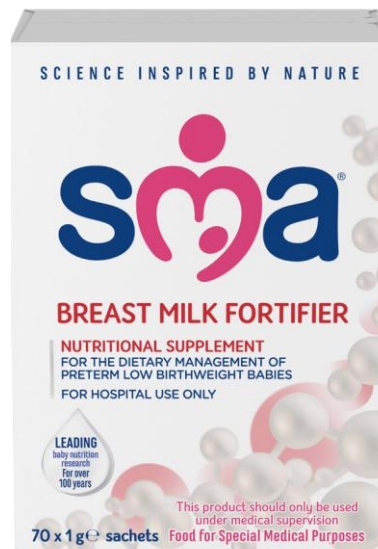


## INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

# SMA® BREAST MILK FORTIFIER

## NUTRITIONAL SUPPLEMENT

### DATA CARD



Halal certified

### Suitable for:

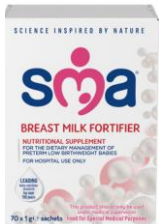
**SMA® Breast Milk Fortifier** is a powdered preparation which provides extra protein, energy, calcium, omega 3 and 6 and vitamins A & E that they need. When 1 g sachet is added to 25 ml of expressed breast milk or donor milk, **SMA® Breast Milk Fortifier** enables the Preterm low Birthweight infant to benefit from the advantages of breast milk while ensuring an adequate intake of the nutrients needed to promote catch-up growth and development.<sup>3</sup>

### 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® Breast Milk Fortifier** sachets have a shelf life of 17 months.



70 x 1 g

THIS PRODUCT CONTAINS IRON.

**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® 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.



UK 0800 081 81 80  
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SMA Nutrition, 1 City Place, Gatwick, RH6 0PA  
In the Republic of Ireland: SMA Nutrition, 3030 Lake Drive,  
Citywest Business Campus, Dublin 24, Ireland

THIS PRODUCT CONTAINS IRON.

## INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

### Nutritional information for SMA® Breast Milk Fortifier

	Units	Preterm breast milk (per 100 ml) <sup>1</sup>	Mature breast milk (per 100 ml) <sup>2</sup>	SMA® BMF (per 1 g sachet)
<b>Energy</b>	kj	285	289	18
	kcal	68	69	4.3
<b>Fat</b>	g	3.5	4.1	0.18
<b>Carbohydrate</b>	g	7.3	7.2	0.32
<b>Protein</b>	g	1.62	1.3	0.36
<b>Salt* (=Sodium x 2.5)</b>	g	0.07	0.04	0.02
<b>Vitamins</b>				
<b>Vitamin A</b>	µg	14.4	58	95
<b>Vitamin D</b>	µg	0.2	Trace	1
<b>Vitamin E</b>	mg	0.26	0.34	1.1
<b>Vitamin K</b>	µg	2	ns	2.2
<b>Vitamin C</b>	mg	4.4	4	5
<b>Thiamin</b>	mg	0.009	0.02	0.04
<b>Riboflavin</b>	mg	0.027	0.03	0.05
<b>Niacin</b>	mg	0.21	0.2	0.38
<b>Vitamin B6</b>	mg	0.006	0.01	0.03
<b>Folic acid</b>	µg	3.1	5	10
<b>Vitamin B12</b>	µg	0.02	Trace	0.05
<b>Biotin</b>	µg	0.54	0.7	0.9
<b>Pantothenic acid</b>	mg	0.23	0.25	0.2
<b>Minerals</b>				
<b>Sodium</b>	mg	28	15	9.2
<b>Potassium</b>	mg	50	58	12
<b>Chloride</b>	mg	58	42	8
<b>Calcium</b>	mg	25	34	19
<b>Phosphorus</b>	mg	14.5	15	11
<b>Magnesium</b>	mg	3.3	3	1
<b>Iron</b>	mg	0.09	0.07	0.45
<b>Zinc</b>	mg	0.37	0.3	0.24
<b>Copper</b>	mg	0.038	0.04	0.01
<b>Manganese</b>	mg	0.0004	Trace	0.002
<b>Fluoride</b>	mg	ns	ns	<0.001
<b>Selenium</b>	µg	2.4	1	0.93
<b>Chromium</b>	µg	ns	ns	<0.2
<b>Molybdenum</b>	µg	ns	ns	<0.2
<b>Iodine</b>	µg	17.8	7	4.2
<b>Others</b>				
<b>Taurine</b>	mg	4	ns	0.5
<b>Choline</b>	mg	ns	ns	2.2
<b>Inositol</b>	mg	ns	ns	1.1
<b>L-Carnitine</b>	mg	0.7	ns	0.7
<b>Omega 3:</b>				
α-linolenic Acid (ALA)	mg	30	ns	4.2
Docosahexaenoic Acid (DHA)	mg	10	ns	1.6
<b>Omega 6:</b>				
Linoleic acid (LA) <sup>†</sup>	mg	480	ns	9.6

