

Suitable for:

SMA® PRO Growing Up Milk is a fortified milk drink for young children from 12 months onwards as part of a mixed diet.

SMA® PRO Growing Up Milk contains vitamin D and calcium to support the normal growth and development of bones. Omega 3 & 6† and iodine to help support normal growth.

SMA® PRO Growing Up Milk contains 2'FL.

Not suitable for:

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

Shelf life:

SMA® PRO Growing Up Milk powder has a shelf life of 24 months.



800 g
400 g

**INFORMATION FOR HEALTHCARE
PROFESSIONAL USE ONLY**

DATA CARD
SMA® PRO
GROWING UP MILK

From 1 year +



- Halal Certified
- Contains 2'FL
- Suitable for vegetarians

IMPORTANT NOTICE: We believe that breastfeeding is the ideal nutritional start for babies and we fully support the World Health Organizations recommendation of exclusive breastfeeding for the first six months of life followed by the introduction of adequate nutritious complementary foods along with continued breastfeeding up to two years of age. We also recognize that breastfeeding is not always an option for parents. We recommend healthcare professionals to inform parents about the advantages of breastfeeding. If parents consider not to breastfeed, healthcare professionals should inform parents that such a decision can be difficult to reverse and that the introduction of partial bottle-feeding will reduce the supply of breast milk. Parents should consider the social and financial implications of the use of infant formula. As babies grow at different rates, healthcare professionals should advise on the appropriate time for a baby to begin eating complementary foods. Infant formula and complementary foods should always be prepared, used and stored as instructed on the label in order to avoid risks to a baby's health. **SMA® PRO Growing Up Milk** is suitable for young children from 1-3 years, as part of a healthy balanced diet and it is not a breast milk substitute.



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



INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

Nutritional information for SMA® PRO Growing Up Milk (Information based on powder only)

	Units	Per 100 ml	Per 100 kcal	Per 100 g powder
Energy				
	kJ	281	419	2023
	kcal	67	100	483
Fat	g	3	4.4	21.5
of which, saturates	g	0.6	0.9	4.5
of which, unsaturates	g	2	3	14.7
Carbohydrate	g	9	13.5	65.1
of which, sugars	g	6.6	9.8	47.4
Fibre	g	0.03	0.04	0.18
Protein	g	1	1.5	7.3
Salt* (=Sodium x 2.5)	g	0.03	0.05	0.24
Vitamins				
Vitamin A	µg	60	90	433
Vitamin D	µg	1.1	1.6	7.6
Vitamin C	mg	15	23	110
Riboflavin	mg	0.25	0.37	1.8
Vitamin B₁₂	µg	0.4	0.6	2.9
Minerals				
Calcium	mg	127	186	900
Iron	mg	1.2	1.8	8.7
Zinc	mg	0.75	1.1	5.4
Iodine	µg	18	27	130
Others				
2'-Fucosyllactose	mg	25	37	180
Omega 3 & 6				
α-linolenic acid (ALA) [†]	mg	82	122	590
Linoleic acid (LA) [†]	mg	527	786	3800

Theoretical fatty acid profile of SMA® PRO Growing Up Milk (Information based on powder)

Fatty Acid		Units	Per 100 ml
Saturated			
Caprylic	C8:0	mg	11
Capric	C10:0	mg	25
Lauric	C12:0	mg	29
Myristic	C14:0	mg	94
Palmitic	C16:0	mg	405
Stearic	C18:0	mg	159
Arachidic	C20:0	mg	9
Behenic	C22:0	mg	18
Total saturated		g	0.6
Unsaturated/Monounsaturated			
Palmitoleic	C16:1	mg	16
Oleic	C18:1	mg	1822
Total monounsaturated		g	1.8
Polyunsaturated			
Linoleic	C18:2	mg	527
Linolenic	C18:3	mg	82
Total polyunsaturated		g	0.61
Linoleic: linolenic ratio			6.4:1

Theoretical amino acid profile of SMA® PRO Growing Up Milk (Information based on powder)

Amino Acid	mg per 100 ml
Essential & Semi-Essential Amino Acids	
Arginine	44
Cystine	10
Histidine	35
Isoleucine	65
Leucine	124
Lysine	105
Methionine	33
Phenylalanine	61
Threonine	56
Tryptophan	19
Tyrosine	62
Valine	78
Other Amino Acids	
Aspartic acid	99
Serine	73
Glutamic acid	278
Proline	127
Glycine	25
Alanine	42

SMA® PRO Growing Up Milk ingredients

Powder (800g): Lactose (**milk**), maltodextrin, whole **milk**, vegetable oils (rapeseed, sunflower), whey permeate (**milk**), skimmed **milk**, calcium carbonate, emulsifier (**soya** lecithin), acidity regulator (potassium phosphate), 2'-Fucosyllactose (2'FL), vitamin C, ferrous sulphate, zinc sulphate, antioxidants (tocopherol-rich extract, ascorbyl palmitate), riboflavin, vitamin A, potassium iodide, vitamin D, vitamin B₁₂.

Scoop size: 4.6 g

Whey: Casein ratio: 23:77

Potential Renal Solute Load: 110.5 mOsm/l (powder)

Reconstitution rate: 13.9 g powder/100 ml water

Lactose: 45.7 g/100 g powder

Osmolality: 296 mOsm/kg H₂O (powder)

Osmolarity: 267 mOsm/L

Salt is calculated as sodium x 2.5.

Sodium is present for nutritional purposes.

[†] 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.