

INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

SMA® Preterm Range Data Card

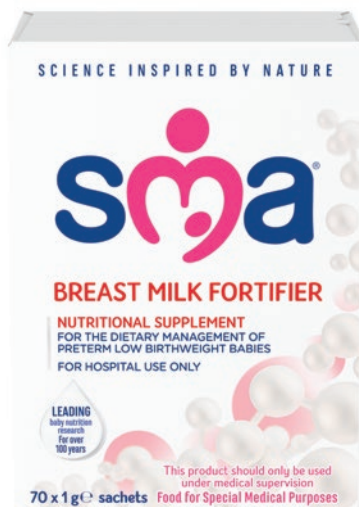


sma
nutrition

INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

The SMA® Preterm Range

Food for special medical purposes.



NHS catalogue code (UK): ABT071
Ireland supplier code: 12332021



NHS catalogue code (UK): ABT065
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NHS catalogue code (UK): ABC010
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Ireland supplier code: 12299420



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Ireland supplier code: 12299445

SMA® Breast Milk Fortifier

- ✓ The only breast milk fortifier available in the UK and ROI to contain iron¹
- ✓ 100% whey protein, partially hydrolysed for improved tolerability and adds 1.44 g protein per 100 ml expressed breast milk¹
- ✓ Contains DHA to help support normal visual and brain development and contains MCTs, an easily absorbed fat and readily available energy source^{2,3}

SMA Gold Prem® 1

- ✓ Lowest osmolality of all UK and ROI preterm formulas – 308 mOsmol/kg and contains MCTs 39.5% (ESPGHAN 2010 compliant)⁴⁻⁷
- ✓ 100% whey protein, partially hydrolysed for improved tolerability⁵
- ✓ ESPGHAN protein compliant for babies <1 kg and >1 kg (3.6 g/100 kcal; 2.9g/100 ml)⁵, enabling requirements to be met at lower volumes

SMA Gold Prem® 2

- ✓ Lowest osmolality of all UK and ROI post-discharge formulas – 290 mOsmol/kg^{8,9}
- ✓ 100% whey protein, partially hydrolysed for improved tolerability and adds 2.8 g protein per 100 kcal; 2 g protein per 100 ml⁸
- ✓ Contains SN-2 palmitate fat blend – promotes softer stools

DHA: Docosahexaenoic acid; ESPGHAN: European Society for Paediatric Gastroenterology Hepatology and Nutrition; MCT: Medium-chain triglyceride.

SMA® Breast Milk Fortifier

Nutritional Supplement

Food for special medical purposes.

✓ 70 x 1 g sachets

✓ Suitable for Halal

Shelf life:
17 months



✓ Suitable for:

SMA® Breast Milk Fortifier is a powdered preparation that provides extra protein, energy, calcium, omega 3 & 6, and vitamins A and E that preterm babies require. When 1 g sachet is added to 25 ml of expressed breast milk or donor milk, **SMA® 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.⁴

✗ Not suitable for:

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

Preparation instructions

Whilst this product is made under strict hygienic conditions, it is not sterile. Failure to follow instructions on preparation and storage may make the baby ill.

1. Check best before date.



2. Wash hands well. Wash and sterilise all feeding equipment according to manufacturers' instructions.



3. Only prepare one feed at a time. Gently swirl the container of the expressed breast milk (EBM).

4. Pour 25 ml of EBM into a sterile container. Before mixing with fortifier, warm up EBM to body temperature. DO NOT use a microwave to prepare or warm feeds.



5. Separate and add only one sachet (1 g) of **SMA® Breast Milk Fortifier**. Do not attempt to mix part of the sachet.



6. Place cap on container, gently shake the container until the powder is fully dissolved. Feed immediately. **SMA® Breast Milk Fortifier** can be given from a bottle or via a naso-gastric tube. Discard any milk remaining after each feed.

7. We recommend preparing each feed as required. Opened sachets should be used immediately or discarded. Use according to normal hospital procedures for handling breast milk.

8. Expressed breast milk can be frozen and fortified once thoroughly defrosted. If frozen breast milk is used, gradually defrost in refrigerator (under 4°C). DO NOT use a microwave oven or allow to defrost at room temperature. Ensure thorough mixing prior to feeding.

