

## Product Information: Similac® Step 1

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[www.abbottnutrition.ca](http://www.abbottnutrition.ca)

# Similac® Step 1

Milk-based formula



## Usage

- 1 For use as a breast milk substitute in infants who are not exclusively breastfed.
- 1 For oral or tube feeding use.

## Features

- 1 Non-GMO.\*
- 1 Easy to digest.†
- 1 Gluten-free.
- 1 Kosher.
- 1 Halal.

## Safety Precautions

- 1 Never use a microwave oven to warm formula; serious burns can result. Test temperature before feeding to avoid scalding the baby's mouth.
- 1 Powdered infant formulas are not sterile and should not be fed to preterm, low-birth-weight, or immunocompromised infants unless directed and supervised by a health care professional.
- 1 Not for parenteral use.

\* *Ingredients not genetically engineered.*

† *Similar to other infant formulas.*

## Ingredients

### Powder Unflavored:

Skim Milk and/or Dry Skim Milk, Lactose, High Oleic Sunflower Oil, Soy Oil, Coconut Oil, Whey Protein Concentrate, Whey Protein Hydrolysate, Soy Lecithin, Taurine, L-Tryptophan, Cytidine 5'-Monophosphate, M-Inositol, Ascorbyl Palmitate, Disodium Guanosine 5'-Monophosphate, Disodium Uridine 5'-Monophosphate, Adenosine 5'-Monophosphate, Tocopherols, L-Carnitine, MINERALS (Potassium Citrate, Calcium Carbonate, Magnesium Chloride, Sodium Chloride, Potassium Chloride, Ferrous Sulphate, Zinc Sulphate, Copper Sulphate, Manganese Sulphate, Potassium Iodide, Sodium Selenate), VITAMINS (Ascorbic Acid, Choline Bitartrate, D-Alpha-Tocopheryl Acetate, Niacinamide, Calcium D-Pantothenate, Vitamin A Palmitate, Thiamine Chloride Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Beta-Carotene, Folic Acid, Phylloquinone, D-Biotin, Vitamin D3, Cyanocobalamin), and As Needed: Tricalcium Phosphate.

**Allergens:** Contains: Milk, Soy.

## Availability

List Number	Item
0S25013	Similac® Step 1, Powder; 850-g cans; 6/case

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### Nutrition Information - Powder Unflavored

	100 g (Powder)	100 mL (at standard dilution)
	Value	Value
ENERGY, Cal (kJ)	515 (2146)	68 (283)
Protein, g	10	1.3
Fat, g	27	3.6
Linoleic Acid, g	4.0	0.5
Linolenic Acid, g	0.4	0.05
Carbohydrate, g	58	7.6
Vitamin A, IU	1511	199
Vitamin D, IU	236	31
Vitamin E, IU	19	2.5
Vitamin K, mg	0.046	0.006
Vitamin C, mg	76	10
Thiamine, mg	0.54	0.07
Riboflavin, mg	1.1	0.14
Niacin, mg NE	4.9	0.65
Pantothenic Acid, mg	2.7	0.36
Vitamin B6, mg	0.31	0.04
Folic Acid, mg	0.052	0.0068
Vitamin B12, mg	0.0013	0.00017
Biotin, mg	0.017	0.0022
Choline, mg	68	9
Inositol, mg	27	3.6
Calcium, mg	360	47
Phosphorus, mg	194	26
Magnesium, mg	35	4.6
Sodium, mg	122	16
Potassium, mg	567	75
Chloride, mg	300	40
Iron, mg	8.1	1.1
Zinc, mg	3.4	0.4
Copper, mg	0.35	0.046
Manganese, mg	0.09	0.012
Iodine, mg	0.09	0.012
Selenium, mg	0.0072	0.0009
Carnitine, mg	7.5	1.0
Taurine, mg	31	4.1
Tryptophan, mg	162	21
Nucleotides, mg	55	7.2

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	Value
AT STANDARD DILUTION	
Caloric Density (Cal/mL)	0.68
Protein (% of total energy)	8.2
Protein Source	Skim milk, whey protein concentrate, whey protein hydrolysate
Fat (% of total energy)	48.8
MCT oil (% of total fats)	0.0
Omega-6:Omega-3 Ratio	11.9:1
Fat Source	High oleic sunflower oil, soy oil, coconut oil
Carbohydrate (% of total energy)	43.0
Carbohydrate Source	Lactose
Total Cal:g Nitrogen Ratio	304.8:1
Nonprotein Cal:g Nitrogen Ratio	279.8:1
Water (g/L)	901
Osmolality (mOsm/kg water)	303
Renal Solute Load (mOsm/L)	97
Recommended Tube Size for Gravity/Pump Feeding (Fr)	N/A

## Preparation

### Directions for Use:

Your baby's health depends on carefully following these directions. Proper hygiene, preparation, mixing and storage are important when using infant formula. Failure to follow these directions could result in severe harm. Use as directed by your health care professional.

- 1 Wash hands thoroughly with soap and water.
- 1 Sterilize [equipment]: Place washed bottles, nipples, rings, caps and all preparation equipment in boiling water and keep at a rolling boil for 2 minutes. Sterilize [water]: In another pot, bring water to a rolling boil for 2 minutes. Cool to room temperature.
- 1 Prepare formula using enclosed scoop – See MIXING GUIDE. Return dry scoop to container.
- 1 Cap bottle; shake well; attach nipple. Once feeding begins, use within 1 hour or discard.
- 1 Once mixed, refrigerate bottles immediately; use within 24 hours. Store container under normal room temperature conditions.
- 1 Once opened, use contents within 1 month.

### MIXING GUIDE

Cooled Sterilized Water	Unpacked Level Scoop(s)
60 mL	1
120 mL	2
180 mL	3
240 mL	4

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