

## Product Information: Similac® PM 60/40

For more information, contact your Abbott Nutrition Representative or visit  
[www.abbottnutrition.com](http://www.abbottnutrition.com)

# Similac® PM 60/40

## Low-Iron Infant Formula

- 1 A 20 Cal/fl oz formula for infants who would benefit from lowered mineral intake, including those with impaired renal function.
- 1 Use under medical supervision.
- 1 Mineral levels closely approximating the mineral content of human milk (60:40 ratio of whey to casein).
- 1 Calcium-to-phosphorus ratio and content designed to manage serum calcium disorders—both hypercalcemia and hypocalcemia due to hyperphosphatemia.
- 1 Gluten-free.
- 1 Halal.
- 1 Kosher.



### Safety Precautions

- 1 Additional iron should be supplied from other sources.
- 1 In conditions where the infant is losing abnormal quantities of one or more electrolytes, it may be necessary to supply electrolytes from sources other than the formula.
- 1 It may be necessary to supply low-birth-weight infants weighing less than 1500 g at birth additional calcium, phosphorus, and sodium during periods of rapid growth.
- 1 **Never use a microwave oven to warm formula.** Serious burns can result.

### Ingredients

**Powder Unflavored:**

Lactose, High Oleic Safflower Oil, Whey Protein Concentrate, Soy Oil, Coconut Oil, Sodium Caseinate.  
Less than 2% of: Potassium Citrate, Calcium Phosphate, Calcium Carbonate, Ascorbic Acid, Magnesium Chloride, Potassium Chloride, m-Inositol, Salt, Choline Chloride, Taurine, Ascorbyl Palmitate, Ferrous Sulfate, Zinc Sulfate, Mixed Tocopherols, L-Carnitine, Niacinamide, d-Alpha-Tocopheryl Acetate, Calcium Pantothenate, Cupric Sulfate, Vitamin A Palmitate, Thiamine Chloride Hydrochloride, Riboflavin, Pyridoxine Hydrochloride, Beta-Carotene, Folic Acid, Manganese Sulfate, Potassium Iodide, Phylloquinone, Biotin, Sodium Selenate, Vitamin D3, Cyanocobalamin, and Potassium Hydroxide.

**Allergens:** Contains milk ingredients.

### Availability

List Number	Item
00850	Similac PM 60 / 40 Powder / 14.1-oz (400-g) can / 6 ct

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Nutrition Information - Powder Unflavored

	100 Cal (5 fl oz, prepared as directed)		1000 mL (1.1 QT)	
	Value	%RDI / %DV	Value	%RDI / %DV
Calories	100		676	
Volume, mL	148		1000	
Protein, g	2.2		15	
Fat, g	5.6		37.9	
Carbohydrate, g	10.2		69.0	
Water, g	134		899	
Linoleic Acid, mg	1000		6763	
Vitamin A, IU	300		2029	
Vitamin D, IU	60		406	
Vitamin E, IU	1.5		10.1	
Vitamin K, mcg	8		54	
Thiamin (Vitamin B1), mcg	100		676	
Riboflavin (Vitamin B2), mcg	150		1014	
Vitamin B6, mcg	60		406	
Vitamin B12, mcg	0.3		1.7	
Niacin, mcg	1050		7101	
Folic Acid (Folacin), mcg	15		101	
Pantothenic Acid, mcg	450		3043	
Biotin, mcg	5		30.4	
Vitamin C (Ascorbic Acid), mg	9		61	
Choline, mg	12		81	
Inositol, mg	24		162	
Calcium, mg	56		379	
Calcium, mEq	2.8		18.9	
Phosphorus, mg	28		189	
Magnesium, mg	6		40.6	
Iron, mg	0.7		4.7	
Zinc, mg	0.8		5.1	
Manganese, mcg	5		34	
Copper, mcg	90		609	
Iodine, mcg	6		41	
Selenium, mcg	2		14	
Sodium, mg	24		162	
Sodium, mEq	1.0		7.1	
Potassium, mg	80		541	
Potassium, mEq	2.1		13.8	
Chloride, mg	59		399	
Chloride, mEq	1.7		11.3	
Potential Renal Solute Load, mOsm	18.3		124.1	

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Preparation

Directions for Preparation and Use

Your baby's health depends on carefully following these easy directions. Proper hygiene, handling and storage are important when preparing infant formula. Failure to follow these directions could result in severe harm. Ask your baby's doctor if you need to boil (sterilize) bottles, nipples and rings before use.

- 1 Wash your hands, surfaces and utensils.
- 1 Pour desired amount of water into a clean bottle (see mixing guide).
- 1 Add 1 unpacked level scoop (8.7 g) to each 2 fl oz of water
- 1 Return dry scoop to can.
- 1 Cap bottle; shake well; attach nipple.
- 1 Once oral feeding begins, **use within 1 hour or discard.**

Powder Mixing Guide

Measure water	+	Add scoop(s) of <i>unpacked level powder</i> using enclosed scoop	=	Finished bottle (approx)
2 fl oz		1 scoop (8.7 g)		2 fl oz
4 fl oz		2 scoops		4 fl oz
6 fl oz		3 scoops		6 fl oz

For a larger amount of formula, add 1 unpacked, level cup of powder (100 g) to 23 fl oz of water (makes approximately 26 fl oz of formula).

When mixed as directed, the contents of this can will make approximately 102 fl oz of formula.

Storage & Handling

Powder

- 1 Once mixed, store bottles in refrigerator and **feed to baby within 24 hours.**
- 1 Store unopened or opened container at room temperature; avoid extreme temperatures.
- 1 **Use opened can contents within 1 month.**