A red/pink colour can, in some cases, appear when breast milk is fortified with SMA® 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® Breast Milk Fortifier and the lactoferrin present in breast milk. SMA® Breast Milk Fortifier has been tested in a clinical trial and is safe to be fed to preterm low birthweight infants

INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

Feeding guide

Use of this product for infants less than 2 weeks of age is at the discretion of the attending medical professional.

Standard Fortification*	
Breast Milk	SMA® Breast Milk Fortifier
25 ml	1 sachet (1 g)

How to use SMA® Breast Milk Fortifier

When using the product with very low birthweight infants (VLBW – 1.5 kg or less):

- ✓ Regularly monitor and assess blood nutrient levels
- ✓ **For enteral use only**
- ✗ Do not use any other nutritional supplements to fortify breast milk unless medically indicated
- ✗ It may not be necessary to fortify breast milk collected less than 2 weeks post-partum, as it is particularly rich in nutrients

CAUTION: Special considerations when using this product

- When possible it is recommended that expressed breast milk be analysed in order to define a corresponding fortification strategy
- For tube feeding: once fortified breast milk is prepared, do not keep at room temperature longer than 4 hours
- If using banked breast milk, ensure that it is pasteurised

SMA® 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/kgH₂O (When mixed with 25 ml EBM)

*It is recommended to proceed gradually, starting with 1 sachet (1 g) SMA® Breast Milk Fortifier per 50 ml of breast milk. After evaluating tolerance over a 24 hour period, fortification can be advanced to full strength (4 g) SMA® Breast Milk Fortifier/100 ml breast milk or follow hospital guidelines on feeding. The minimum quantity of breast milk for use with one sachet (1 g) of SMA® Breast Milk Fortifier is 25 ml.

**Salt is calculated as sodium x 2.5. Sodium is present for nutritional purposes.

††LCs: Long Chain Polyunsaturates.

ns: not specified.

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SMA® Breast Milk Fortifier

Nutritional information

	Units	Preterm breastmilk (per 100 ml) ¹⁰	Mature breastmilk (per 100 ml) ¹¹	SMA® BMF (per 1 g sachet)
Energy	kJ	285	289	18
	kcal	68	69	4.3
Fat	g	3.5	4.1	0.18
Carbohydrate	g	7.3	7.2	0.32
Protein	g	1.62	1.3	0.36
Salt** (=Sodium x 2.5)	g	0.07	0.04	0.02
Vitamins				
Vitamin A	µg	14.4	58	95
Vitamin D	µg	0.2	Trace	1
Vitamin E	mg	0.29	0.34	1.1
Vitamin K	µg	2	ns	2.2
Vitamin C	mg	4.4	4	5
Thiamin	mg	0.009	0.02	0.04
Riboflavin	mg	0.027	0.03	0.05
Niacin	mg	0.21	0.2	0.38
Vitamin B ₆	mg	0.006	0.01	0.03
Folic acid	µg	3.1	5	10
Vitamin B ₁₂	µg	0.02	Trace	0.05
Biotin	µg	0.54	0.7	0.9
Pantothenic acid	mg	0.23	0.25	0.2
Minerals				
Sodium	mg	28	15	9.2
Potassium	mg	50	58	12
Chloride	mg	58	42	8
Calcium	mg	25	34	19
Phosphorus	mg	14.5	15	11
Magnesium	mg	3.3	3	1
Iron	mg	0.09	0.07	0.45
Zinc	mg	0.37	0.3	0.24
Copper	mg	0.038	0.04	0.01
Manganese	mg	0.0004	Trace	0.002
Fluoride	mg	ns	ns	<0.001
Selenium	µg	2.4	1	0.93
Chromium	µg	ns	ns	<0.2
Molybdenum	µg	ns	ns	<0.2
Iodine	µg	17.8	7	4.2
Others				
Taurine	mg	4	ns	0.5
Choline	mg	ns	ns	2.2
Inositol	mg	ns	ns	1.1
L-Carnitine	mg	0.7	ns	0.7
Omega 3				
α-linolenic acid (ALA)	mg	30	ns	4.2
Docosahexaenoic acid (DHA) ^{††}	mg	10	ns	1.6
Omega 6				
Linoleic acid (LA)	mg	480	ns	9.6

