Similac High Energy

High energy infant formula for special medical purposes

FOR HEALTHCARE PROFESSIONAL USE ONLY

PRESENTATION

- Presented in 200 ml (200 kcal) plastic bottles.
- Ready to feed.

IMPORTANT NOTICE

Breast milk is best for infants and is recommended for as long as possible during infancy. Infant formulae for special medical purposes should be used only on the advice of a healthcare professional. Professional advice should be followed on how the product should be used.

USES

Food for Special Medical Purposes, for use under medical supervision. Suitable as a sole source of nutrition for the oral or enteral feeding of infants and children up to 8 kg in weight (or 18 months of age). For older babies, formula can be fed from a cup or mixed with cereal or other solid foods.

COMMUNITY USE — PRESCRIPTIONS

Can be prescribed on a FP10 (GP10 in Scotland) as a sole source of nutrition or as a nutritional supplement for infants and young children up to 8 kg body weight who have:

- faltering growth
- increased energy requirements
- and/or require a fluid restriction

All prescriptions should be endorsed ACBS (Advisory Committee on Borderline Substances).

STORAGE

- Store unopened at room temperature.
- Any unused formula must be covered, refrigerated immediately and used within 24 hours.

PRECAUTIONS

- Breast feeding is best for babies. Professional advice should be followed on the need for infant formulas and how they should be used (e.g. volume and frequency of feeds).
- Proper hygiene, handling and storage are very important when preparing feeds. Failure to follow the preparation instructions could make the baby ill.
- Carers should not make any additions to the feed without consulting their pharmacist or dietitian.
- Babies should never be left alone at feeding times.
- Never use a microwave to prepare or warm formula. Serious burns can result.
- Good dental hygiene is important for babies and toddlers. Do not use a feeding bottle as a comforter and move baby to a trainer cup from 6 months if possible.

CONTRA-INDICATIONS

- FOR ENTERAL USE ONLY.
- Not for use in galactosaemia.

PREPARATION GUIDE

- Thoroughly wash your hands and clean the surface you are going to use.
- Always sterilise teat unit, or use an unopened, single use teat. These attach directly to 200 ml bottles.
- Shake well and check best before date prior to use.
- If appropriate, pour the correct amount of Similac High Energy into a sterilised bottle, beaker or tube feed container.
- Give at room temperature or warm by placing bottle in warm water, then checking temperature of feed.
- Do not heat in a microwave oven.
- Throw away unfinished feeds within 2 hours.
- Any unused formula must be covered, refrigerated immediately and used within 24 hours.

INGREDIENTS

Water, maltodextrin, vegetable oils (high oleic sunflower, coconut, soy), skimmed ***milk*** powder, lactose (***milk***), whey protein concentrate (***milk*** protein), galacto-oligosaccharides (***milk*** protein), minerals (calcium carbonate, sodium citrate, potassium chloride, potassium hydroxide, magnesium chloride, sodium chloride, ferrous sulphate, zinc sulphate, potassium citrate, cupric sulphate, manganese sulphate, potassium iodide, sodium selenate), emulsifiers (E371, ***soy*** lecithin), arachidonic acid (ARA) from *M. alpina* oil, docosahexaenoic acid (DHA) from *C. cohnii* oil, choline bitartrate, vitamins (C, E, niacinamide, calcium pantothenate, vitamin A palmitate, B_1, B_2, B_6, folic acid, K_1, biotin, D_3, B_{12}), myo-inositol, taurine, nucleotides (cytidine 5'-monophosphate, disodium uridine 5'-monophosphate, adenosine 5'-monophosphate, disodium guanosine 5'-monophosphate), carnitine tartrate.

GENERAL INFORMATION

Energy density	1.0 kcal/ml
Energy distribution:	
Protein	10.38%
Carbohydrate	40.32%
Fat	48.5%
Fibre (GOS)	0.80%
Renal solute load	226 mOsm/L
Osmolarity	299 mOsm/L
Osmolality	350 mOsm/kg H_2O
Gluten free?	✓
Clinically lactose free?	×
Milk free?	×
Suitable for vegetarians?	✓[1]
Suitable for Halal diet?	✓
Suitable for Kosher diet?	✓

For further free-from information, please contact the Freephone Nutrition Helpline on 0800 252882.

