

**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.

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

**Shelf life:**

**SMA Gold Prem® 1** liquid has a shelf life of 9 months.



70 ml

**INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY**

**SMA GOLD PREM® 1**

**Preterm low birthweight formula**



Contains fish oil as a new source of omega 3

**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 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.



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



## Nutritional information for SMA Gold Prem® 1

	Units	Per 100 ml	Per 100 kcal
<b>Energy</b>			
	kJ	335	419
	kcal	80	100
<b>Fat</b>	g	4	5
of which, saturates	g	1.6	1.9
of which, unsaturates	g	2.1	2.6
<b>Carbohydrate</b>	g	8.1	10.2
of which, sugars	g	5.8	7.3
of which, lactose	g	5.7	7.1
<b>Protein</b>	g	2.9	3.6
<b>Salt* (= Sodium x 2.5)</b>	g	0.14	0.175
<b>Vitamins</b>			
<b>Vitamin A</b>	µg	330	412
<b>Vitamin D</b>	µg	3.4	4.3
<b>Vitamin E</b>	mg	3.7	4.6
<b>Vitamin K</b>	µg	6.3	7.9
<b>Vitamin C</b>	mg	17	21
<b>Thiamin</b>	mg	0.1	0.13
<b>Riboflavin</b>	mg	0.2	0.25
<b>Niacin</b>	mg	1.4	1.8
<b>Vitamin B<sub>6</sub></b>	mg	0.08	0.1
<b>Folate (DFE)**</b>	µg	65.5	81.8
<b>Vitamin B<sub>12</sub></b>	µg	0.19	0.23
<b>Biotin</b>	µg	4.2	5.3
<b>Pantothenic acid</b>	mg	0.7	0.9
<b>Minerals</b>			
<b>Sodium</b>	mg	56	70
<b>Potassium</b>	mg	115	144
<b>Chloride</b>	mg	72	89
<b>Calcium</b>	mg	119	148
<b>Phosphorus</b>	mg	78	98
<b>Magnesium</b>	mg	7.5	9.4
<b>Iron</b>	mg	1.63	2.04
<b>Zinc</b>	mg	1.15	1.44
<b>Copper</b>	mg	0.09	0.11
<b>Manganese</b>	mg	0.01	0.014
<b>Fluoride</b>	mg	≤0.01	≤0.01
<b>Selenium</b>	µg	4.8	6
<b>Chromium</b>	µg	≤2.5	≤3.1
<b>Molybdenum</b>	µg	≤3.1	≤3.9
<b>Iodine</b>	µg	30	37
<b>Others</b>			
<b>Taurine</b>	mg	7	8.7
<b>Choline</b>	mg	22	27
<b>Inositol</b>	mg	22	28
<b>L-Carnitine</b>	mg	3	3.8
<b>Omega 3</b>			
α-linolenic acid (ALA) <sup>†</sup>	mg	62	78
Docosahexaenoic acid (DHA) <sup>††</sup>	mg	20	25
<b>Omega 6</b>			
Linoleic acid (LA) <sup>†</sup>	mg	732	914
Arachidonic acid (AA) <sup>††</sup>	mg	20	25
<b>MCT (Medium-chain triglycerides)</b>	g	0.5	0.68

## INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

### Theoretical fatty acid profile of SMA Gold Prem® 1

Fatty Acid		Units	Per 100 ml
<b>Saturated</b>			
<b>Caprylic</b>	C8:0	mg	0.339
<b>Capric</b>	C10:0	mg	0.242
<b>Lauric</b>	C12:0	mg	0.315
<b>Myristic</b>	C14:0	mg	0.118
<b>Palmitic</b>	C16:0	mg	0.486
<b>Stearic</b>	C18:0	mg	0.107
<b>Arachidic</b>	C20:0	mg	0.004
<b>Behenic</b>	C22:0	mg	0.007
<b>Total saturated</b>		g	1.6
<b>Unsaturated/Monounsaturated</b>			
<b>Palmitoleic</b>	C16:1	mg	0.008
<b>Oleic</b>	C18:1	mg	1.213
<b>Total monounsaturated</b>		g	1.2
<b>Polyunsaturated</b>			
<b>Linoleic</b>	C18:2	mg	732
<b>Linolenic</b>	C18:3	mg	62
<b>Arachidonic</b>	C20:4	mg	20
<b>Docosahexaenoic</b>	C22:6	mg	20
<b>Total polyunsaturated</b>		g	0.85
<b>Linoleic:linolenic ratio</b>			11.8:1

### Theoretical amino acid profile of SMA Gold Prem® 1

Amino Acid	mg per 100 ml
<b>Essential &amp; Semi-Essential Amino Acids</b>	
<b>Arginine</b>	114
<b>Cystine</b>	90
<b>Glycine</b>	52
<b>Histidine</b>	116
<b>Isoleucine</b>	160
<b>Leucine</b>	379
<b>Lysine</b>	301
<b>Methionine</b>	71
<b>Phenylalanine</b>	104
<b>Proline</b>	126
<b>Threonine</b>	151
<b>Tryptophan</b>	64
<b>Tyrosine</b>	111
<b>Valine</b>	149
<b>Other Amino Acids</b>	
<b>Glutamic acid</b>	498
<b>Aspartic acid</b>	338
<b>Serine</b>	117
<b>Alanine</b>	141

### mmol information of SMA Gold Prem® 1

Nutrient	per 100 ml (mmol)
<b>mmol Information</b>	
<b>Calcium</b>	3
<b>Phosphate</b>	2.5
<b>Magnesium</b>	0.31
<b>Iron</b>	0.03
<b>Zinc</b>	0.02
<b>Sodium</b>	2.4
<b>Potassium</b>	2.9
<b>Chloride</b>	2

## SMA Gold Prem® 1 ingredients

**Liquid (70 ml):** Water, lactose (**milk**), vegetable oils including structured vegetable oil (sunflower, palm, coconut, rapeseed), partially hydrolysed whey protein (**milk**), maltodextrin, medium chain triglycerides, calcium phosphate, long chain polyunsaturated fatty acids (DHA (**fish** oil), AA), potassium chloride, L-histidine, magnesium chloride, acidity regulators (phosphoric and citric acid), choline bitartrate, L-arginine, potassium phosphate, vitamin C, inositol, taurine, vitamin E, ferrous sulphate, L-carnitine, zinc sulphate, niacin, antioxidants (tocopherol rich extract, ascorbyl palmitate), pantothenic acid, vitamin A, copper sulphate, riboflavin, thiamin, vitamin B<sub>6</sub>, folic acid, potassium iodide, manganese sulphate, vitamin K, sodium selenate, biotin, vitamin D, vitamin B<sub>12</sub>.

**Whey:Casein Ratio:** 100:0

**Potential Renal Solute Load:** 264 mOsm/l

**Lactose:** 5.7 g/100 ml

**Osmolality:** 367 mOsm/kg H<sub>2</sub>O

**Osmolarity:** 323 mOsm/L

\* Salt is calculated as sodium x 2.5.

\*\*DFE - Dietary Folate Equivalent:

1 µg DFE = 1 µg food folate = 0.6 µg folic acid from formula.

<sup>†</sup> 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.

<sup>††</sup> LCPs: Long Chain Polyunsaturates.