	Units	Preterm breastmilk + 4 g (4 sachets) SMA® BMF (per 100 ml) ¹⁰	Mature breastmilk + 4 g (4 sachets) SMA® BMF (per 100 ml) ¹¹
Energy	kJ	357	361
	kcal	85.2	86.2
Fat	g	4.22	4.82
Carbohydrate	g	8.58	8.48
Protein	g	3.06	2.74
Salt** (=Sodium x 2.5)	g	0.15	0.12
Vitamins			
Vitamin A	µg	394.4	438
Vitamin D	µg	4.2	≥4
Vitamin E	mg	4.69	4.74
Vitamin K	µg	10.8	≥8.8
Vitamin C	mg	24.4	24
Thiamin	mg	0.169	0.18
Riboflavin	mg	0.227	0.23
Niacin	mg	1.73	1.72
Vitamin B ₆	mg	0.126	0.13
Folic acid	µg	43.1	45
Vitamin B ₁₂	µg	0.22	≥0.2
Biotin	µg	4.14	4.3
Pantothenic acid	mg	1.03	1.05
Minerals			
Sodium	mg	64.8	51.8
Potassium	mg	98	106
Chloride	mg	90	74
Calcium	mg	101	110
Phosphorus	mg	58.5	59
Magnesium	mg	7.3	7
Iron	mg	1.89	1.87
Zinc	mg	1.33	1.26
Copper	mg	0.078	0.08
Manganese	mg	0.0084	≥0.008
Fluoride	mg	<0.004	<0.004
Selenium	µg	6.12	4.72
Chromium	µg	<0.8	<0.8
Molybdenum	µg	<0.8	<0.8
Iodine	µg	34.6	23.8

SMA Gold Prem® 1

Preterm low birthweight formula

Food for special medical purposes.



- ✓ 70 ml liquid
- Meets ESPGHAN 2010 guidelines⁴
- Shelf life:**
- 9 months

✓ Suitable for:

SMA Gold Prem® 1 is a nutritionally complete formula designed for preterm babies weighing less than 1.8 kg. It is also suitable for those preterm babies requiring higher protein intakes.

✗ Not suitable for:

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

Important feeding information

- Strictly follow hospital procedures
- Check best before date
- Wash hands well, shake bottle before use, remove lid and aluminium foil and attach a hygienic teat
- If required to heat, stand the bottle in warm water
- Feed immediately after opening. For hygienic reasons, discard unfinished feed as soon as possible, and always within 1 hour
- After use discard bottle, teat and remaining contents
- For tube feeding, once the product is prepared it should be used within 4 hours
- Ensure all feeding equipment is sterilised before use
- **For enteral use only**
- Do not alter or add to formulae unless medically directed
- Do not microwave, hot spots may occur and cause scalding
- Do not freeze

Preparation instructions

Failure to follow instructions on preparation and storage may make the baby ill.



1. Wash hands well.



2. **SMA Gold Prem® 1** can be fed at room temperature.
If required to heat, stand the bottle in warm water.



3. Shake bottle well and remove cap and aluminium foil. Unwrap **SMA® NUK® orthodontic pre-sterilised teat** and holding the teat ring, screw directly onto the bottle.



4. If warmed, test temperature by shaking a few drops of milk onto the inside of your wrist – milk should be lukewarm.

Additional information: Before opening store in a cool, dry place (4–25°C) away from direct light. Packaged in a protective atmosphere. For best before, see side of carton.

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Feeding guide

Broad ranges for recommended intake are: volume 135–200 ml/kg/day, energy 110–135 kcal/kg/day.

Nutritional requirements of low birthweight infants vary according to the age, size and clinical condition of each infant. Enteral feeding of **SMA Gold Prem® 1** should be initiated in small volumes and gradually increased as tolerated. Feeding intolerance can indicate a serious condition; at the onset of symptoms, enteral feeding rate should be slowed or discontinued until the symptoms resolve. Broad ranges for recommended intake are: volume 135–200 ml/kg/day, energy 110–135 kcal/kg/day, protein 3.5–4.5 g/kg/day.

