

INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

DATA CARD

SMA GOLD PREM® BREAST MILK FORTIFIER NUTRITIONAL SUPPLEMENT



Halal certified

Suitable for:

SMA GOLD PREM® BREAST MILK FORTIFIER is a powdered preparation which provides extra protein, energy, calcium, omega 3 and 6 and vitamins A & E that they need. When 1 g sachet is added to 25 ml of expressed breast milk or donor milk, **SMA GOLD PREM® 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.³

Not suitable for:

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

Shelf life:

SMA GOLD PREM® BREAST MILK FORTIFIER sachets have a shelf life of 17 months.



72 x 1 g

IMPORTANT NOTICE: We believe that breastfeeding is the ideal nutritional start for babies as breast milk provides a balanced diet and protection against illness for a baby. We fully support the World Health Organization's recommendation of exclusive breastfeeding for the first six months of life followed by the introduction of adequate nutritious complementary foods along with sustained breastfeeding up to two years of age. We also recognise that breastfeeding may not be an option due to certain medical conditions. Parents should only feed Infant formula for special medical purposes under supervision of a healthcare professional after full consideration of all feeding options, including breastfeeding. Continued use must be assessed by the healthcare professional in relation to the baby's progress bearing in mind any social and financial implications for the family. Infant formula should always be prepared, used and stored as instructed on the label in order to avoid risks to a baby's health. **This product must be used under medical supervision.** **SMA® GOLD PREM 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.



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Nutritional information for SMA GOLD PREM® BREAST MILK FORTIFIER

	Units	Preterm breast milk (per 100 ml) ¹	Mature breast milk (per 100 ml) ²	SMA® BMF (per 1 g sachet)
Energy				
	kJ	285	289	18
	kcal	67	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	0.26	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 B6	mg	0.006	0.01	0.03
Folate (DFE)**	µg	3.1	5	17
Vitamin B12	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	11.2	ns	1.6
Omega 6:				
Linoleic acid (LA) [†]	mg	480	ns	9.6

Nutritional information for SMA GOLD PREM® BREAST MILK FORTIFIER

	Units	Preterm breast milk + 4 g (¼ sachets) SMA® BMF (per 100 ml) ¹	Mature breast milk + 4 g (¼ sachets) SMA® BMF (per 100 ml) ²
Energy			
	kJ	357	361
	kcal	84.2	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	4.66	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 B6	mg	0.126	0.13
Folate	µg	71.1	73
Vitamin B12	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® 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/kg H₂O when mixed with 25ml EBM

A red/pink colour can, in some cases, appear when breast milk is fortified with SMA GOLD PREM® 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 GOLD PREM® BREAST MILK FORTIFIER and the lactoferrin present in breast milk. SMA GOLD PREM® BREAST MILK FORTIFIER has been tested in a clinical trial and is safe to be fed to Preterm low Birthweight infants.

References:

- Koletzko B, et al. Nutritional care of Preterm Infants. Scientific Basis and Practical Guidelines, World Rev Nutr Diet, Karger 2014 vol 110:304-305.
- Food Standards Agency, McCance and Widdowson's The Composition of Foods (7th summary ed.), Cambridge Royal Society of Chemistry UK, 2015.
- Agostoni C et al. Enteral Nutrient Supply for Preterm Infants: Commentary from the European Society for Paediatric Gastroenterology, Hepatology and Nutrition, JPGN 2010; 50(1): 85-91.

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

ns = not specified

[†]LCPs = Long Chain Polyunsaturates

**DFE - Dietary Folate Equivalent:

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

