

# SMA® PRO GROWING UP MILK

## 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.

## 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®



1 litre  
Tetra Pak®

## INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

# SMA® PRO GROWING UP MILK

**From 1 year + data card**



Halal Certified

**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.



**We're here for you**

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)



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IRTOP004, JNFL031-2

## 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
<b>Energy</b>				
	kJ	281	419	2084
	kcal	67	100	498
<b>Fat</b>	g	3.2	4.8	24
of which, saturates	g	0.8	1.1	5.7
of which, unsaturates	g	2.1	3.2	15.5
<b>Carbohydrate</b>	g	8.2	12.2	61
of which, sugars	g	8.2	12.2	61
<b>Protein</b>	g	1.3	1.9	9.6
<b>Salt* (= Sodium x 2.5)</b>	g	0.06	0.09	0.5
<b>Vitamins</b>				
<b>Vitamin A</b>	µg	56	84	420
<b>Vitamin D</b>	µg	1.7	2.5	12.4
<b>Vitamin E</b>	mg	1.5	2.2	11
<b>Vitamin K</b>	µg	5.5	8.2	41
<b>Vitamin C</b>	mg	12	18.5	92
<b>Thiamin</b>	mg	0.1	0.1	0.6
<b>Riboflavin</b>	mg	0.16	0.2	1.2
<b>Niacin</b>	mg	0.56	0.8	4.2
<b>Vitamin B<sub>6</sub></b>	mg	0.05	0.07	0.37
<b>Folic Acid</b>	µg	12.1	18.1	90
<b>Vitamin B<sub>12</sub></b>	µg	0.2	0.3	1.5
<b>Biotin</b>	µg	2.2	3.2	16
<b>Pantothenic acid</b>	mg	0.54	0.8	4
<b>Minerals</b>				
<b>Sodium</b>	mg	24	36	180
<b>Potassium</b>	mg	75	112	560
<b>Chloride</b>	mg	47	70	350
<b>Calcium</b>	mg	73	108	540
<b>Phosphorus</b>	mg	40	60	300
<b>Magnesium</b>	mg	6.7	10	50
<b>Iron</b>	mg	0.8	1.2	6
<b>Zinc</b>	mg	0.5	0.7	3.7
<b>Copper</b>	mg	0.05	0.08	0.4
<b>Selenium</b>	µg	3.5	5.2	26
<b>Iodine</b>	µg	14	21	105
<b>Others</b>				
<b>Omega 3</b>				
α-linolenic acid (ALA) <sup>†</sup>	mg	41	60	0.3
Docosahexaenoic acid (DHA) <sup>††</sup>	mg	16.8	25.1	125
<b>Omega 6</b>				
Linoleic acid (LA) <sup>†</sup>	mg	471	702	3.5

### Theoretical fatty acid profile of SMA® PRO Growing Up Milk (Information based on powder)

Fatty Acid		Units	Per 100 ml
<b>Saturated</b>			
<b>Caprylic</b>	C8:0	mg	44
<b>Capric</b>	C10:0	mg	44
<b>Lauric</b>	C12:0	mg	261
<b>Myristic</b>	C14:0	mg	96
<b>Palmitic</b>	C16:0	mg	167
<b>Stearic</b>	C18:0	mg	102
<b>Arachidic</b>	C20:0	mg	0.4
<b>Behenic</b>	C22:0	mg	15
<b>Total saturated</b>		g	0.73
<b>Unsaturated/Monounsaturated</b>			
<b>Palmitoleic</b>	C16:1	mg	3.03
<b>Oleic</b>	C18:1	mg	1539
<b>Eicosenoic</b>	C20:1	mg	6.4
<b>Total monounsaturated</b>		g	1.55
<b>Polyunsaturated</b>			
<b>Linoleic</b>	C18:2	mg	471
<b>Linolenic</b>	C18:3	mg	41
<b>Arachidonic</b>	C20:4	mg	1.4
<b>Docosahexaenoic</b>	C22:6	mg	16.8
<b>Total polyunsaturated</b>		g	0.53
<b>Linoleic: linolenic ratio</b>			12:1

### Theoretical amino acid profile of SMA® PRO Growing Up Milk (Information based on powder)

Amino Acid	mg per 100 ml
<b>Essential &amp; Semi-Essential Amino Acids</b>	
<b>Arginine</b>	45
<b>Cystine</b>	20
<b>Histidine</b>	35
<b>Isoleucine</b>	75
<b>Leucine</b>	144
<b>Lysine</b>	121
<b>Methionine</b>	34
<b>Phenylalanine</b>	62
<b>Threonine</b>	70
<b>Tryptophan</b>	25
<b>Tyrosine</b>	61
<b>Valine</b>	83
<b>Other Amino Acids</b>	
<b>Aspartic acid</b>	126
<b>Serine</b>	77
<b>Glutamic acid</b>	288
<b>Proline</b>	118
<b>Glycine</b>	28
<b>Alanine</b>	53

## SMA® PRO Growing Up Milk ingredients

**Powders (400 g and 800 g):** Skimmed **milk, milk** proteins, lactose (**milk**), vegetable oils (sunflower, coconut, rapeseed), **fish** oil (DHA), minerals (calcium citrate, potassium citrate, calcium phosphate, magnesium chloride, sodium citrate, sodium chloride, ferrous sulphate, zinc sulphate, copper sulphate, manganese sulphate, potassium iodide, sodium selenate), vitamins (vitamin C, vitamin E, niacin, pantothenic acid, thiamin, riboflavin, vitamin A, vitamin B<sub>6</sub>, folic acid, vitamin K, vitamin D, biotin, vitamin B<sub>12</sub>), emulsifier (**soya** lecithin), antioxidants (tocopherol-rich extract, ascorbyl palmitate).

**Scoop size:** 4.5 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 B<sub>6</sub>, manganese sulphate, folic acid, potassium iodide, vitamin K, riboflavin, vitamin D, sodium selenate, biotin, vitamin B<sub>12</sub>.

**Whey: Casein ratio:** 50:50

**Potential Renal Solute Load:** 130 mOsm/l (powder)

**Reconstitution rate:** 13.5 g powder/100 ml water

**Lactose:** 61 g/100 g powder

**Osmolality:** 344 mOsm/kg H<sub>2</sub>O (powder)

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

<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.

