

Recipes for Fortifying Human Milk

Using:	Calorie/oz.	EHM(ml)	+	Amount of Additive
HMF* (powder/liquid)	22	100	+	2 pkts/vials
	24	100	+	4 pkts/vials
HMF* + Enfacare (powder only)	27	100	+	4 pkts + 1 tsp formula
HMF* + Enfacare (powder only)	30	100	+	4 pkts + 1.5 tsp formula

The Following Recipes are Appropriate Only for these formula powders:

EleCare for Infants* Neocate Infant Pregestimil (packed) Similac Alimentum* Nutramigen with Enflora LGG (packed) Sim PM 60/40 * Good Start Gentle/Good Start GentlePro Good Start Soy Good Start SoothePro Similac Advance/Similac 360 Total Care Advance* Similac Soy Isomil*	Enfamil NeuroPro Enfacare Similac Neosure* Enfamil NeuroPro Infant Enfamil A.R. Enfamil NeuroPro Gentlease Enfamil ProSobee Similac Organic Similac Total Comfort/Similac Pro-Total Comfort* Calcilo XD Similac Sensitive/Similac 360 Total Care Sensitive* Bobbie*
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Calorie/oz.	EHM (ml)	+	Amount of Formula Powder
22	60	+	0.5 teaspoon
24	75	+	1 teaspoon
27	60	+	1.5 teaspoon
30	75	+	2.5 teaspoon

You may use these recipes for any of the formulas listed above. If you are using a formula that is not listed, please talk to the clinical dietitian in your specialty area about mixing instructions.

* Company does not provide household measures for these products; recipes were inferred using other infant formula data and historical information.