

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, and 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.

SMA® PRO Growing Up Milk liquid has a shelf life of 9 months.



800 g
400 g



200 ml
Tetra Pak®

**INFORMATION FOR HEALTHCARE
PROFESSIONAL USE ONLY**

SMA® PRO
GROWING UP MILK

From 1 year + data card



- Halal Certified
- Contains 2'FL
- Suitable for vegetarians (powder only)

IMPORTANT NOTICE: The World Health Organisation (WHO) recommends exclusive breastfeeding during the first 6 months of life and continued breastfeeding for as long as possible. **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.



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ROI 1800 931 832
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In the Republic of Ireland: SMA Nutrition, 3030 Lake Drive,
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†The beneficial effect of essential fatty acids is obtained with a daily intake of 10g of linoleic acid and 2g of linolenic acid

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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 | 0.75 |
| Unsaturated/Monounsaturated | | | |
| Palmitoleic | C16:1 | mg | 16 |
| Oleic | C18:1 | mg | 1822 |
| Eicosenoic | C20:1 | mg | - |
| 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

Liquid (200 ml and 1 litre): Skimmed **milk**, water, lactose (**milk**), vegetable oils (rapeseed, sunflower, palm), calcium citrate, emulsifier (**soya** lecithin), sodium citrate, long chain polyunsaturated fatty acids (AA, DHA (**fish**)), choline bitartrate, potassium citrate, vitamin C, potassium chloride, magnesium citrate, potassium hydroxide, taurine, nucleotides (cytidine-, disodium uridine-, adenosine-, disodium guanosine-, disodium inosine-5'-monophosphate), ferrous sulphate, flavouring-vanilla, zinc sulphate, inositol, antioxidants (tocopherol-rich extract, ascorbyl palmitate), niacin, vitamin E, pantothenic acid, copper sulphate, thiamin, vitamin A, vitamin B₆, manganese sulphate, folic acid, potassium iodide, vitamin K, riboflavin, vitamin D, sodium selenate, biotin, vitamin B₁₂.

Why: 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.

* Reference Intake is the amount of vitamins and minerals required per day by young children to help meet their daily nutritional requirements.

† 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.