

FOR HEALTHCARE PROFESSIONAL USE ONLY

## A nutritional comparison of post-discharge formulas



### 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. **This product must be used under medical supervision.** • SMA® PRO Gold Prem 2 is a special catch-up formula intended for the dietary management of preterm and 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® PRO 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® PRO Gold Prem 1 is more appropriate.



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# Post discharge formulas

		SMA® PRO Gold Prem 2 <sup>1</sup>		Cow & Gate Nutriprem 2 <sup>1</sup>	
Nutrients		Per 100 ml	Per 100 kcal	Per 100 ml	Per 100 kcal
<b>Energy</b>	<b>kJ</b>	305	418	315	420
	<b>kcal</b>	73	100	75	100
<b>Fat</b>	<b>g</b>	3.8	5	4	5.3
of which saturates	<b>g</b>	1	1.4	1.7	2.2
of which SN2 palmitate	<b>%</b>	42		0	
<b>Carbohydrates</b>	<b>g</b>	7.7	11	7.5	10
of which lactose	<b>g</b>	5.3	7.3	5.9	7.8
<b>Protein</b>	<b>g</b>	2	2.8	2	2.7
of which whey	<b>g</b>	2	2.8	1.2	1.6
of which casein	<b>g</b>	-	-	0.8	1.1
<b>Salt*</b> (= Sodium x 2.5)	<b>g</b>	0.09	0.13	0.07	0.09
<b>Omega 3</b>					
α-linolenic acid (ALA)	<b>mg</b>	75	103	ns	ns
Docosahexaenoic acid (DHA) <sup>†</sup>	<b>mg</b>	14.4	20	10	20
<b>Omega 6</b>					
Linoleic acid (LA)	<b>mg</b>	573	785	ns	ns
Arachidonic acid (AA) <sup>†</sup>	<b>mg</b>	14.4	20	20	20
<b>Vitamins</b>					
<b>Vitamin A</b>	<b>µg</b>	92	125	100	133
<b>Vitamin D</b>	<b>µg</b>	1.2	1.7	1.7	2.3
<b>Vitamin E</b>	<b>mg</b>	1.7	2.3	2.1	2.8
<b>Vitamin K</b>	<b>µg</b>	6.5	9	5.9	7.9
<b>Vitamin C</b>	<b>mg</b>	12.8	18	12	16
<b>Thiamin</b>	<b>mg</b>	0.1	0.15	0.09	0.12
<b>Riboflavin</b>	<b>mg</b>	0.19	0.3	0.15	0.2
<b>Niacin</b>	<b>mg</b>	0.7	1	1.8	2.5
<b>Vitamin B<sub>6</sub></b>	<b>mg</b>	0.07	0.1	0.08	0.11
<b>Folic acid</b>	<b>µg</b>	13	17.4	20	27
<b>Vitamin B<sub>12</sub></b>	<b>µg</b>	0.24	0.33	0.22	0.29
<b>Biotin</b>	<b>µg</b>	2.2	3	3	4
<b>Minerals</b>					
<b>Sodium</b>	<b>mg</b>	37	50	28	37
<b>Potassium</b>	<b>mg</b>	77	105	77	103
<b>Chloride</b>	<b>mg</b>	48	66	55	73
<b>Calcium</b>	<b>mg</b>	80	110	87	116
<b>Phosphorus</b>	<b>mg</b>	48	65	47	63
<b>Magnesium</b>	<b>mg</b>	8.6	12	7	9.3
<b>Iron</b>	<b>mg</b>	0.8	1	1.2	1.6
<b>Zinc</b>	<b>mg</b>	0.9	1.2	0.9	1.2
<b>Copper</b>	<b>mg</b>	0.06	0.08	0.06	0.08
<b>Manganese</b>	<b>mg</b>	0.01	0.02	0.007	0.009
<b>Selenium</b>	<b>µg</b>	2	3	1.7	2.3
<b>Iodine</b>	<b>µg</b>	17	24	20	27
<b>Others</b>					
<b>Taurine</b>	<b>mg</b>	5.8	8	4.9	6.5
<b>Choline</b>	<b>mg</b>	13	18	13	17
<b>Inositol</b>	<b>mg</b>	14	20	22	29
<b>L-carnitine</b>	<b>mg</b>	1.2	1.6	0.9	1.2
<b>Nucleotides<sup>‡</sup></b>	<b>mg</b>	2.2	3	3.2	4.3
<b>Suitable for vegetarians</b>		No		No	
<b>Halal</b>		No		ns	
<b>Osmolality</b>	<b>mOsmol/kg H<sub>2</sub>O</b>	290		340	

1. Data is correct as per SMA® Nutrition and Cow & Gate datacards, August 2016: For powders, liquids may vary.

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

† LCPs = Long Chain Polyunsaturates.

‡ Nucleotide value represents innate and fortified levels.

ns = not supplied

