

Similac High Energy

Energy dense 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 or supplemental source of nutrition for infants**. Suitable from birth up to 8 kg in weight (or 18 months of age)**.

COMMUNITY USE / INDICATIONS

Suitable for the dietary management of disease-related malnutrition, growth failure, increased energy requirements and/or fluid restriction.

Available on the GMS (General Medical Services) Scheme.

STORAGE

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

PRECAUTIONS

- Breast feeding is best for infants. 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 infant ill.
- Carers should not make any additions to the feed without consulting their pharmacist or dietitian.
- Infants 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 infants. Do not use a feeding bottle as a comforter and from about 6 months, plan to gradually introduce a training cup or free flow beaker for drinks.

CONTRA-INDICATIONS

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

PREPARATION GUIDE

- Thoroughly wash hands.
- Wash and rinse all equipment to be used in preparing the feed.
- Sterilise all utensils according to manufacturers' instructions or boil for 10 minutes. 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.
- 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 resealed, 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, B₁, B₂, B₆, folic acid, K₁, biotin, D₃, B₁₂, 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	48.50%
Fibre (GOS)	0.80%
Renal solute load	226 mOsm/L
Osmolarity	299 mOsm/L
Osmolality	350 mOsm/kg H ₂ O
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 1800 411 411.

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

Similac High Energy

UNFLAVOURED

GMS APPROVED

Similac High Energy is a 1.0kcal/ml, energy dense infant formula for special medical purposes. Suitable from birth up to 8 kg in weight (or 18 months of age)* for the dietary management of disease-related malnutrition, growth failure, increased energy requirements and/or fluid restriction.

NUTRITIONAL INFORMATION	UNIT	PER 100mL	PER BOTTLE (200mL)
Energy	kJ	419	838
	kcal	100	200
Protein (nitrogen)	g	2.60 (0.42)	5.20 (0.83)
Carbohydrate	g	10.1	20.2
of which sugars	g	5.5	11
Fat	g	5.4	10.80
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 docosahexanoic acid (DHA)	mg	25	50
Fibre (GOS*)	g	0.40	0.80
Salt	g	0.09	0.18
VITAMINS			
Vitamin A (RE)	µg	100	200
Vitamin D ₃	µg (IU)	2.2 (88)	4.4 (176)
Vitamin E (α.TE)	mg	3.0	6.0
Vitamin K ₁	µg	7.0	14
Vitamin C	mg	12	24
Vitamin B ₁	mg	0.15	0.30
Vitamin B ₂	mg	0.25	0.50
Niacin	mg	1.2	2.4
Vitamin B ₆	mg	0.09	0.18
Folic acid	µg	19	38
Vitamin B ₁₂	µg	0.30	0.60
Pantothenic Acid	mg	0.50	1.0
Biotin	µg	4.5	9.0
MINERALS			
Sodium	mg (mmol)	35 (1.52)	70 (3.0)
Potassium	mg (mmol)	110 (2.81)	220 (5.6)
Chloride	mg (mmol)	75 (2.12)	150 (4.2)
Calcium	mg (mmol)	80 (2.0)	160 (4.0)
Phosphorus (Phosphate)	mg (mmol)	42 (1.36)	84 (2.71)
Magnesium	mg (mmol)	9.0 (0.37)	18 (0.74)
Iron	mg	1.1	2.2
Zinc	mg	0.70	1.4
Copper	mg	0.08	0.15
Manganese	mg	0.05	0.10
Iodine	µg	19	38
Selenium	µg	4.0	8.0
Total Nucleotide equivalents	µg	3.5	7.0
Choline	mg	32	64
L-carnitine	mg	2.0	4.0
Taurine	mg	6.5	13
Inositol	mg	24	48
Osmolality	mOsm/kg H ₂ O		350
Osmolarity	mOsm/litre		299
Water	g	85.6	171.2
Renal solute load	mOsm/litre		226

ORDER CODES

Bottle 200mL: 5623