

## Suitable for:

**SMA® Organic Growing Up Milk** is a follow-on formula for toddlers from the 12<sup>th</sup> month onwards as part of a mixed diet. It contains vitamin D and calcium to support the normal growth and development of bones, and vitamins A, C and D to help support the normal function of a young child's immune system.

**SMA® Organic Growing Up Milk** is certified organic and meets strict EU Organic requirements.

## 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® Organic Growing Up Milk** powder has a shelf life of 18 months.



800 g

## INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

# SMA® ORGANIC GROWING UP MILK

**From the 12<sup>th</sup> month onwards data card**



- Certified organic
- Halal certified

**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. **SMA® Organic Growing Up Milk** is only suitable for babies from the 12<sup>th</sup> month as part of a healthy balanced diet and it is not suitable as a breast milk substitute. The decision to start weaning or to use follow-on milk before 6 months, should be made only on the advice of a doctor, midwife, health visitor, public health nurse, dietitian or pharmacist, based on baby's individual needs.



**UK 0800 081 81 80**  
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## INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

### Nutritional information for SMA® Organic Growing Up Milk

	Units	Per 100 ml	Per 100 kcal	Per 100 g powder
<b>Energy</b>				
	kJ	281	419	2072
	kcal	67	100	495
<b>Fat</b>	g	3.1	4.6	23
of which, saturates	g	0.3	0.4	2
of which, unsaturates	g	2.6	3.9	19.2
<b>Carbohydrate</b>	g	8.3	12.4	61.2
of which, sugars	g	5.8	8.7	43
<b>Protein</b>	g	1.5	2.2	10.8
<b>Vitamins</b>				
<b>Vitamin A</b>	µg	60	89	440
<b>Vitamin D</b>	µg	1.8	2.6	13
<b>Vitamin E</b>	mg	1.4	2	10
<b>Vitamin K</b>	µg	5.1	7.7	38
<b>Vitamin C</b>	mg	12	18.2	90
<b>Thiamin</b>	mg	0.07	0.1	0.6
<b>Riboflavin</b>	mg	0.17	0.3	1.3
<b>Niacin</b>	mg	0.57	0.8	4
<b>Vitamin B<sub>6</sub></b>	mg	0.054	0.08	0.4
<b>Folate</b>	µg	19.6	29	145
<b>Vitamin B<sub>12</sub></b>	µg	0.2	0.3	1.45
<b>Biotin</b>	µg	2	3	15
<b>Pantothenic acid</b>	mg	0.53	0.8	3.9
<b>Minerals</b>				
<b>Sodium</b>	mg	32	48	240
<b>Potassium</b>	mg	91	135	670
<b>Chloride</b>	mg	51	76	375
<b>Calcium</b>	mg	76	114	565
<b>Phosphorus</b>	mg	47	70	345
<b>Magnesium</b>	mg	5.7	8.5	42
<b>Iron</b>	mg	1.1	1.6	7.8
<b>Zinc</b>	mg	0.56	0.8	4.1
<b>Copper</b>	mg	0.054	0.08	0.4
<b>Manganese</b>	mg	0.02	0.03	0.17
<b>Fluoride</b>	mg	≤ 0.01	≤ 0.01	≤ 0.06
<b>Selenium</b>	µg	3.4	5	25
<b>Iodine</b>	µg	14.9	22.2	110
<b>Others</b>				
<b>Omega 3</b>				
α-linolenic acid (ALA)*	mg	48	72	355
Docosahexaenoic acid (DHA)**	mg	17.6	26	130
<b>Omega 6</b>				
Linoleic acid (LA)*	mg	460	687	3400

### Theoretical fatty acid profile of SMA® Organic Growing Up Milk

Fatty Acid		Units	Per 100 ml
<b>Saturated</b>			
<b>Caprylic</b>	C8:0	mg	–
<b>Capric</b>	C10:0	mg	–
<b>Lauric</b>	C12:0	mg	–
<b>Myristic</b>	C14:0	mg	2.2
<b>Palmitic</b>	C16:0	mg	139
<b>Stearic</b>	C18:0	mg	82
<b>Arachidic</b>	C20:0	mg	9.3
<b>Behenic</b>	C22:0	mg	21
<b>Total Saturated</b>		g	0.3
<b>Unsaturated/Monounsaturated</b>			
<b>Palmitoleic</b>	C16:1	mg	6
<b>Oleic</b>	C18:1	mg	2039
<b>Eicosenoic</b>	C20:1	mg	12
<b>Total monounsaturated</b>		g	2.1
<b>Polyunsaturated</b>			
<b>Linoleic</b>	C18:2	mg	460
<b>Linolenic</b>	C18:3	mg	48
<b>Arachidonic</b>	C20:4	mg	1.5
<b>Docosahexaenoic</b>	C22:6	mg	17.6
<b>Total polyunsaturated</b>		g	0.5
<b>Linoleic: linolenic</b>		ratio	9.6:1

### Theoretical amino acid profile of SMA® Organic Growing Up Milk

Amino Acid	mg per 100 ml
<b>Essential &amp; Semi-Essential Amino Acids</b>	
<b>Arginine</b>	50
<b>Cystine</b>	14
<b>Histidine</b>	38
<b>Isoleucine</b>	75
<b>Leucine</b>	145
<b>Lysine</b>	119
<b>Methionine</b>	40
<b>Phenylalanine</b>	74
<b>Threonine</b>	67
<b>Tryptophan</b>	24
<b>Tyrosine</b>	70
<b>Valine</b>	90
<b>Other Amino Acids</b>	
<b>Aspartic Acid</b>	116
<b>Serine</b>	81
<b>Glutamic Acid</b>	326
<b>Proline</b>	154
<b>Glycine</b>	28
<b>Alanine</b>	50

## SMA® Organic Growing Up Milk Ingredients

**Powder (800 g):** Organic skimmed **milk**, organic lactose (**milk**), organic vegetable oils (sunflower, rapeseed), organic maltodextrin, minerals (calcium citrate, sodium citrate, potassium phosphate, potassium chloride, potassium citrate, ferrous sulphate, magnesium citrate, zinc sulphate, copper sulphate, manganese sulphate, potassium iodide, sodium selenate), **fish** oil (DHA), emulsifier (Organic **soya** lecithin), vitamins (C, E, niacin, pantothenic acid, thiamin, A, B<sub>6</sub>, folic acid, K, D, biotin, B<sub>12</sub>), L-tryptophan, antioxidant (tocopherol-rich extract).

**Scoop size:** 4.5 g

**Whey:Casein:** 23:77

**Potential Renal Solute load:** 150 mOsm/L (powder)

**Reconstitution rate:** 13.5 g powder/100 ml water

**Lactose:** 42.8 g/100 g powder

**Osmolality:** 236 mOsm/kg H<sub>2</sub>O (powder)

**Osmolarity:** 215 mOsm/L (powder)



CH-BIO-004  
EU/non-EU agriculture

\* 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.

\*\* LCs = Long Chain Polyunsaturates.

**sma**  
nutrition