

Mixing Instructions for Increasing Caloric Density

Gerber® Good Start®

Gentle, Gentle 2, Soothe, Soy & Soy 3
Infant & Toddler Formula Powders

Mixing Instructions for Increasing Caloric Density					
Desired Concentration	Water		Unpacked Level Scoop	Approximate Yield	
	fl oz	mL		fl oz	mL
20 kcal/fl oz	2	60	1	2.3	67
22 kcal/fl oz	3.5	105	2	4	118
24 kcal/fl oz	6.5	195	4	7.5	222
27 kcal/fl oz	4.25	128	3	5	148
30 kcal/fl oz	3.75	113	3	4.5	133

One scoop of powder has approximately 44.5 calories

One scoop of powder displaces approximately 6.6 mL

Gerber® Good Start®

Extensive HA® Infant Formula Powder

Mixing Instructions for Increasing Caloric Density					
Desired Concentration	Water		Unpacked Level Scoop	Approximate Yield	
	fl oz	mL		fl oz	mL
20 kcal/fl oz	2.0	60	2	2.2	66
22 kcal/fl oz	1.9	55	2	2.1	62
24 kcal/fl oz	2.5	75	3	2.9	85
27 kcal/fl oz	2.2	65	3	2.5	75
30 kcal/fl oz	2.5	75	4	3.0	88

One scoop of powder has approximately 22.7 calories

One scoop of powder displaces approximately 3.3 mL

Higher calorie formula concentrations should be used only under the direction of a medical professional.

Decisions regarding caloric concentration should be based on medical condition and history. The health care provider is responsible for determining nutritional requirements and monitoring patient tolerance to feedings. The extended use of >20 kcal/fl oz formula is not recommended in the absence of medical necessity.

As with any powdered infant formula product, use with immune compromised infants is not recommended. When such use is necessary, we recommend following the Academy of Nutrition and Dietetics guidelines for safe preparation, storage, and administration.

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Gerber® Good Start® Gentle Infant Formula Powder

Resulting Nutrient Profiles	Per 100 kcal	Per 100 mL				
		20 kcal/fl oz	22 kcal/fl oz	24 kcal/fl oz	27 kcal/fl oz	30 kcal/fl oz
Energy, kcal	100	68	74	81	91	101
Volume, mL	148	100	100	100	100	100
Protein, g	2.2	1.5	1.6	1.8	2	2.2
Fat, g	5.1	3.4	3.8	4.1	4.7	5.2
Linoleic Acid, mg	900	609	670	730	822	913
Linolenic Acid, mg	85	57	63	69	78	86
DHA, % total fat	0.32	0.32	0.32	0.32	0.32	0.32
ARA, % total fat	0.32	0.32	0.32	0.32	0.32	0.32
Carbohydrate, g	11.2	7.6	8.3	9.1	10.2	11.4
Vitamins						
Vitamin A, IU	300	203	223	243	274	304
Vitamin D, IU	75	51	56	61	68	76
Vitamin E, IU	2	1.4	1.5	1.6	1.8	2
Vitamin K, mcg	8	5.4	6	6.5	7.3	8.1
Thiamine (Vitamin B ₁), mcg	100	68	74	81	91	101
Riboflavin (Vitamin B ₂), mcg	140	95	104	114	128	142
Vitamin B ₆ , mcg	75	51	56	61	68	76
Vitamin B ₁₂ , mcg	0.33	0.22	0.25	0.27	0.3	0.33
Niacin, mcg	1050	710	781	852	959	1065
Folic Acid, mcg	15	10	11	12	14	15
Pantothenic Acid, mcg	450	304	335	365	411	457
Biotin, mcg	4.4	3	3.3	3.6	4	4.5
Vitamin C, mg	10	6.8	7.4	8.1	9.1	10.1
Choline, mg	24	16	18	19	22	24
Inositol, mg	6	4.1	4.5	4.9	5.5	6.1
Minerals						
Calcium, mg	67	45	50	54	61	68
Phosphorus, mg	38	26	28	31	35	39
Magnesium, mg	7	4.7	5.2	5.7	6.4	7.1
Iron, mg	1.5	1	1.1	1.2	1.4	1.5
Zinc, mg	0.8	0.54	0.6	0.65	0.73	0.81
Manganese, mcg	15	10	11	12	14	15
Copper, mcg	80	54	60	65	73	81
Iodine, mcg	12	8.1	8.9	9.7	11	12.2
Selenium, mcg	3	2	2.2	2.4	2.7	3
Sodium, mg	27	18	20	22	25	27
Potassium, mg	108	73	80	88	99	110
Chloride, mg	65	44	48	53	59	66
Other						
Prebiotic, g/L		0.25 2'FL HMO [†]				
Probiotic, CFU/g powder [^]		1 x 10 ⁶ , <i>B. lactis</i>				
Added Nucleotides, mg	4.6	3.1	3.4	3.7	4.2	4.7
PRSL* (mOsm/100 kcal)	19.6	-	-	-	-	-
PRSL* (mOsm/100 mL)	-	13.3	14.6	15.9	17.9	19.9
Approximate Osmolality, mOsm/kg water	250	250	275	300	338	375

