)

*Per 100 Calories, as mixed, 4 packets added to 100 mL preterm human milk. Preterm human milk values from Meeting the Special Needs of Low-Birth-Weight and Premature Infants in the Hospital (A8100). Columbus, OH: Abbott, Abbott Laboratories, January 1998.

†Values based on term human milk from American Academy of Pediatrics.. "Pediatric Nutrition Handbook", ed 4. Elk Grove Village: American Academy of Pediatrics, 1998, pp 217, 258, 655-658.

Preparation

INSTRUCTIONS FOR USE:

This product is for premature and low-birth-weight infants. Proper hygiene, handling and storage are important when preparing fortified human milk. **Follow directions as specified. Improper dilution may be harmful.**

Additional Calories Desired	Human Milk	Similac Human Milk Fortifier	Approximate Yield
2 Calories/fl oz	50 mL	1 packet	55 mL
4 Calories/fl oz	25 mL	1 packet	30 mL

Immediate Use

- 1 Pour desired quantity of human milk into sterile feeding container.
- 1 Product separation is normal. Massage contents until uniform.
- 1 To open packet, tear top off completely along perforation.
- 1 Add contents to human milk and **shake until mixed well**. Once bottle feeding begins, use within one hour or discard.

When Stored

- 1 Divide unused fortified human milk into individual bottles or syringes. Refrigerate and use within 24 hours.
- 1 After refrigeration, warm to room temperature.
Settling may occur; **shake for 10 seconds or until mixed well**. Feed promptly.
- 1 For syringes, allow 5 mL headspace for mixing. Feed vertically, tip down.

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Storage & Handling

STORAGE AND HANDLING:

- **Product is light sensitive.** Keep unopened in closed carton at room temperature; avoid extreme temperatures.