### Nutritional information for SMA® Breast Milk Fortifier

	Units	Preterm breast milk + 4 g (¼ sachets) SMA® BMF (per 100 ml) <sup>1</sup>	Mature breast milk + 4 g (¼ sachets) SMA® BMF (per 100 ml) <sup>2</sup>
<b>Energy</b>	kj	357	361
	kcal	85.2	86.2
<b>Fat</b>	g	4.22	4.82
<b>Carbohydrate</b>	g	8.58	8.48
<b>Protein</b>	g	3.06	2.74
<b>Salt* (=Sodium x 2.5)</b>	g	0.15	0.12
<b>Vitamins</b>			
<b>Vitamin A</b>	µg	394.4	438
<b>Vitamin D</b>	µg	4.2	≥4
<b>Vitamin E</b>	mg	4.66	4.74
<b>Vitamin K</b>	µg	10.8	≥8.8
<b>Vitamin C</b>	mg	24.4	24
<b>Thiamin</b>	mg	0.169	0.18
<b>Riboflavin</b>	mg	0.227	0.23
<b>Niacin</b>	mg	1.73	1.72
<b>Vitamin B6</b>	mg	0.126	0.13
<b>Folic acid</b>	µg	43.1	45
<b>Vitamin B12</b>	µg	0.22	≥0.2
<b>Biotin</b>	µg	4.14	4.3
<b>Pantothenic acid</b>	mg	1.03	1.05
<b>Minerals</b>			
<b>Sodium</b>	mg	64.8	51.8
<b>Potassium</b>	mg	98	106
<b>Chloride</b>	mg	90	74
<b>Calcium</b>	mg	101	110
<b>Phosphorus</b>	mg	58.5	59
<b>Magnesium</b>	mg	7.3	7
<b>Iron</b>	mg	1.89	1.87
<b>Zinc</b>	mg	1.33	1.26
<b>Copper</b>	mg	0.078	0.08
<b>Manganese</b>	mg	0.0084	≥0.008
<b>Fluoride</b>	mg	<0.004	<0.004
<b>Selenium</b>	µg	6.12	4.72
<b>Chromium</b>	µg	<0.8	<0.8
<b>Molybdenum</b>	µg	<0.8	<0.8
<b>Iodine</b>	µg	34.6	23.8

### SMA® 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 B<sub>6</sub>, antioxidant (tocopherol-rich extract), folic acid, potassium iodide, manganese sulphate, vitamin K, vitamin D, biotin, sodium selenite, vitamin B<sub>12</sub>.

**Osmolality:** 390 mOsm/kg H<sub>2</sub>O when mixed with 25ml EBM

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

#### References:

1. Tsang R, Uauy R, Koletzko B, Zlotkin S (eds). Nutrition of the Preterm Infant. Scientific Basis and Practical Guidelines. Second edition. Digital Educational Publishing, 2005.
2. Food Standards Agency, McCance and Widdowson's The Composition of Foods (7th summary ed.). Cambridge Royal Society of Chemistry UK, 2015.
3. 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

<sup>†</sup>LCPs = Long Chain Polyunsaturates