SMA Gold Prem® 1 ingredients:

Water, maltodextrin, vegetable oils including medium chain triglycerides (rapeseed, sunflower, palm), lactose (**milk**), whey protein (**milk**), acidity regulators (phosphoric acid, citric acid), calcium hydroxide, potassium chloride, long chain polyunsaturated fatty acids (AA, DHA), potassium hydroxide, L-histidine, magnesium chloride, sodium hydroxide, L-arginine, choline bitartrate, potassium phosphate, vitamin C, inositol, ferrous sulphate, taurine, vitamin E, zinc sulphate, L-carnitine, nucleotides (cytidine-, disodium uridine-, adenosine-, disodium guanosine-5'-monophosphate), niacin, antioxidants (ascorbyl palmitate, tocopherol-rich extract), pantothenic acid, vitamin A, copper sulphate, thiamin, riboflavin, vitamin B₆, vitamin D, vitamin K, folic acid, vitamin B₁₂, biotin, potassium iodide, manganese sulphate, sodium selenate.

*Salt is calculated as sodium x 2.5. Sodium is present for nutritional purposes.

**Nucleotides value represents innate and fortified levels.

†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.

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SMA Gold Prem® 1

Nutritional information

	Units	Per 100 ml	Per 100 kcal
Energy	kJ	335	419
	kcal	80	100
Fat	g	4	5
of which, saturates	g	1.7	2
of which, unsaturates	g	2.3	3
Carbohydrate	g	8.1	10.2
of which, sugars	g	3.7	4.6
of which, lactose	g	3.7	4.6
Protein	g	2.9	3.6
Salt* (= Sodium x2.5)	g	0.13	0.16
Vitamins			
Vitamin A	µg	370	462
Vitamin D	µg	3.7	4.7
Vitamin E	mg	3.6	4.5
Vitamin K	µg	6.4	8.1
Vitamin C	mg	20.8	26
Thiamin	mg	0.14	0.17
Riboflavin	mg	0.2	0.25
Niacin	mg	1.6	2
Vitamin B ₆	mg	0.09	0.12
Folic acid	µg	40.6	50.6
Vitamin B ₁₂	µg	0.23	0.29
Biotin	µg	4	4.9
Pantothenic acid	mg	0.8	1
Minerals			
Sodium	mg	51	64
Potassium	mg	120	149
Chloride	mg	76	95
Calcium	mg	116	145
Phosphorus	mg	77	96
Magnesium	mg	8.3	10.4
Iron	mg	1.8	2.3
Zinc	mg	1.2	1.5
Copper	mg	0.08	0.1
Manganese	mg	0.01	0.02
Fluoride	mg	≤0.01	≤0.01
Selenium	µg	4.8	6
Chromium	µg	≤2.5	≤3.1
Molybdenum	µg	≤3.1	≤3.9
Iodine	µg	28	35
Others			
Taurine	mg	6.3	8
Choline	mg	20	25
Inositol	mg	20	25
L-carnitine	mg	3.1	4
Nucleotides**	mg	2.4	3
MCT (Medium-chain triglycerides)	g	1.58	1.97
Omega 3			
α-linolenic acid (ALA)†	mg	77	96
Docosahexaenoic acid (DHA)††	mg	15	18
Omega 6			
Linoleic acid (LA)†	mg	561	701
Arachidonic acid (AA)††	mg	15	18

Theoretical fatty acid profile

Fatty acid		Units	Per 100 ml
Saturated			
Caprylic	C8:0	mg	745
Capric	C10:0	mg	542
Lauric	C12:0	mg	8
Myristic	C14:0	mg	12
Palmitic	C16:0	mg	346
Stearic	C18:0	mg	68
Arachidic	C20:0	mg	8
Behenic	C22:0	mg	8
Lignoceric	C24:0	mg	4
Total saturated		g	1.74
Unsaturated/Monounsaturated			
Palmitoleic	C16:1	mg	4
Oleic	C18:1	mg	1274
Eicosanoic	C20:1	mg	12
Total monounsaturated		g	1.29
Polyunsaturated			
Linoleic	C18:2	mg	561
Linolenic	C18:3	mg	77
Arachidonic	C20:4	mg	15
Docosahexaenoic	C22:6	mg	15
Total polyunsaturated		g	0.69
Linoleic: linolenic ratio			7:1

