



Similac® Human Milk Fortifier Concentrated Liquid

INGREDIENTS: Water, Nonfat Milk, Corn Syrup Solids, Medium-Chain Triglycerides, Whey Protein Concentrate. **Less than 2%** of: Minerals (Calcium Phosphate, Magnesium Chloride, Potassium Citrate, Salt, Calcium Carbonate, Potassium Phosphate, Sodium Citrate, Magnesium Phosphate, Zinc Sulfate, Ferrous Sulfate, Cupric Sulfate, Manganese Sulfate and Sodium Selenate), Vitamins (Vitamin A Palmitate, Vitamin D3, 4-Alpha-Tocopheryl Acetate, Phylloquinone, Thiamine Chloride Hydrochloride, Riboflavin, Pyridoxine Hydrochloride, Cyanocobalamin, Niacinamide, Folic Acid, Calcium Pantothenate, Biotin, Ascorbic Acid, m-Inositol and Choline Chloride), Soy Lecithin, M. Alpina Oil, C. Cohnii Oil and Potassium Hydroxide.

Contains Milk and Soy Ingredients.

C. Cohnii Oil is a Source of DHA.
M. Alpina Oil is a source of ARA.

* 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, January 1998.

† Values based on term human milk from America 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, approximately 4 packets added to 100 mL preterm human milk (24 Cal/1 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 packet	per 30 mL*	per 100 Cal†
Calories	7	24	100
Protein, g	0.35	0.70	2.95
Fat, g	0.27	1.24	5.23
Carbohydrate, g	0.81	2.47	10.4
Water, g	3.6	25.6	108
Linoleic Acid, mg	1.00	93†	392
VITAMINS			
Vitamin A, IU	197	294	1238
Vitamin D, IU	35	35	149
Vitamin E, IU	1.0	1.2	5.3
Vitamin K, mcg	2.4	2.5	10.3
Thiamin (Vit. B ₁), mcg	48	53	224
Riboflavin (Vit. B ₂), mcg	123	135	568
Vitamin B ₆ , mcg	49	53	222
Vitamin B ₁₂ , mcg	0.08	0.09	0.39
Niacin, mcg	1040	1080	4532
Folic Acid (Folacin), mcg	7	8	32.9
Pantothenic Acid, mcg	309	354	1489
Biotin, mcg	7.6	7.7†	32.4
Vitamin C (Ascorbic Acid), mg	7.7	10.4	44
Choline, mg	0.9	3.3†	13.7
Inositol, mg	1.7	5.4†	22.7
MINERALS			
Calcium, mg	35	41	173
Phosphorus, mg	20	2.1	98
Magnesium, mg	2.2	2.9	12.5
Iron, mg	0.11	0.14	0.59
Zinc, mg	0.30	0.39	1.62
Manganese, mcg	2.1	2.3†	9.5
Copper, mcg	15	31	131
Iodine, mcg	0.5	3.2†	13
Selenium, mcg	0.2	0.6†	2
Sodium, mg	5	12	47
Potassium, mg	21	35	148
Chloride, mg	13	27	113



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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.**

USE

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



Pour desired quantity of human milk into sterile feeding container.



Product separation is normal. Massage contents until uniform.



To open packet, tear top off completely along perforation.



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

IF STORING AND FEEDING LATER



Divide unused fortified human milk into individual bottles or syringes. Refrigerate and use within 24 hours.



After refrigeration, warm to room temperature.



Settling may occur; **shake for 10 seconds or until mixed well**. Feed promptly.



For enteral feeding via tube

If stored in syringe, pull back plunger ~5mL to allow adequate headspace for mixing.

Feed with syringe oriented **vertically** with tip pointed down.

STORAGE

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.