* Potential Renal Solute Load † Human milk oligosaccharides. Not from human milk. Nutrients per 100 mL are based on calculated results

^ Colony Forming Units

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Gerber® Good Start® Gentle 2 Infant Formula Powder

Resulting Nutrient Profiles	Per 100 kcal	Per 100 mL				
		20 kcal/fl oz	22 kcal/fl oz	24 kcal/fl oz	27 kcal/fl oz	30 kcal/fl oz
Energy, kcal	100	68	74	81	91	101
Volume, mL	148	100	100	100	100	100
Protein, g	1.9	1.3	1.4	1.5	1.7	1.9
Fat, g	5.1	3.4	3.8	4.1	4.7	5.2
Linoleic Acid, mg	900	609	670	730	822	913
Linolenic Acid, mg	85	57	63	69	78	86
DHA, % total fat	0.32	0.32	0.32	0.32	0.32	0.32
ARA, % total fat	0.32	0.32	0.32	0.32	0.32	0.32
Carbohydrate, g	11.9	8	8.9	9.7	10.9	12.1
Vitamins						
Vitamin A, IU	300	203	223	243	274	304
Vitamin D, IU	75	51	56	61	68	76
Vitamin E, IU	2	1.4	1.5	1.6	1.8	2
Vitamin K, mcg	8	5.4	6	6.5	7.3	8.1
Thiamine (Vitamin B ₁), mcg	100	68	74	81	91	101
Riboflavin (Vitamin B ₂), mcg	140	95	104	114	128	142
Vitamin B ₆ , mcg	75	51	56	61	68	76
Vitamin B ₁₂ , mcg	0.3	0.2	0.22	0.24	0.27	0.3
Niacin, mcg	1050	710	781	852	959	1065
Folic Acid, mcg	15	10	11	12	14	15
Pantothenic Acid, mcg	450	304	335	365	411	457
Biotin, mcg	4.4	3	3.3	3.6	4	4.5
Vitamin C, mg	12	8.1	8.9	9.7	11	12.2
Choline, mg	28	19	21	23	26	28
Inositol, mg	6	4.1	4.5	4.9	5.5	6.1
Minerals						
Calcium, mg	87	59	65	71	79	88
Phosphorus, mg	50	34	37	41	46	51
Magnesium, mg	7	4.7	5.2	5.7	6.4	7.1
Iron, mg	2	1.4	1.5	1.6	1.8	2
Zinc, mg	0.8	0.54	0.6	0.65	0.73	0.81
Manganese, mcg	15	10	11	12	14	15
Copper, mcg	80	54	60	65	73	81
Iodine, mcg	12	8.1	8.9	9.7	11	12.2
Selenium, mcg	3	2	2.2	2.4	2.7	3
Sodium, mg	27	18	20	22	25	27
Potassium, mg	108	73	80	88	99	110
Chloride, mg	65	44	48	53	59	66
Other						
Prebiotic, g/L		0.25 2'FL HMO [†]				
Probiotic, CFU/g powder [^]		1 x 10 ⁶ , <i>B. lactis</i>				
Added Nucleotides, mg	4.6	3.1	3.4	3.7	4.2	4.7
PRSL* (mOsm/100 kcal)	18.3	-	-	-	-	-
PRSL* (mOsm/100 mL)	-	12.4	13.6	14.9	16.7	18.6
Approximate Osmolality, mOsm/kg water	250	250	275	300	338	375

