

Formula Weights, Volumes, and Calories

Gerber® Good Start® Infant & Toddler Formula Powders

Formula	Container Size	Grams per Container	Volume of Prepared Formula per Container (fl oz)	Calories per Container	Grams per Level Cup	Grams per Level Scoop
Gerber® Good Start® Gentle	12.7 oz	360	92	1843	103	8.7
	23.2 oz	657	168	3364		
	25 oz	708	181	3625		
Gerber® Good Start® Soothe	12.4 oz	351	90	1797	103	8.7
	22.2 oz	629	160	3220		
	30.6 oz	867	221	4439		
Gerber® Good Start® Soy	12.9 oz	366	91	1834	105	8.9
	25.7 oz	728	182	3647		
Gerber® Good Start® Extensive HA®	14.1 oz	400	96	1972	130	4.6
Gerber® Good Start® Gentle 2	27.8 oz	788	199	3948	105	8.9
Gerber® Good Start® Soy 3	24 oz	680	170	3407	105	8.9
Gerber® Good Start® Grow	24 oz	680	162	3094	105	9.3

- Values are approximate, based on calculated results.
- Measuring powder by weight yields the most accurate results. If an exact dilution is not required and powder is measured by volume, powder should be level and unpacked.
- As with any powdered infant formula product, use with immune-compromised infants is not recommended. When such use is recommended by a physician, we recommend following the Academy of Nutrition and Dietetics guidelines for safe preparation, storage, and administration.

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