

Suitable for:

SMA High Energy® is a nutrient dense formula for the dietary management of infants and young children aged 0–18 months with medically identified high energy needs.

It is suitable as the sole source of nutrition for babies up to 6 months of age, and as part of a mixed weaning diet for babies and young children up to 18 months of age.

The conditions for which this product can be prescribed are:

- Disease-related malnutrition
- Growth failure
- Malabsorption

This product is a Food for Special Medical Purposes.

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 High Energy® has a shelf life of 12 months.



90 ml



200 ml

INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

SMA HIGH ENERGY®

From birth to 18 months data card



90 ml hospital bottle
NHS catalogue code (UK): ABA073
Ireland supplier code: 12317882



200 ml carton (available on prescription)
PIP code (UK): 253–3693
Ireland supplier code: 12337116

Available on prescription (UK and Ireland)

IMPORTANT NOTICE: The World Health Organisation (WHO) has recommended that pregnant women and new mothers be informed on the benefits and superiority of breastfeeding – in particular the fact that it provides the best nutrition and protection from illness for babies. Mothers should be given guidance on the preparation for, and maintenance of, lactation, with special emphasis on the importance of a well-balanced diet both during pregnancy and after delivery. Unnecessary introduction of partial bottle-feeding or other foods and drinks should be discouraged since it will have a negative effect on breastfeeding. Similarly, mothers should be warned of the difficulty of reversing a decision not to breastfeed. Before advising a mother to use an infant formula, she should be advised of the social and financial implications of her decision: for example, if a baby is exclusively bottle-fed, more than one can (400 g) per week will be needed, so the family circumstances and costs should be kept in mind. Mothers should be reminded that breast milk is not only the best, but also the most economical food for babies. If a decision to use a formula is taken, it is important to give instructions on correct preparation methods, emphasising that unboiled water, unsterilised bottles or incorrect dilution can all lead to illness. **This product must be used under medical supervision.** SMA High Energy® is a milk based formula for the dietary management of babies and young children with medically determined high energy requirements as identified by a healthcare professional. It is suitable as the sole source of nutrition up to 6 months of age, and in conjunction with solid food up to 18 months of age. SMA High Energy® is not intended for use with preterm babies, for whom fortified breast milk or a low birthweight formula such as SMA Gold Prem® 1 is more appropriate.

sma[®]
nutrition
careline

UK 0800 081 81 80
www.smahcp.co.uk

ROI 1800 931 832
www.smahcp.ie

SMA Nutrition, 1 City Place, Gatwick, RH6 0PA
In the Republic of Ireland: SMA Nutrition, 3030 Lake Drive, Citywest Business Campus, Dublin 24, Ireland

Updated February 2019

*Reg. Trademark of Société des Produits Nestlé S.A.



ZTC4227/02/19

DSHL003-1

INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

Nutritional information for SMA High Energy®

| | Units | Per 90 ml | Per 100 ml/100 kcal |
|--|-------|-----------|---------------------|
| Energy | | | |
| | kJ | 376 | 418 |
| | kcal | 90 | 100 |
| Fat | g | 5 | 5.5 |
| of which, saturates | g | 1.7 | 1.9 |
| of which, unsaturates | g | 2.7 | 3 |
| Carbohydrate | g | 9 | 10 |
| of which, sugars | g | 6 | 6.7 |
| Protein | g | 2.3 | 2.6 |
| Salt* (= Sodium x 2.5) | g | 0.08 | 0.09 |
| Vitamins | | | |
| Vitamin A | µg | 90 | 100 |
| Vitamin D | µg | 2.25 | 2.5 |
| Vitamin E | mg | 2.1 | 2.3 |
| Vitamin K | µg | 8 | 9 |
| Vitamin C | mg | 18 | 20 |
| Thiamin | mg | 0.13 | 0.14 |
| Riboflavin | mg | 0.19 | 0.21 |
| Niacin | mg | 0.9 | 1 |
| Vitamin B₆ | mg | 0.08 | 0.09 |
| Folate (DFE) | µg | 25.5 | 28.3 |
| Vitamin B₁₂ | µg | 0.31 | 0.34 |
| Biotin | µg | 2.5 | 2.8 |
| Pantothenic acid | mg | 0.85 | 0.94 |
| Minerals | | | |
| Sodium | mg | 33 | 37 |
| Potassium | mg | 104 | 115 |
| Chloride | mg | 75 | 83 |
| Calcium | mg | 90 | 100 |
| Phosphorus | mg | 54 | 60 |
| Magnesium | mg | 10 | 11 |
| Iron | mg | 0.9 | 1 |
| Zinc | mg | 1 | 1.1 |
| Copper | mg | 0.07 | 0.08 |
| Manganese | mg | 0.02 | 0.02 |
| Fluoride | mg | <0.1 | <0.1 |
| Selenium | µg | 4.1 | 4.5 |
| Chromium | µg | <9 | <10 |
| Molybdenum | µg | <13 | <14 |
| Iodine | µg | 17 | 19 |
| Others | | | |
| Taurine | mg | 7.5 | 8.3 |
| Choline | mg | 27 | 30 |
| Inositol | mg | 18 | 20 |
| L-Carnitine | mg | 1.6 | 1.8 |
| Omega 3 | | | |
| α-linolenic acid (ALA) [†] | mg | 67.5 | 75 |
| Docosahexaenoic acid (DHA) ^{††} | mg | 27 | 30 |
| Omega 6 | | | |
| Linoleic acid (LA) [†] | mg | 765 | 850 |
| Arachidonic acid (AA) ^{††} | mg | 27 | 30 |