Theoretical amino acid profile

Amino Acid	mg per 100 ml
Arginine	114
Cystine	90
Histidine	116
Isoleucine	160
Lysine	301
Leucine	379
Methionine	71
Phenylalanine	105
Tryptophan	64
Tyrosine	111
Valine	149
Other	
Aspartic acid	338
Serine	117
Glutamic acid	498
Glycine	52
Proline	126
Alanine	155

Potential Renal Solute Load: 256 mOsm/l
Osmolality: 308 mOsm/kg H₂O

SMA Gold Prem® 2

Post discharge formula

Food for special medical purposes

400 g powder
200 ml, 90 ml liquid

✓ ACBS approved (400 g and 200 ml available on prescription UK only)

Shelf life:

Powder: 24 months

Liquid: 9 months



✓ Suitable for:

SMA Gold Prem® 2 is a nutritionally complete post discharge formula for preterm low birthweight infants on discharge from hospital, until 6 months corrected age.

SMA Gold Prem® 2 is designed to bridge the gap between low birthweight and term infant formula.

It may be used as the sole source of nutrition until complementary feeding commences.

✗ Not suitable for:

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

SMA Gold Prem® 2, Powder – 400 g

Important feeding information

- Do not add extra powder or water to make feeds stronger or weaker and do not press powder into scoop. Using too much or too little powder can make the baby ill
- We recommend preparing each feed in individual bottles when required
- For hygienic reasons, discard unfinished feed in the bottle as soon as possible
- For older babies, made-up formulae can be added to food
- **For enteral use only**
- Do not alter or add to formulae unless medically directed
- Do not microwave, hot spots may occur and cause scalding
- Remember, cows' milk should not be used as a drink during the first year

Preparation instructions

Whilst this product is made under strict hygienic conditions, it is not sterile.

Failure to follow instructions on preparation and storage may make the baby ill.



1. Pull the safety seal and open the lid. The scoop is provided under the lid. Lift the tab, pull on the foil seal, carefully and safely remove the seal and dispose of it.



2. Wash hands well. Wash and sterilise all utensils according to manufacturers' instructions.



3. Boil 1 litre of fresh tap water. Allow boiled water to cool for no more than 30 minutes. Measure the required amount of water (see feeding guide) into a sterilised bottle, carefully – the water is hot. Do not use artificially softened or repeatedly boiled water.



4. Using only the scoop provided, add the correct number of scoops of powder (see feeding guide) levelling off each scoop with the back of a clean, dry knife. Store the scoop in suspension inside the can and replace lid.



5. Place the sterilised teat and cap on the bottle and shake well until powder is fully dissolved. Cool bottle under cold running water or in a bowl or jug of cold water until lukewarm, do not immerse the teat. Test temperature by shaking a few drops onto the inside of your wrist.

Additional information: Before opening, store in a cool, dry place. Packaged in a protective atmosphere. For best before, see base of can. Use within 3 weeks of opening.

ACBS: Advisory Committee on Borderline Substances.

For information on suitability for use in halal diets please contact the Careline on UK; 0800 081 81 80 ROI: 1800 931 832



SMA Gold Prem® 2, Liquid – 200 ml

Important feeding information

- Check best before date
- After opening use immediately. If storage is necessary, store only in the fridge (5°C or below) for no longer than 24 hours
- Discard unfinished feed as soon as possible and always within 1 hour
- **For enteral use only**
- Do not alter or add to formulae unless medically directed
- Remember, cows' milk should not be used as a drink during the first year of life
- Do not microwave, hot spots may occur and cause scalding
- Do not freeze

Preparation instructions

Failure to follow instructions on preparation and storage may make the baby ill.



1. Wash hands well. Wash and sterilise all utensils according to manufacturer's instructions.



2. Check best before date. Shake bottle well.
Pour desired amount into sterilised baby's bottle.



3. Milk can be fed at room temperature or warmed if desired.
Check temperature of feed and feed immediately.

Special safety feature: REJECT BOTTLE IF THE FOIL CAP IS MISSING OR DAMAGED PRIOR TO OPENING.

