

FOR MEDICAL PROFESSIONAL USE ONLY



Mixing Instructions for Increasing Calories for Infant Formulas



Gerber® Good Start®
GentlePro Powder
Infant Formula



Gerber® Good Start®
Gentle Powder
Infant Formula



Nestlé® NAN® 1
PRO Powder
Infant Formula



Gerber® Good Start®
SoothePro Powder
Infant Formula



Gerber® Good Start®
Gentle Soy Powder
Infant Formula



Gerber® Good Start®
GentlePro 2 Powder
Infant Formula



Gerber® Good Start®
Gentle Soy 2 Powder
Infant Formula

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

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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GMED5540722



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Gerber® Good Start® GentlePro Powder Infant Formula

RESULTING NUTRIENT PROFILES

Nutrients	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	2.0	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	2.0
Vitamin K, mcg	8	5.4	6.0	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	0.30	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	3.0	3.3	3.6	4.0	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	1.0	1.1	1.2	1.4	1.5
Zinc, mg	0.8	0.54	0.60	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	11.0	12.2
Selenium, mcg	3	2.0	2.2	2.4	2.7	3.0
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
PSRL* (mOsm/100 kcal)	19.6	-	-	-	-	-
PSRL* (mOsm/100 mL)	-	13.3	14.6	15.9	17.9	19.9
Approximate Osmolality, mOsm/kg water	255	255	281	306	344	383

* PRSL = Potential Renal Solute Load # Human Milk Oligosaccharide. Nutrients per 100 mL are based on calculated results

^ Colony Forming Units

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Gerber® Good Start® Gentle Powder Infant Formula

RESULTING NUTRIENT PROFILES

Nutrients	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	2.1	1.4	1.6	1.7	1.9	2.1
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	127	86	94	103	116	129
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	11.4	7.7	8.5	9.3	10.4	11.6
Vitamins						
Vitamin A, IU	300	203	223	243	274	304
Vitamin D, IU	65	44	48	53	59	66
Vitamin E, IU	2	1.4	1.5	1.6	1.8	2.0
Vitamin K, mcg	8	5.4	6.0	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	0.30	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	3.0	3.3	3.6	4.0	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	1.0	1.1	1.2	1.4	1.5
Zinc, mg	0.8	0.54	0.60	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	11.0	12.2
Selenium, mcg	3	2.0	2.2	2.4	2.7	3.0
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	5.1	3.4	3.8	4.1	4.7	5.2
PSRL* (mOsm/100 kcal)	19.0	-	-	-	-	-
PSRL* (mOsm/100 mL)	-	12.9	14.1	15.4	17.3	19.3
Approximate Osmolality, mOsm/kg water	310	255	341	372	419	465

Nutrients per 100 mL are based on calculated results

Human Milk Oligosaccharide.

* PSRL = Potential Renal Solute Load

^ Colony Forming Units

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Nestlé® NAN® 1 PRO Powder Infant Formula

RESULTING NUTRIENT PROFILES

Nutrients	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	2.1	1.4	1.6	1.7	1.9	2.1
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	125	85	93	101	114	127
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	11.5	7.8	8.6	9.3	10.5	11.7
Vitamins						
Vitamin A, IU	300	203	223	243	274	304
Vitamin D, IU	65	44	48	53	59	66
Vitamin E, IU	2	1.4	1.5	1.6	1.8	2.0
Vitamin K, mcg	8	5.4	6.0	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	0.30	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	3.0	3.3	3.6	4.0	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	1.3	0.9	1.0	1.1	1.2	1.3
Zinc, mg	0.8	0.54	0.60	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	11.0	12.2
Selenium, mcg	3	2.0	2.2	2.4	2.7	3.0
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	5	3.4	3.7	4.1	4.6	5.1
PSRL* (mOsm/100 kcal)	19.0	-	-	-	-	-
PSRL* (mOsm/100 mL)	-	12.9	14.1	15.4	17.3	19.3
Approximate Osmolality, mOsm/kg water	312	255	343	374	421	468

Nutrients per 100 mL are based on calculated results

Human Milk Oligosaccharide.

* PSRL = Potential Renal Solute Load

[^] Colony Forming Units

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Gerber® Good Start® SoothePro Powder Infant Formula

RESULTING NUTRIENT PROFILES

Nutrients	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	2.0	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	2.0
Vitamin K, mcg	8	5.4	6.0	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	0.30	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	3.0	3.3	3.6	4.0	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	1.0	1.1	1.2	1.4	1.5
Zinc, mg	0.8	0.54	0.60	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	11.0	12.2
Selenium, mcg	3	2.0	2.2	2.4	2.7	3.0
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	5	3.4	3.7	4.1	4.6	5.1
PSRL* (mOsm/100 kcal)	19.7	-	-	-	-	-
PSRL* (mOsm/100 mL)	-	13.3	14.7	16.0	18.0	20.0
Approximate Osmolality, mOsm/kg water	188	188	207	226	254	282

Nutrients per 100 mL are based on calculated results

Human Milk Oligosaccharide.

* PSRL = Potential Renal Solute Load

^ Colony Forming Units

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Gerber® Good Start® Gentle Soy Powder Infant Formula

RESULTING NUTRIENT PROFILES

Nutrients	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	2.0	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	9.0	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	2.0	2.2	2.4	2.7	3.0
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	0.20	0.22	0.24	0.27	0.30
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	105	71	78	85	96	107
Phosphorus, mg	63	43	47	51	58	64
Magnesium, mg	11	7.4	8.2	8.9	10.0	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	2.0	2.2	2.4	2.7	3.0
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)	23.1	-	-	-	-	-
PSRL* (mOsm/100 mL)	-	15.6	17.2	18.7	21.1	23.4
Approximate Osmolality, mOsm/kg water	180	180	198	216	243	270

Nutrients per 100 mL are based on calculated results

* PSRL = Potential Renal Solute Load

^ Colony Forming Units