

**Suitable for:**

**SMA GOLD PREM® BREAST MILK FORTIFIER** is a powdered preparation which provides extra protein, energy, calcium, omega 3 and 6, vitamins A & E and iron.

When 1 g sachet is added to 25 ml of expressed breast milk or donor milk, **SMA GOLD PREM® BREAST MILK FORTIFIER** enables the preterm low birthweight infant to benefit from the advantages of breast milk while ensuring an adequate intake of the nutrients needed to promote catch-up growth and development.<sup>2</sup>

**Not suitable for:**

1. Cows' milk protein intolerance/allergy.
2. Lactose intolerance.
3. Inborn errors of metabolism such as phenylketonuria, galactosaemia and galactokinase deficiency.

**Shelf life:**

**SMA GOLD PREM® BREAST MILK FORTIFIER** has a shelf life of 24 months.



**INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY**

**DATA CARD**

**SMA GOLD PREM® BREAST MILK FORTIFIER**

Food for special medical purposes designed to be added to expressed breast milk for the dietary management of feeding preterm low birthweight infants.



- Contains fish oil as source of DHA
- ACBS approved (available on prescription, UK only)
- Halal Certified

**IMPORTANT NOTICE:** We believe that breastfeeding is the ideal nutritional start for babies as breast milk provides a balanced diet and protection against illness for a baby. We fully support the World Health Organization's recommendation of exclusive breastfeeding for the first six months of life followed by the introduction of adequate nutritious complementary foods along with sustained breastfeeding up to two years of age. We also recognise that breastfeeding may not be an option due to certain medical conditions. Parents should only feed infant formula for special medical purposes under supervision of a healthcare professional after full consideration of all feeding options, including breastfeeding. Continued use must be assessed by the healthcare professional in relation to the baby's progress bearing in mind any social and financial implications for the family. Infant formula should always be prepared, used and stored as instructed on the label in order to avoid risks to a baby's health. **This product must be used under medical supervision.** **SMA GOLD PREM® BREAST MILK FORTIFIER** is a food for special medical purposes designed to be added to expressed breast milk for the dietary management of feeding preterm low birthweight babies. It is NOT a breast milk substitute. It is not suitable for use as the sole source of nutrition.

**sma** **UK** 0800 081 81 80  
[www.smahcp.co.uk](http://www.smahcp.co.uk)  
**Nutrition Careline** **ROI** 1800 931 832  
[www.smahcp.ie](http://www.smahcp.ie)

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**Nutrition information for SMA GOLD PREM® BREAST MILK FORTIFIER**