Additional information: Packaged in a protective atmosphere. Before opening store in a cool, dry place (4–25°C) away from direct light. For best before, see label.



SMA Gold Prem® 2, Liquid – 90 ml

Important feeding information

- Nutritional requirements of low birthweight infants vary according to the age, size and clinical condition of each infant
- Strictly follow hospital procedures
- Check best before date
- Feed immediately after opening. For hygienic reasons, discard unfinished feed as soon as possible, and always within 1 hour
- After use discard bottle, teat and remaining contents. Bottles and teats are for single use only
- **For enteral use only**
- Do not alter or add to formulae unless medically directed
- Remember, cows' milk should not be used as a drink during the first year of life
- Do not microwave, hot spots may occur and cause scalding
- Do not freeze

Preparation instructions

Failure to follow instructions on preparation and storage may make the baby ill.



1. Wash hands well.



2. SMA Gold Prem® 2 can be fed at room temperature.
If required to heat, stand the bottle in warm water.



3. Shake bottle well and remove cap and aluminium foil.
Unwrap SMA® NUK® orthodontic pre-sterilised teat* and holding the teat ring, screw directly onto the bottle.



4. If warmed, test temperature by shaking a few drops of milk onto the inside of your wrist – milk should be lukewarm.

*SNUK Teats are made in Germany.
NUK® is a registered trademark of MAPA GmbH/Germany.

Feeding guide (Powder – 400 g)

Approx. weight of baby		Preparation for single feeds			Approx. no. of feeds in 24 hours
		Cooled, freshly boiled water			
kg	lb	Level scoops	ml	fl. oz. (approx.)	
1.8–2.5	4–5.5	1	30	1	8–9
2.5–3	5.5–7	2	60	2	5–6
3–4	7–9	3	90	3	6
4–5	9–11	4	120	4	6
5–7	11–15	5	150	5	5

This table is a guide only; a preterm baby may need more or less than the volumes stated. Nutritional requirements of preterm and low birthweight infants vary according to the age, weight and clinical conditions of each infant. Mix 1 scoop of powder to 30 ml (approx. 1 fl. oz.) of water. **Approx. 83 scoops per can. 1 scoop = 4.8 g.** Note: 3 scoops of powder added to 90 ml (3 fl. oz. approx.) water makes 100 ml (3½ fl. oz. approx.) milk.

SMA Gold Prem® 2 Powder ingredients:

Lactose (**milk**), vegetable oils including structured vegetable oil (sunflower, palm, rapeseed, coconut), maltodextrin, partially hydrolysed whey protein (**milk**), calcium phosphate, long chain polyunsaturated fatty acids (AA, DHA), potassium hydroxide, magnesium chloride, potassium phosphate, sodium hydroxide, potassium chloride, choline bitartrate, calcium chloride, vitamin C, inositol, L-arginine, acidity regulator (citric acid), taurine, ferrous sulphate, nucleotides (cytidine-, disodium uridine-, adenosine-, disodium guanosine-5'-monophosphate), vitamin E, zinc sulphate, L-carnitine, antioxidants (ascorbyl palmitate, tocopherol-rich extract), pantothenic acid, niacin, riboflavin, copper sulphate, thiamin, vitamin A, vitamin B₆, manganese sulphate, folic acid, potassium iodide, vitamin D, vitamin K, vitamin B₁₂, biotin, sodium selenate.

Feeding guide (Liquid – 200 ml and 90 ml)

Approx. weight of baby		Size of feed		Approx. no. of feeds in 24 hours
kg	lb	ml	fl. oz. (approx.)	
1.8–2.5	4–5.5	35	1	8–9
2.5–3	5.5–7	70	2½	5–6
3–4	7–9	100	3½	6
4–5	9–11	135	4½	6
5–7	11–15	170	6	5

This table is a guide only; a preterm baby may need more or less than the volumes stated.