† Human milk oligosaccharides. Not from human milk. Nutrients per 100 mL are based on calculated results

^ Potential Renal Solute Load

^ Colony Forming Units

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Gerber® Good Start® Soothe Infant Formula Powder

Resulting Nutrient Profiles	Per 100 calories	Per 100 mL				
		20 kcal/fl oz	22 kcal/fl oz	24 kcal/fl oz	27 kcal/fl oz	30 kcal/fl oz
Energy, kcal	100	68	74	81	91	101
Volume, mL	148	100	100	100	100	100
Protein, g	2.2	1.5	1.6	1.8	2	2.2
Fat, g	5.1	3.4	3.8	4.1	4.7	5.2
Linoleic Acid, mg	900	609	670	730	822	913
Linolenic Acid, mg	85	57	63	69	78	86
DHA, % total fat	0.32	0.32	0.32	0.32	0.32	0.32
ARA, % total fat	0.32	0.32	0.32	0.32	0.32	0.32
Carbohydrate, g	11.2	7.6	8.3	9.1	10.2	11.4
Vitamins						
Vitamin A, IU	300	203	223	243	274	304
Vitamin D, IU	60	41	45	49	55	61
Vitamin E, IU	2	1.4	1.5	1.6	1.8	2
Vitamin K, mcg	8	5.4	6	6.5	7.3	8.1
Thiamine (Vitamin B ₁), mcg	100	68	74	81	91	101
Riboflavin (Vitamin B ₂), mcg	140	95	104	114	128	142
Vitamin B ₆ , mcg	75	51	56	61	68	76
Vitamin B ₁₂ , mcg	0.33	0.22	0.25	0.27	0.3	0.33
Niacin, mcg	1050	710	781	852	959	1065
Folic Acid, mcg	15	10	11	12	14	15
Pantothenic Acid, mcg	450	304	335	365	411	457
Biotin, mcg	4.4	3	3.3	3.6	4	4.5
Vitamin C, mg	10	6.8	7.4	8.1	9.1	10.1
Choline, mg	24	16	18	19	22	24
Inositol, mg	6	4.1	4.5	4.9	5.5	6.1
Minerals						
Calcium, mg	72	49	54	58	66	73
Phosphorus, mg	40	27	30	32	37	41
Magnesium, mg	7	4.7	5.2	5.7	6.4	7.1
Iron, mg	1.5	1	1.1	1.2	1.4	1.5
Zinc, mg	0.8	0.54	0.6	0.65	0.73	0.81
Manganese, mcg	15	10	11	12	14	15
Copper, mcg	80	54	60	65	73	81
Iodine, mcg	12	8.1	8.9	9.7	11	12.2
Selenium, mcg	3	2	2.2	2.4	2.7	3
Sodium, mg	27	18	20	22	25	27
Potassium, mg	108	73	80	88	99	110
Chloride, mg	65	44	48	53	59	66
Other						
Prebiotic, g/L		0.25 2'FL HMO [†]				
Probiotic, CFU/g powder [^]		1 x 10 ⁶ , <i>L. reuteri</i>				
Added Nucleotides, mg	4.6	3.1	3.4	3.7	4.2	4.7
PRSL* (mOsm/100 kcal)	19.5	-	-	-	-	-
PRSL* (mOsm/100 mL)	-	13.2	14.5	15.8	17.8	19.8
Approximate Osmolality, mOsm/kg water	195	195	215	234	263	293

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[^] Colony Forming Units [†] Human milk oligosaccharides. Not from human milk. Nutrients per 100 mL are based on calculated results



