



NUTRIENTS PER 100 mL



NUTRIENTS PER 100 mL	Preterm Human Milk* (PTHM)	PTHM (50 mL) + SHMF CL (5 mL)	PTHM (25 mL) + SHMF CL (5 mL)	PTHM (25 mL) + SHMF CL (5 mL) + LPF (1 mL)
Energy, Cal	67	73	79	78
Volume, mL	100	100	100	100
Protein, g	1.41	1.92	2.34	2.8
Fat, g	3.89	4.02	4.14	4
Carbohydrates, g	6.64	7.51	8.24	7.96
Calcium, mg	25	86	137	133
Phosphorus, mg	13	48	77	75
Magnesium, mg	3.1	6.7	9.9	9.5
Iron, mg	0.12	0.3	0.47	0.44
Zinc, mg	0.34	0.86	1.3	1.26
Manganese, mcg	0.6	4.4	7.5	7.3
Copper, mcg	64	85	104	99
Iodine, mcg	11	11	11	10
Sodium, mg	24.8	32	37	37
Sodium, mEq	1.1	1.4	1.7	1.6
Potassium, mg	57	89	118	113
Potassium, mEq	1.5	2.3	3	2.9
Chloride, mg	55	74	89	88
Chloride, mEq	1.6	2.1	2.6	2.5
Vitamin A, IU	390	713	982	950
Vitamin D, IU	2	65	118	114
Vitamin E, IU	1.1	2.7	4.2	4
Vitamin K, mcg	0.2	4.6	8.2	8
Thiamin (B-1), mcg	21	106	177	171
Riboflavin (B-2), mcg	48	268	450	436
Vitamin B-6, mcg	15	103	176	171
Vitamin B-12, mcg	0.05	0.19	0.31	0.3
Niacin, mcg	150	2035	3592	3489
Folic Acid, mcg	3.3	15.4	26.1	24.7
Pantothenic Acid, mcg	181	726	1180	1142
Biotin, mcg	0.4	14.1	25.7	24.7
Vitamin C, mg	10.7	23.8	34.6	33.5
Choline, mg	9.4	10.2	10.8	10.5
Inositol, mg	14.8	16.6	18	17.5
Linoleic Acid, mg	369	337	311	301
Selenium, mcg	1.5	2	2	2
Potential RSL, mOsm	18.7	18.3	23.1	25.4
Approx Osmolality, mOsm/kg water	88	343	385	420

* Meeting the special nutrient needs of low birth weight and premature infants in the hospital (A8100). Columbus, Ohio: Abbott Nutrition, Abbott Laboratories, January 1998, p 56.

NOTE: Proper hygiene, handling and storage are important when preparing infant feedings. Always follow your hospital's policies and procedures regarding safe handling practices when preparing infant feedings to prevent the possibility of contamination.



NUTRIENTS PER 100 Cal



NUTRIENTS PER 100 Cal	Preterm Human Milk* (PTHM)	PTHM (50 mL) + SHMF CL (5 mL)	PTHM (25 mL) + SHMF CL (5 mL)	PTHM (25 mL) + SHMF CL (5 mL) + LPF (1 mL)
Energy, Cal	100	100	100	100
Volume, mL	149	136	126	128
Protein, g	2.1	2.61	2.95	3.57
Fat, g	5.8	5.48	5.23	5.1
Carbohydrates, g	9.9	10.22	10.4	10.16
Calcium, mg	37	118	173	170
Phosphorus, mg	19	65	98	95
Magnesium, mg	4.6	9.2	12.5	12.1
Iron, mg	0.18	0.41	0.59	0.56
Zinc, mg	0.51	1.18	1.62	1.6
Manganese, mcg	1	6	9.5	9.3
Copper, mcg	96	116	131	127
Iodine, mcg	16	14	13	13
Sodium, mg	37	44	47	48
Sodium, mEq	1.6	1.9	2.1	2.1
Potassium, mg	85	122	148	144
Potassium, mEq	2.2	3.1	3.8	3.7
Chloride, mg	82	101	113	112
Chloride, mEq	2.3	2.9	3.2	3.2
Vitamin A, IU	581	970	1238	1212
Vitamin D, IU	3	89	149	146
Vitamin E, IU	1.6	3.7	5.3	5.1
Vitamin K, mcg	0.3	6.3	10.3	10.2
Thiamin (B-1), mcg	31	144	224	219
Riboflavin (B-2), mcg	72	364	568	556
Vitamin B-6, mcg	22	141	222	219
Vitamin B-12, mcg	0.07	0.26	0.39	0.39
Niacin, mcg	224	2770	4532	4452
Folic Acid, mcg	5	20.9	32.9	31.5
Pantothenic Acid, mcg	269	988	1489	1458
Biotin, mcg	0.6	19.2	32.4	31.6
Vitamin C, mg	16	32.4	43.7	42.8
Choline, mg	14	13.9	13.7	13.5
Inositol, mg	22	22.5	22.7	22.3
Linoleic Acid, mg	550	459	392	384
Selenium, mcg	2.2	2	2	2
Potential RSL, mOsm	18.7	24.9	29.3	32.4
Approx Osmolality, mOsm/kg water	290	343	385	420