SMA Gold Prem® 2 Liquid ingredients:

Water, partially hydrolysed whey protein (**milk**), vegetable oils including structured vegetable oil (sunflower, palm, rapeseed, coconut), lactose (**milk**), maltodextrin, calcium phosphate, potassium hydroxide, long chain polyunsaturated fatty acids (AA, DHA), potassium chloride, magnesium chloride, acidity regulator (citric acid), vitamin C, sodium hydroxide, sodium chloride, choline bitartrate, L-arginine, inositol, taurine, ferrous sulphate, nucleotides (cytidine-, disodium uridine-, adenosine-, disodium guanosine-5'-monophosphate), zinc sulphate, vitamin E, L-carnitine, antioxidants (ascorbyl palmitate, tocopherol-rich extract), niacin, pantothenic acid, copper sulphate, vitamin A, thiamin, riboflavin, vitamin B₆, vitamin D, vitamin K, folic acid, vitamin B₁₂, biotin, potassium iodide, manganese sulphate, sodium selenate.

Osmolality (liquid): 296 mOsm/kg H₂O.

SMA Gold Prem® 2

Nutritional information (Information based on powder only)

	Units	Per 100 ml	Per 100 kcal	Per 100 g powder
Energy				
	kJ	305	418	2121
	kcal	73	100	507
Fat	g	3.8	5	26
of which, saturates	g	1	1.4	7
Carbohydrate	g	7.7	11	53
of which, sugars	g	5.5	7.6	39
of which, lactose	g	5.3	7.3	37
Protein	g	2	2.8	14
of which, whey	g	2	2.8	14
Salt* (= Sodium x 2.5)	g	0.09	0.13	0.6
Vitamins				
Vitamin A	µg	92	125	636
Vitamin D	µg	1.2	1.7	8.5
Vitamin E	mg	1.7	2.3	12
Vitamin K	µg	6.5	9	45
Vitamin C	mg	12.8	18	89
Thiamin	mg	0.1	0.15	0.8
Riboflavin	mg	0.19	0.3	1.3
Niacin	mg	0.7	1	5.1
Vitamin B ₆	mg	0.07	0.1	0.5
Folic acid	µg	13	17.4	88
Vitamin B ₁₂	µg	0.24	0.33	1.7
Biotin	µg	2.2	3	15
Pantothenic acid	mg	0.7	1	5.1
Minerals				
Sodium	mg	37	50	254
Potassium	mg	77	105	532
Chloride	mg	48	66	334
Calcium	mg	80	110	558
Phosphorus	mg	48	65	330
Magnesium	mg	8.6	12	60
Iron	mg	0.8	1	5.3
Zinc	mg	0.9	1.2	6.1
Copper	mg	0.06	0.08	0.4
Manganese	mg	0.01	0.02	0.08
Selenium	µg	2	3	14.5
Iodine	µg	17	24	120
Others				
Taurine	mg	5.8	8	41
Choline	mg	13	18	90
Inositol	mg	14	20	100
L-Carnitine	mg	1.2	1.6	8
Nucleotides	mg	2.2	3	15.6
Omega 3				
α-linolenic acid (ALA)	mg	75	103	522
Docosahexaenoic acid (DHA) ^{††}	mg	14.4	20	100
Omega 6				
Linoleic acid (LA)	mg	573	785	3980
Arachidonic acid (AA) ^{††}	mg	14.4	20	100

Theoretical fatty acid profile (Information based on powder only)

	Units	Per 100 ml
Saturated		
Caprylic	C8:0	mg 28.4
Capric	C10:0	mg 29.2
Lauric	C12:0	mg 167.4
Myristic	C14:0	mg 75.4
Palmitic	C16:0	mg 607.8
Stearic	C18:0	mg 121.1
Arachidic	C20:0	mg 0.77
Behenic	C22:0	mg 12.1
Total saturated	g	1.05
Monounsaturated		
Palmitoleic	C16:1	mg 1.4
Oleic	C18:1	mg 1755
Eicosanoic	C20:1	mg 0.443
Total monounsaturated	g	1.764
Polyunsaturated		
Linoleic	C18:2	mg 573
Linolenic	C18:3	mg 75
Arachidonic	C20:4	mg 14.4
Docosahexaenoic	C22:6	mg 14.4
Total polyunsaturated	g	0.69
Linoleic:linolenic ratio		7.6:1

Scoop size: 4.8 g
Potential Renal Solute Load: 179 mOsm/l (powder)
Reconstitution rate: 14 g powder/100 ml water
Osmolality: 290 mOsm/kg H₂O (powder)
Osmolarity: 261 mOsm/l

*Salt is calculated as sodium x 2.5. Sodium is present for nutritional purposes.