	Units	Breast milk composition Postnatal age >28 days (Midpoint of means/ medians) (per 100 ml) <sup>†</sup>	SMA GOLD PREM® BMF (per 1 g sachet)	Breast milk + 4 g (4 sachets) SMA GOLD PREM® BMF (per 100 ml)
<b>Energy</b>				
	kJ		18	
	kcal		4.3	84.2
<b>Fat</b>	g	67	0.18	4.32
of which, saturates	g	n.s.	0.1	~0.4
of which, Medium Chain Triglycerides	g	n.s.	0.1	~0.4
of which, polyunsaturates	g	n.s.	0.018	~0.072
<b>of which</b>				
α-linolenic Acid (Omega 3)	mg	n.s.	4.2	~16.8
Docosahexaenoic Acid (Omega 3) <sup>†</sup>	mg	n.s.	1.6	~6.4
Linoleic Acid (Omega 6)	mg	n.s.	9.6	~38.4
<b>Carbohydrate</b>	g	6.3	0.32	7.58
<b>Protein</b>	g	1.1	0.36	2.54
<b>Salt</b>	g	0.05	0.02	0.13
<b>Vitamins</b>				
<b>Vitamin A</b>	µg	38	95	418
<b>Vitamin D</b>	µg	0.11	1	4.11
<b>Vitamin E</b>	mg	0.41	1.1	4.81
<b>Vitamin K</b>	µg	0.23	2.2	9.03
<b>Vitamin C</b>	mg	6	5	26
<b>Thiamin</b>	µg	14	40	174
<b>Riboflavin</b>	µg	45	50	245
<b>Niacin</b>	mg	0.23	0.38	1.75
<b>Vitamin B6</b>	µg	20	30	140
<b>Folate (DFE)*</b>	µg	5.85	17	73.85
<b>Vitamin B12</b>	µg	0.08	0.05	0.28
<b>Biotin</b>	µg	0.5	0.9	4.1
<b>Pantothenic Acid</b>	mg	0.25	0.2	1.05
<b>Minerals</b>				
<b>Sodium</b>	mg	19	9.2	55.8
	mmol	0.8	0.4	2.4
<b>Potassium</b>	mg	50	12	98
	mmol	1.3	0.3	2.5
<b>Chloride</b>	mg	43	8	75
	mmol	1.2	0.2	2.1
<b>Calcium</b>	mg	28	19	104
	mmol	0.68	0.5	2.6
<b>Phosphorus</b>	mg	14	11	58
<b>Phosphate</b>	mmol	0.45	0.35	1.9
<b>Magnesium</b>	mg	3.1	1	7.1
	mmol	0.13	0.04	0.3
<b>Iron</b>	mg	0.03	0.45	1.83
<b>Zinc</b>	mg	0.275	0.24	1.24
<b>Copper</b>	µg	31	10	71
<b>Manganese</b>	µg	0.4	2	8.4
<b>Selenium</b>	µg	1.5	0.93	5.22
<b>Molybdenum</b>	µg	0.25	<0.2	<1.05
<b>Iodine</b>	µg	7.5	4.2	24.3
<b>Others</b>				
<b>Taurine</b>	mg	n.s.	0.5	~2
<b>Choline</b>	mg	16	2.2	24.8
<b>Inositol</b>	mg	n.s.	1.1	~4.4
<b>L-Carnitine</b>	mg	0.9	0.7	3.7

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**SMA GOLD PREM® BREAST MILK FORTIFIER ingredients**

Partially hydrolysed whey protein (**MILK**), maltodextrin, medium chain triglycerides, rapeseed oil, calcium phosphate, **FISH** oil (DHA), vitamin C, magnesium chloride, calcium chloride, sodium citrate, choline bitartrate, sodium chloride, ferrous sulphate, vitamin E, inositol, L-carnitine, zinc sulphate, taurine, niacin, pantothenic acid, vitamin A, riboflavin, thiamin, copper sulphate, vitamin B6, antioxidant (tocopherol-rich extract), folic acid, potassium iodide, manganese sulphate, vitamin K, vitamin D, biotin, sodium selenite, vitamin B12.

**Osmolality:** 390 mOsm/kg H<sub>2</sub>O when mixed with 25 ml EBM  
**Osmolarity:** 339 mOsm/L when mixed with 25 ml EBM  
**Potential Renal Solute Load:** 234.3 mOsm/L when mixed with 25 ml EBM

A red/pink colour can, in some cases, appear when breast milk is fortified with SMA GOLD PREM® BREAST MILK FORTIFIER. This is completely normal and not a cause of concern. This change in colour is due to the natural reaction between the iron present in SMA GOLD PREM® BREAST MILK FORTIFIER and the lactoferrin present in breast milk. SMA GOLD PREM® BREAST MILK FORTIFIER has been tested in a clinical trial and is safe to be fed to preterm low birthweight infants.

**References:**

- Embleton N.D et al. Enteral Nutrition in Preterm Infants (2022): A Position Paper From the ESPGHAN Committee on Nutrition and Invited Experts. JPGN 2023;76(2):248-268.
- Agostoni C et al. Enteral Nutrient Supply for Preterm Infants: Commentary from the European Society for Paediatric Gastroenterology, Hepatology and Nutrition. JPGN 2010; 50(1): 85–91.

n.s. = not specified

†LCPLs = Long Chain Polyunsaturates

\*DFE = Dietary Folate Equivalent: 1 µg DFE = 1 µg food folate = 0.6 µg folic acid from formula