Gerber® Good Start® Soy Infant Formula Powder

Resulting Nutrient Profiles	Per 100 calories	Per 100 mL				
		20 kcal/fl oz	22 kcal/fl oz	24 kcal/fl oz	27 kcal/fl oz	30 kcal/fl oz
Energy, kcal	100	68	74	81	91	101
Volume, mL	148	100	100	100	100	100
Protein, g	2.5	1.7	1.9	2	2.3	2.5
Fat, g	5.1	3.4	3.8	4.1	4.7	5.2
Linoleic Acid, mg	920	622	684	747	840	933
Linolenic Acid, mg	85	57	63	69	78	86
DHA, % total fat	0.32	0.32	0.32	0.32	0.32	0.32
ARA, % total fat	0.32	0.32	0.32	0.32	0.32	0.32
Carbohydrate, g	11.1	7.5	8.3	9	10.1	11.3
Vitamins						
Vitamin A, IU	300	203	223	243	274	304
Vitamin D, IU	60	41	45	49	55	61
Vitamin E, IU	3	2	2.2	2.4	2.7	3
Vitamin K, mcg	9	6.1	6.7	7.3	8.2	9.1
Thiamine (Vitamin B ₁), mcg	80	54	60	65	73	81
Riboflavin (Vitamin B ₂), mcg	94	64	70	76	86	95
Vitamin B ₆ , mcg	60	41	45	49	55	61
Vitamin B ₁₂ , mcg	0.33	0.22	0.25	0.27	0.3	0.33
Niacin, mcg	1050	710	781	852	959	1065
Folic Acid, mcg	16	11	12	13	15	16
Pantothenic Acid, mcg	500	338	372	406	457	507
Biotin, mcg	5	3.4	3.7	4.1	4.6	5.1
Vitamin C, mg	12	8.1	8.9	9.7	11	12.2
Choline, mg	24	16	18	19	22	24
Inositol, mg	6	4.1	4.5	4.9	5.5	6.1
Minerals						
Calcium, mg	105	71	78	85	96	107
Phosphorus, mg	63	43	47	51	58	64
Magnesium, mg	11	7.4	8.2	8.9	10	11.2
Iron, mg	1.8	1.2	1.3	1.5	1.6	1.8
Zinc, mg	0.9	0.61	0.67	0.73	0.82	0.91
Manganese, mcg	25	17	19	20	23	25
Copper, mcg	80	54	60	65	73	81
Iodine, mcg	15	10	11	12	14	15
Selenium, mcg	3	2	2.2	2.4	2.7	3
Sodium, mg	40	27	30	32	37	41
Potassium, mg	116	78	86	94	106	118
Chloride, mg	70	47	52	57	64	71
Other						
PSRL* (mOsm/100 kcal)	23.1	-	-	-	-	-
PRSL* (mOsm/100 mL)	-	15.6	17.2	18.7	21.1	23.4
Approximate Osmolality, mOsm/kg water	180	180	198	216	243	270

* Potential Renal Solute Load Nutrients per 100 mL are based on calculated results



Gerber® Good Start® Soy 3 Infant & Toddler Formula Powder

Resulting Nutrient Profiles	Per 100 calories	Per 100 mL				
		20 kcal/fl oz	22 kcal/fl oz	24 kcal/fl oz	27 kcal/fl oz	30 kcal/fl oz
Energy, kcal	100	68	74	81	91	101
Volume, mL	148	100	100	100	100	100
Protein, g	2.8	1.9	2.1	2.3	2.6	2.8
Fat, g	5	3.4	3.7	4.1	4.6	5.1
Linoleic Acid, mg	920	622	684	747	840	933
Linolenic Acid, mg	90	61	67	73	82	91
DHA, % total fat	0.32	0.32	0.32	0.32	0.32	0.32
ARA, % total fat	0.32	0.32	0.32	0.32	0.32	0.32
Carbohydrate, g	10.9	7.4	8.1	8.8	10.0	11.1
Vitamins						
Vitamin A, IU	300	203	223	243	274	304
Vitamin D, IU	60	41	45	49	55	61
Vitamin E, IU	3	2	2.2	2.4	2.7	3
Vitamin K, mcg	9	6.1	6.7	7.3	8.2	9.1
Thiamine (Vitamin B ₁), mcg	80	54	60	65	73	81
Riboflavin (Vitamin B ₂), mcg	94	64	70	76	86	95
Vitamin B ₆ , mcg	60	41	45	49	55	61
Vitamin B ₁₂ , mcg	0.3	0.2	0.22	0.24	0.27	0.3
Niacin, mcg	1050	710	781	852	959	1065
Folic Acid, mcg	16	11	12	13	15	16
Pantothenic Acid, mcg	500	338	372	406	457	507
Biotin, mcg	5	3.4	3.7	4.1	4.6	5.1
Vitamin C, mg	12	8.1	8.9	9.7	11.0	12.2
Choline, mg	24	16	18	19	22	24
Inositol, mg	6	4.1	4.5	4.9	5.5	6.1
Minerals						
Calcium, mg	190	129	141	154	173	193
Phosphorus, mg	106	72	79	86	97	108
Magnesium, mg	11	7.4	8.2	8.9	10	11.2
Iron, mg	2	1.4	1.5	1.6	1.8	2
Zinc, mg	0.9	0.61	0.67	0.73	0.82	0.91
Manganese, mcg	50	34	37	41	46	51
Copper, mcg	75	51	56	61	68	76
Iodine, mcg	15	10	11	12	14	15
Selenium, mcg	3	2	2.2	2.4	2.7	3
Sodium, mg	40	27	30	32	37	41
Potassium, mg	116	78	86	94	106	118
Chloride, mg	71	48	53	58	65	72
Other						
PSRL* (mOsm/100 kcal)	26.1	-	-	-	-	-
PRSL* (mOsm/100 mL)	-	17.7	19.4	21.2	23.8	26.5
Approximate Osmolality, mOsm/kg water	180	180	198	216	243	270