††LCPs: Long Chain Polyunsaturates.

Theoretical amino acid profile (Information based on powder only)

	mg per 100 ml
Essential & Semi-Essential Amino Acids	
Arginine	64
Cystine	59
Histidine	39
Isoleucine	121
Leucine	258
Lysine	211
Methionine	50
Phenylalanine	73
Threonine	126
Tryptophan	43
Tyrosine	74
Valine	115
Aspartic acid	241
Serine	93
Glutamic acid	368
Proline	103
Glycine	38
Alanine	111

mmol information (Information based on powder only)

Nutrient	Per 100 g powder (mmol)	Per 100 ml (mmol)
Calcium	14	2
Phosphate	11	1.5
Magnesium	2.5	0.4
Iron	0.09	0.01
Zinc	0.09	0.01
Sodium	11	1.6
Potassium	14	2
Chloride	10	1.4

References: 1. SMA® Breast Milk Fortifier data card. Available at www.smahcp.co.uk/content/media/1684/sma-pro-breast-milk-fortifier-data-card.pdf (accessed September 2018). 2. Lapillonne A. Enteral and parenteral lipid requirements of preterm infants. World Rev Nutr Diet 2014; 110: 82–98. 3. Birch EE *et al.* Dietary essential fatty acid supply and visual acuity development. Invest Ophthalmol Vis Sci 1992; 33: 3242–3253. 4. Agostoni C *et al.* Enteral nutrient supply for preterm infants: commentary from the European Society for Paediatric Gastroenterology, Hepatology and Nutrition Committee on Nutrition. J Pediatr Gastroenterol Nutr 2010; 50: 1–9. 5. SMA Gold Prem® 1 data card. Available at www.smahcp.co.uk/content/media/1629/ztc1389-final-gold-prem-1-datacard-update.pdf (accessed September 2018). 6. Cow & Gate Nutripem 1 datacard. Available at eln.nutricia.co.uk/media/4630/el_n_datacard_cag_nutripem1_v16.pdf (accessed December 2018). 7. Cow & Gate Nutripem Hydrolysed datacard. Available at <http://www.in-practice.co.uk/media/261216/cow-15-258-a5-hydrolysed-datacard.pdf> (accessed September 2018). 8. SMA Gold Prem® 2 datacard. www.smahcp.co.uk/content/media/1615/final-ztc1409-sma_gold-prem-2_datacard_fa1a_hr-003.pdf (accessed September 2018). 9. Cow & Gate Nutripem 2 datacard. Available at eln.nutricia.co.uk/media/4744/cow-18-373-nutripem-2-data-card-update_new-version-01.pdf (accessed December 2018). 10. Tsang R, Uauy R, Koletzko B, Zlotkin S (eds). Nutrition of the Preterm Infant. Scientific Basis and Practical Guidelines. Second edition. Digital Educational Publishing, 2005. 11. Food Standards Agency. McCance and Widdowson's The Composition of Foods (7th summary ed.). Cambridge Royal Society of Chemistry, UK. Cambridge Royal Society Of Chemistry UK, 2015.

INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

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 an infant 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. **These products must be used under medical supervision.** **SMA® Breast Milk Fortifier** is a nutritional supplement 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. **SMA Gold Prem® 1** is a special formula intended for the dietary management of preterm low birthweight babies who are not solely fed breast milk. It is suitable for use as the sole source of nutrition for preterm babies from birth. SMA Gold Prem® 1 is not intended for use with older preterm babies, for whom a special catch-up formula such as SMA Gold Prem® 2 is more appropriate. **SMA Gold Prem® 2** is a special catch-up formula intended for the dietary management of preterm low birthweight babies who are not solely fed breast milk. It is a nutritionally complete formula for use on discharge from hospital or when a low birthweight formula is no longer appropriate. It is suitable for use as the sole source of nutrition up to 6 months corrected age. SMA Gold Prem® 2 is not intended for use with newborn preterm babies, for whom fortified breast milk or a low birthweight formula such as SMA Gold Prem® 1 is more appropriate.

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