



Similac® Human Milk Fortifier Extensively Hydrolyzed Protein Concentrated Liquid (SHMF HP CL)

INGREDIENTS: Water, maltodextrin, casein hydrolysate; **LESS THAN 2% OF:** M. alpina oil, C. cochini oil, lutein beta-carotene, minerals (calcium phosphate, potassium citrate, magnesium chloride, potassium chloride, potassium phosphate, salt, zinc sulfate, ferrous sulfate, cupric sulfate, manganese sulfate, and sodium selenite), medium chain triglycerides, soy oil, coconut oil, modified corn starch, vitamins (vitamin A palmitate, vitamin D3, d-alpha-tocopheryl acetate, phyloquinone, thiamine chloride hydrochloride, riboflavin, pyridoxine hydrochloride, cyanocobalamin, niacinamide, folic acid, calcium pantothenate, biotin, ascorbic acid, m-inositol, and choline chloride), distilled monoglycerides, L-tyrosine, L-leucine, L-tryptophan, L-carnitine, gellan gum, and potassium hydroxide. **Contains milk ingredients.**

* One packet (5 mL) Similac Human Milk Fortifier Hydrolyzed Protein 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, January 1998.

† Values based on term human milk from American Academy of Pediatrics Committee on Nutrition: Pediatric Nutrition Handbook, 4th ed. Elk Grove Village, American Academy of Pediatrics, 1998;40:132-135, 217, 258, 655-658.

‡ Per 100 Calories, as mixed, 4 packets added to 100 mL preterm human milk (24 Cal/fl oz). 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, January 1998.



NUTRIENTS	Per 5 mL [SHMF HP CL packet]	Per 30 mL* [PTHM (25 mL) + SHMF HP CL (5 mL)]	Per 100 mL [PTHM (25 mL) + SHMF HP CL (5 mL)]	Per 100 Cal [‡] [PTHM (25 mL) + SHMF HP CL (5 mL)]
Calories	7	24	79	100
Volume, mL	5	30	100	126
Protein, g	0.5	0.85	2.84	3.58
Fat, g	0.21	1.18	3.94	4.98
Carbohydrates, g	0.75	2.41	8.04	10.14
Water, g	3.3	25.3	84	106
Linoleic Acid, mg	18	110 [†]	368	464
VITAMINS				
Vitamin A, IU	197	295	982	1238
Vitamin D, IU	35	36	118	149
Vitamin E, IU	1	1.3	4.2	5.3
Vitamin K, mcg	2.4	2.5	8.2	10.3
Thiamin (Vit B ₁), mcg	48	53	177	224
Riboflavin (Vit B ₂), mcg	74	86	287	362
Vitamin B ₆ , mcg	50	53	179	226
Vitamin B ₁₂ , mcg	0.13	0.14	0.47	0.6
Niacin, mcg	980	1010	3392	4279
Folic Acid, mcg	7	8	26.1	32.9
Pantothenic Acid, mcg	310	355	1184	1494
Biotin, mcg	5.8	5.9 [†]	19.7	24.8
Vitamin C, 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
MINERALS				
Calcium, mg	30	36	121	152
Calcium, mEq	1.5	1.8	6	7.6
Phosphorus, mg	17	20	67	85
Magnesium, mg	2.1	2.8	9.6	12.1
Iron, mg	0.11	0.14	0.47	0.59
Zinc, mg	0.31	0.39	1.32	1.66
Manganese, mcg	2.2	2.4 [†]	7.8	9.9
Copper, mcg	15	31	104	131
Iodine, mcg	0.4	3.1 [†]	10	13
Selenium, mcg	0.2	0.5 [†]	2	2
Sodium, mg	5	12	37	47
Sodium, mEq	0.2	0.5	1.6	2
Potassium, mg	21	35	118	148
Potassium, mEq	0.5	0.9	2.9	3.6
Chloride, mg	13	27	89	113
Chloride, mEq	0.4	0.8	2.6	3.3

Similac® Human Milk Fortifier Extensively Hydrolyzed Protein Concentrated Liquid

MIXING INSTRUCTIONS

USE AS DIRECTED BY A DOCTOR

Directions for Preparation and 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	SHMF HP CL	Approximate Yield
2 calories/fl oz	50 mL	1 packet	55 mL
4 calories/fl oz	25 mL	1 packet	30 mL



1 Pour desired quantity of human milk into sterile feeding container.



2 Product separation is normal. Massage packet contents until uniform.



3 To open packet, tear top off completely along perforation.



4 Add contents to human milk; shake until mixed well. Once bottle feeding begins, use within one hour or discard.

STORAGE

- Refrigerate unused fortified human milk and use within 24 hours.
- After refrigeration, remix gently if needed. Feed promptly.
- **Keep unopened packets at room temperature in the protective carton;** avoid extreme temperatures.

WARNING

Never use a microwave oven to warm feedings. Serious burns can result.

PRODUCT IS LIGHT SENSITIVE.

KEEP PROTECTIVE CARTON LID CLOSED WHEN NOT IN USE.