* Potential Renal Solute Load Nutrients per 100 mL are based on calculated results

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Gerber® Good Start® Extensive HA® Infant Formula Powder

Resulting Nutrient Profiles	Per 100 calories	Per 100 mL				
		20 kcal/fl oz	22 kcal/fl oz	24 kcal/fl oz	27 kcal/fl oz	30 kcal/fl oz
Energy, kcal	100	68	74	81	91	101
Volume, mL	148	100	100	100	100	100
Protein, g	2.6	1.8	1.9	2.1	2.4	2.6
Fat, g	5.1	3.4	3.8	4.1	4.7	5.2
Linoleic Acid, mg	777	526	578	631	709	788
Linolenic Acid, mg	100	68	74	81	91	101
DHA, % total fat	0.32	0.32	0.32	0.32	0.32	0.32
ARA, % total fat	0.32	0.32	0.32	0.32	0.32	0.32
Carbohydrate, g	10.9	7.4	8.1	8.8	10.0	11.1
Vitamins						
Vitamin A, IU	300	203	223	243	274	304
Vitamin D, IU	45	30	33	37	41	46
Vitamin E, IU	2	1.4	1.5	1.6	1.8	2
Vitamin K, mcg	10	6.8	7	8.1	9.1	10.1
Thiamine (Vitamin B ₁), mcg	73	49	54	59	67	74
Riboflavin (Vitamin B ₂), mcg	152	103	113	123	139	154
Vitamin B ₆ , mcg	79	53	59	64	72	80
Vitamin B ₁₂ , mcg	0.3	0.2	0.22	0.24	0.3	0.3
Niacin, mcg	1028	695	765	834	959	1043
Folic Acid, mcg	15	10	11	12	14	15
Pantothenic Acid, mcg	730	494	543	592	667	741
Biotin, mcg	2	1	1.5	1.6	2	2
Vitamin C, mg	15	10	11	12	14	15
Choline, mg	24	16	18	19	22	24
Inositol, mg	20	13.5	14.9	16.2	18.3	20.3
Minerals						
Calcium, mg	90	61	67	73	82	91
Phosphorus, mg	63	43	47	51	58	64
Magnesium, mg	9	6.1	6.7	7.3	8.2	9.1
Iron, mg	1.8	1	1.3	1.5	1.6	1.8
Zinc, mg	1	0.68	0.7	0.81	0.91	1.01
Manganese, mcg	7	5	5	6	6	7
Copper, mcg	98	66	73	80	89	99
Iodine, mcg	15	10.1	11.2	12.2	14	15.2
Selenium, mcg	2	1	1.5	1.6	1.8	2
Sodium, mg	38	26	28	31	35	39
Potassium, mg	98	66	73	80	89	99
Chloride, mg	79	53	59	64	72	80
Other						
Probiotic, CFU/g powder [^]	1 x 10 ⁶ , <i>B. lactis</i>					
Added Nucleotides, mg	4.6	3.1	3.4	3.7	4.2	4.7
PSRL* (mOsm/100 kcal)	26.8	-	-	-	-	-
PSRL* (mOsm/100 mL)	-	18.1	19.9	21.8	24.5	27.2
Approximate Osmolality, mOsm/kg water	220	220	242	264	297	330

* Colony Forming Units * Potential Renal Solute Load Nutrients per 100 mL are based on calculated results

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