1. Vitamin D is synthesised from cholesterol, extracted from the grease in wool sheared from live sheep.

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Abbott

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NUTRITION INFORMATION

	units	per 100 ml	per 200 ml
Energy	kJ	419	838
	kcal	100	200
Fat	g	5.40	10.8
- of which saturates	g	1.7	3.4
- of which MCT*	g	0.79	1.58
- of which arachidonic acid (ARA)	mg	38	76
- of which docosahexaenoic acid (DHA)	mg	25	50
Carbohydrate	g	10.1	20.2
- of which sugars	g	5.5	11
Fibre (GOS**)	g	0.40	0.80
Protein (nitrogen)	g	2.60 (0.42)	5.20 (0.83)
Salt	g	0.09	0.18
Vitamins			
Vitamin A (RE)	µg	100	200
Vitamin D_3	µg	2.2	4.4
Vitamin E (α TE)	mg	3.0	6.0
Vitamin C	mg	12	24
Thiamin (vitamin B_1)	mg	0.15	0.30
Riboflavin (vitamin B_2)	mg	0.25	0.50
Niacin	mg	1.2	2.4
Vitamin B_6	mg	0.09	0.18
Folacin (folic acid)	µg	19	38
Vitamin B_{12}	µg	0.30	0.60
Biotin	µg	4.5	9.0
Pantothenic acid	mg	0.50	1.0
Vitamin K_1	µg	7.0	14
Minerals			
Sodium	mg (mmol)	35 (1.52)	70 (3.0)
Calcium	mg (mmol)	80 (2.00)	160 (4.0)
Phosphorus (phosphate)	mg (mmol)	42 (1.36)	84 (2.7)
Iron	mg	1.1	2.2
Magnesium	mg (mmol)	9.0 (0.37)	18 (0.74)
Zinc	mg	0.70	1.4
Iodine	µg	19	38
Potassium	mg (mmol)	110 (2.81)	220 (5.6)
Chloride	mg (mmol)	75 (2.12)	150 (4.2)
Copper	mg	0.08	0.15
Manganese	mg	0.05	0.10
Selenium	µg	4.0	8.0
Total nucleotide equivalents	mg	3.5	7.0
Choline	mg	32	64
Taurine	mg	6.5	13
L-carnitine	mg	2.0	4.0
Inositol	mg	24	48
Water	g	85.6	171

*medium-chain triglycerides (C6:0 - C12:0)
**galacto-oligosaccharides

PROTEIN & AMINO ACIDS

	g/100 g protein	g/100 ml
Protein source		
Skimmed milk powder	50.0	1.30
Whey protein concentrate	50.0	1.30
Amino acids		
- Essential		
Histidine	2.07	0.05
Isoleucine	5.91	0.15
Leucine	9.98	0.26
Lysine	7.89	0.21
Methionine	2.78	0.07
Phenylalanine	4.04	0.10
Threonine	6.13	0.16
Tryptophan	1.45	0.04
Valine	6.11	0.16
Arginine	2.97	0.08
- Non-essential		
Alanine	4.05	0.11
Aspartic acid	4.41	0.11
Cystine	1.51	0.04
Glutamic acid	10.5	0.27
Glycine	1.87	0.05
Proline	7.89	0.21
Serine	4.81	0.12
Tyrosine	3.70	0.10
Asparagine	5.56	0.14
Glutamine	10.0	0.26
Non-protein calorie: N ratio	216 :1	
Casein : whey ratio	41 : 59	

CARBOHYDRATES

	% total carbohydrates	g/100 ml
Carbohydrate source		
Maltodextrin	47.1	4.76
Lactose	31.4	3.17
Skimmed milk powder	18.8	1.90
GOS** powder	2.77	0.28

FIBRE

	% total fibre	g/100 ml
Fibre source		
GOS** powder	100	0.40

FAT & FATTY ACIDS

		% total fatty acids	g/100 ml
Fat source			
High oleic sunflower oil		49.5	2.67
Coconut oil		26.9	1.45
Soy oil		19.7	1.06
Arachidonic acid (AA)-rich oil		1.76	0.10
Docosahexaenoic acid (DHA)-rich oil		1.15	0.06
Lecithin		0.96	0.05
Fatty acids		g/100 g fat	g/100 ml
- Essential			
Linoleic acid	C18:2	15.1	0.81
Linolenic acid (gamma)	C18:3	0.06	trace
Linolenic acid (alpha)	C18:3	1.44	0.08
- Polyunsaturated			
Arachidonic acid	C20:4	0.72	0.04
Docosahexaenoic acid (DHA)	C22:6	0.48	0.03
- Monounsaturated			
Palmitoleic acid	C16:1	0.12	0.01
Oleic acid	C18:1	45.4	2.44
Petroselinic acid	C18:1	0.06	trace
Gadoleic acid	C20:1	0.06	trace
Erucic acid	C22:1	-	-
- Saturated			
Caproic acid	C6:0	0.13	0.01
Caprylic acid	C8:0	1.73	0.09
Capric acid	C10:0	1.51	0.08
Lauric acid	C12:0	11.4	0.61
Myristic acid	C14:0	4.94	0.27
Palmitic acid	C16:0	7.00	0.38
Margaric acid	C17:0	0.05	trace
Stearic acid	C18:0	3.77	0.20
Arachidic acid	C20:0	0.34	0.02
Behenic acid	C22:0	0.56	0.03
Lignoceric acid	C24:0	0.13	0.01
P/S ratio	0.57		
n6 : n3 ratio	8.4 : 1		

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