



Similac High Energy

High energy infant formula for special medical purposes

PRESENTATION

- Presented in 60 ml and 200 ml plastic bottles. The 60 ml bottles come as a unit of 48 x 60 ml.
- Ready to feed.

NB Both presentations are detailed on this datasheet

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.
- Avoid prolonged exposure to light.
- 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 the 60 ml and 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, skimmed *milk* powder, *lactose*, high oleic sunflower oil, whey protein concentrate (*milk* protein), soy oil, coconut oil, galacto-oligosaccharides (*milk* protein), emulsifiers: E322 (*soy* lecithin), E471, calcium carbonate, arachidonic acid (AA) from *M. alpina* oil, potassium citrate, docosahexaenoic acid (DHA) from *C. cohnii* oil, choline bitartrate, magnesium chloride, vitamin C, taurine, m-inositol, ferrous sulphate, sodium citrate, zinc sulphate, potassium phosphate dibasic, l-carnitine tartrate, vitamin E, niacin, cytidine 5'-monophosphate, adenosine 5'-monophosphate, disodium uridine 5'-monophosphate, disodium guanosine 5'-monophosphate, calcium pantothenate, potassium chloride, vitamin A palmitate, copper sulphate, thiamin (vitamin B₁), riboflavin (vitamin B₂), manganese sulphate, vitamin B₆, folic acid, potassium iodide, vitamin K₁, biotin, vitamin D₃, sodium selenate, vitamin B₁₂.

Note: Information based on 200 ml bottle. Minor differences exist between presentations.

GENERAL INFORMATION

	PRESENTATION	
	60 ml	200 ml
Energy density	1.0 kcal/ml	1.0 kcal/ml
Energy distribution:		
Protein	10.3%	10.4%
Carbohydrate	40.8%	40.3%
Fat	48.1%	48.5%
Fibre (GOS)	0.80%	0.80%
Renal solute load	211 mOsm/L	211 mOsm/L
Osmolarity	341 mOsm/L	284 mOsm/L
Osmolality	373 mOsm/kg	333 mOsm/kg
Gluten free?	✓	✓
Clinically lactose free?	✗	✗
Milk free?	✗	✗
Suitable for vegetarians?	✓ ¹	✓ ¹

For suitability for other diets and 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.