Theoretical fatty acid profile of SMA High Energy®

| Fatty Acid | | Units | Per 100 ml |
|------------------------------------|-------|-------|------------|
| Saturated | | | |
| Caproic acid | C6:0 | mg | 5 |
| Caprylic | C8:0 | mg | 73 |
| Capric | C10:0 | mg | 68 |
| Lauric | C12:0 | mg | 433 |
| Myristic | C14:0 | mg | 172 |
| Palmitic | C16:0 | mg | 888 |
| Stearic | C18:0 | mg | 162 |
| Arachidic | C20:0 | mg | 10 |
| Behenic | C22:0 | mg | 16 |
| Total saturated | | g | 1.9 |
| Unsaturated/Monounsaturated | | | |
| Palmitoleic | C16:1 | mg | 10 |
| Oleic | C18:1 | mg | 1984 |
| Eicosenoic | C20:1 | mg | 10 |
| Euric Acid | C22:1 | mg | 10 |
| Total monounsaturated | | g | 2 |
| Polyunsaturated | | | |
| Linoleic | C18:2 | mg | 850 |
| Linolenic | C18:3 | mg | 75 |
| Arachidonic | C20:4 | mg | 30 |
| Docosahexaenoic | C22:6 | mg | 30 |
| Total polyunsaturated | | g | 1 |
| Linoleic: linolenic ratio | | | 11.3 |

Theoretical amino acid profile of SMA High Energy®

| Amino Acid | mg per 100 ml |
|---|---------------|
| Essential & Semi-Essential Amino Acids | |
| Arginine | 80 |
| Cystine | 75 |
| Histidine | 102 |
| Isoleucine | 147 |
| Leucine | 321 |
| Lysine | 257 |
| Methionine | 61 |
| Phenylalanine | 96 |
| Threonine | 147 |
| Tryptophan | 56 |
| Tyrosine | 91 |
| Valine | 139 |
| Other Amino Acids | |
| Aspartic acid | 301 |
| Serine | 119 |
| Glutamic acid | 454 |
| Proline | 131 |
| Glycine | 52 |
| Alanine | 128 |

mmol information for SMA High Energy®

| Nutrient | Units | Per 100 ml |
|------------------|-------|------------|
| Calcium | mmol | 2.5 |
| Phosphate | mmol | 1.9 |
| Magnesium | mmol | 0.5 |
| Iron | mmol | 0.02 |
| Zinc | mmol | 0.02 |
| Sodium | mmol | 1.6 |
| Potassium | mmol | 2.9 |
| Chloride | mmol | 2.3 |

SMA High Energy® ingredients

Liquid (90 ml and 200 ml) Water, partially hydrolysed whey protein (**milk**), vegetable oils including structured vegetable oil (sunflower, palm, coconut, rapeseed), maltodextrin, lactose (**milk**), calcium phosphate, long chain polyunsaturated fatty acids (AA, DHA (**fish**)), potassium hydroxide, potassium chloride, magnesium citrate, L-Histidine, potassium phosphate, sodium chloride, choline chloride, vitamin C, calcium chloride, acidity regulator (citric acid), inositol, L-arginine, taurine, ferrous sulphate, sodium hydroxide, zinc sulphate, vitamin E, antioxidants (ascorbyl palmitate, tocopherol-rich extract), L-carnitine, pantothenic acid, niacin, copper sulphate, thiamin, riboflavin, vitamin A, vitamin B₆, manganese sulphate, potassium iodide, folic acid, vitamin K, sodium selenate, biotin, vitamin D, vitamin B₁₂.

Whey:Casein ratio: 100% whey

Osmolality: 392 mOsm/kg H₂O

Osmolarity: 336 mOsm/l

Potential Renal Solute Load: 236 mOsm/l

Lactose: 6.4 g/100 ml

* Salt is calculated as sodium x 2.5.

Sodium is present for nutritional purposes.

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

[†] Beneficial effect of essential fatty acids is obtained with a daily intake of 10 g of linoleic acid and 2 g of α-linolenic acid.

^{††} LCPS = Long Chain Polyunsaturates.

