

Product Information: Similac® Human Milk Fortifier Concentrated Liquid

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

Similac® Human Milk Fortifier Concentrated Liquid

- 1 Intended for premature and low-birth-weight infants as a nutritional supplement to add to human milk.
- 1 Use under medical supervision.
- 1 Small, convenient packet is designed for easy mixing.
- 1 When added to human milk, meets the nutrient recommendations for the premature infant.¹
- 1 Commercially sterile and meets the ADA and CDC recommendation to use liquid for NICU feedings.^{2,3,*}
- 1 Packet is simple to open and mixes easier with human milk than powder.⁴
- 1 Low iron level provides flexibility to add iron as needed.
- 1 Halal.
- 1 Kosher.



Safety Precautions

- 1 Add only to human milk - do not add water.
- 1 This product is nutritionally incomplete by itself and is designed to be added to human breast milk.
- 1 Additional iron may be necessary.
- 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 Concentrated Liquid can be added to human milk.
- 1 **Never use a microwave oven to warm feedings.** Serious burns can result.

* American Dietetic Association and Centers for Disease Control and Prevention

¹ Klein CJ. J Nutr 2002;132(6):1395S-1577S.

² Centers for Disease Control and Prevention. Enterobacter sakazakii infections associated with the use of powdered infant formula—Tennessee, 2001. Available at <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5114a1.htm>. Accessed March 10, 2016.

³ Pediatric Nutrition Practice Group, Robbins ST, Myers R. Infant Feedings: Guidelines for Preparation of Formula and Breastmilk in Health Care Facilities. ed 2. Chicago: American Dietetic Association, 2011.

⁴ Data on file, 2010. Abbott Nutrition Market Research, Abbott Laboratories, Columbus, Ohio.

Ingredients

Concentrated Liquid Unflavored:

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, d-Alpha-Tocopheryl Acetate, Phyloquinone, Thiamine Chloride Hydrochloride, Riboflavin, Pyridoxine Hydrochloride, Cyanocobalamin, Niacinamide, Folic Acid, Calcium Pantothenate, Biotin, Ascorbic Acid, m-Inositol, Choline Chloride), Soy Lecithin, M. Alpina Oil, C. Cohnii Oil, and Potassium Hydroxide.

Allergens: Contains milk and soy ingredients.

Availability

List Number	Item
56649	Similac Human Milk Fortifier Concentrated Liquid / 5-mL (0.17-fl-oz) pouch / 6 x 24 ct

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Nutrition Information - Concentrated Liquid Unflavored

	5 mL (1 packet)		30 mL (1 packet mixed with 25 mL preterm human milk)*		100 Cal (~4 packets mixed with 100 mL preterm human milk)*	
	Value	%RDI / %DV	Value	%RDI / %DV	Value	%RDI / %DV
Calories	7		24		100	
Volume, mL	5		30		126	
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		93 [†]		392 [†]	
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 (Vitamin B1), mcg	48		53		224	
Riboflavin (Vitamin B2), mcg	123		135		568	
Vitamin B6, mcg	49		53		222	
Vitamin B12, 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		43.7	
Choline, mg	0.9		3.3		13.7 [†]	
Inositol, mg	1.7		5.4 [†]		22.7 [†]	
Calcium, mg	35		41		173	
Calcium, mEq	1.8		2.1		8.9	
Phosphorus, mg	20		23		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	
Sodium, mEq	0.23		0.5		2.1	
Potassium, mg	21		35		148	
Potassium, mEq	0.53		0.9		3.8	
Chloride, mg	13		27		113	

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Similac® Human Milk Fortifier Concentrated Liquid

Nutrition Information - Concentrated Liquid Unflavored

	5 mL (1 packet)		30 mL (1 packet mixed with 25 mL preterm human milk)*		100 Cal (~4 packets mixed with 100 mL preterm human milk)*	
	Value	%RDI / %DV	Value	%RDI / %DV	Value	%RDI / %DV
Chloride, mEq	0.38		0.8		3.2	
Potential Renal Solute Load, mOsm	3.8		6.9		29.3	

Concentrated Liquid Unflavored Footnotes & References

Per 30 mL (1 packet 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.

Per 100 Cal (~4 packets mixed with 100 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.

Preparation

Directions for 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	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

Immediate Use

- 1 Pour desired quantity of human milk into sterile feeding container.
- 1 Product separation is normal. Massage contents until uniform.
- 1 To open packet, tear top off completely along perforation.
- 1 Add contents to human milk and **shake until mixed well**. Once bottle feeding begins, use within one hour or discard.

When Stored

- 1 Divide unused fortified human milk into individual bottles or syringes. Refrigerate and use within 24 hours.
- 1 After refrigeration, warm to room temperature.
Settling may occur; **shake for 10 seconds or until mixed well**. Feed promptly.
- 1 For syringes, allow 5 mL headspace for mixing. Feed vertically, tip down.

Storage & Handling

Directions for Storage:

- 1 **Keep unopened packets at room temperature in the protective carton**; avoid extreme temperatures.

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