

Product Information: Similac® Human Milk Fortifier Powder

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

Similac® Human Milk Fortifier Powder

- 1 Intended for premature and low-birth-weight infants as a nutritional supplement to add to human milk.
- 1 Use under medical supervision.
- 1 Excellent weight, length and head circumference gains demonstrated in a peer-reviewed study.¹
- 1 In a peer-reviewed study, preserved the antibacterial activity of human milk against *Escherichia coli*, *Staphylococcus*, Group B *Streptococcus*, and *Enterobacter sakazakii* (now *Cronobacter sakazakii*).²
- 1 Specially formulated to mix easily with human milk.
- 1 Low iron level provides flexibility to add iron as needed.
- 1 Well tolerated.
- 1 Small, convenient packaging designed for less spillage.
- 1 Gluten-free.
- 1 Halal.
- 1 Kosher.



Safety Precautions

- 1 Add only to human milk - do not add water.
- 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 Powder can be added to human milk.
- 1 Not intended for feeding low-birth-weight infants after they reach a weight of 3600 g (approximately 8 lb) or as directed by a physician.
- 1 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.
- 1 **Never use a microwave oven to warm feedings.** Serious burns can result.

¹ Barrett-Reis B, et al. *Pediatrics* 2000;106:581-588.

² Chan GM. *J Perinatol* 2003;23:620-623.

Ingredients

Powder Unflavored:

Nonfat Milk, Whey Protein Concentrate, Corn Syrup Solids, Medium-Chain Triglycerides, Calcium Phosphate, Potassium Citrate. Less than 2% of: Soy Lecithin, Minerals (Magnesium Chloride, Sodium Citrate, Calcium Carbonate, Salt, Potassium Phosphate, Zinc Sulfate, Ferrous Sulfate, Cupric Sulfate, Manganese Sulfate, Sodium Selenate), Vitamins (Vitamin A Palmitate, Vitamin D3, d-Alpha-Tocopheryl Acetate, Phylloquinone, Thiamin Chloride Hydrochloride, Riboflavin, Pyridoxine Hydrochloride, Cyanocobalamin, Niacinamide, Folic Acid, Calcium Pantothenate, Biotin, Ascorbic Acid, m-Inositol), Potassium Hydroxide, and Less than 2% of the Following:

Allergens: Contains milk and soy ingredients.

Availability

List Number	Item
54598	Similac Human Milk Fortifier Powder / 0.032-oz (0.9-g) packet / 3 x 50 ct

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Nutrition Information - Powder Unflavored

	0.9 g (1 packet)		26 mL (as mixed with 25 mL preterm human milk)*	
	Value	%RDI / %DV	Value	%RDI / %DV
Calories	3.5		20	
Protein, g	0.25		0.60	
Fat, g	0.09		1.06	
Carbohydrate, g	0.45		2.11	
Water, g	0		22	
Linoleic Acid, mg	0		92	
Vitamin A, IU	155		252	
Vitamin D, IU	30		31	
Vitamin E, IU	0.8		1.1	
Vitamin K, mcg	2.1		2.1	
Thiamin (Vitamin B1), mcg	58		63	
Riboflavin (Vitamin B2), mcg	104		120	
Vitamin B6, mcg	53		60	
Vitamin B12, mcg	0.16		0.17	
Niacin, mcg	893		900	
Folic Acid (Folacin), mcg	5.75		6.6	
Pantothenic Acid, mcg	375		400	
Biotin, mcg	6.5		6.6 [†]	
Vitamin C (Ascorbic Acid), mg	6.3		8.9	
Choline, mg	0.5		2.8 [†]	
Inositol, mg	1		4.6 [†]	
Calcium, mg	29		35	
Calcium, mEq	1.46		1.8	
Phosphorus, mg	16		19	
Magnesium, mg	1.7		2.5	
Iron, mg	0.08 [*]		0.11 [†]	
Zinc, mg	0.25		0.34	
Manganese, mcg	1.8		2.0 [†]	
Copper, mcg	43		59	
Iodine, mcg	0.8		3.5 [†]	
Selenium, mcg	0.1		0.5 [†]	
Sodium, mg	4		10	
Sodium, mEq	0.16		1	
Potassium, mg	16		30	
Potassium, mEq	0.40		0.8	
Chloride, mg	9		23	
Chloride, mEq	0.27		0.7	
Potential Renal Solute Load, mOsm	2.8		5.9	

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Powder Unflavored Footnotes & References

Per 0.9 g (1 packet)

*Additional iron may be necessary.

Per 26 mL (as mixed with 25 mL preterm human milk)*

*One packet (0.9 g) Similac Human Milk Fortifier Powder 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 Academy of Pediatrics Committee on Nutrition. "Pediatric Nutrition Handbook", ed 4. Elk Grove Village: American Academy of Pediatrics, 1998:40; 132-135, 217, 258, 655-658.

‡Additional iron may be necessary.

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. Failure to follow these directions could result in severe harm.

Additional Calories Desired	Human Milk	Similac Human Milk Fortifier
2 (Cal/fl oz)	50 mL	1 packet
4 (Cal/fl oz)	25 mL	1 packet

Immediate Use:

- 1 Pour desired quantity of human milk into sterile feeding container.
- 1 To open packet, tear top off completely along perforation.
- 1 Add contents to human milk; shake until mixed well,
 - 1 Bottle Feeding: Discard one hour after feeding begins.
 - 1 Tube Feeding: Limit hang time to a maximum of 4 hours.

When Stored:

- 1 Refrigerate unused fortified human milk and use within 24 hours.
- 1 After refrigeration, remix gently if needed. Feed promptly.

Storage & Handling

Instructions for Storage:

- 1 **Keep unopened packets at room temperature**; avoid extreme temperatures.