



ANDORRA PEDIATRICS

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Infant Formulas

Formulas now contain DHA (docosahexaenoic acid) and ARA (arachidonic acid). Both are long-chain polyunsaturated fatty acids that are thought to have positive effects on visual and nervous system development in babies. These fatty acids are present in breast milk.

Milk Based Formulas - Milk based formulas are iron fortified and contain between 11-12 mg of iron per quart (daily iron requirement for infants).

- Similac Advance with Iron
- Enfamil Lipil with Iron
- Nestle Good Start Supreme with Iron

Lactose Free Formulas - Lactose free formulas are milk-based and iron-fortified formulas that use corn syrup instead of lactose as the source of carbohydrate (sugar). These formulas can be used for babies who have lactose intolerance.

- Similac Advance Lactose Free
- Enfamil Lipil Lactofree

Soy Based Formulas - Isomil Advance and Lipil Prosobee are soy protein and iron-fortified formulas. These formulas are used in infants with soy allergy and lactose intolerance.

- Isomil Advance
- Isomil DF Advance
- Prosobee Lipil

Elemental Protein Hydrolysate Formulas - Alimentum and Nutramigen are special formulas used in infants with milk allergy. These formulas are sometimes used in infants with colic.

- Alimentum Advance
- Nutramigen Lipil
- Neocate

Neocate is a special formula for combined milk and soy allergy.

Follow-Up Formulas - Follow-Up formulas can be used for babies 9-12 months of age. Follow-Up formulas have slightly more protein, iron, calcium, and carbohydrates and slightly less fat. Do not use these formulas without consulting your baby's doctor.

Note: The following formulas are **NOT** recommended because they do not contain sufficient amounts of iron: Iron in formulas rarely causes constipation or stomach discomfort in infants.

- Similac Low Iron has 1/8 the iron content of iron-fortified formulas.
- Enfamil Low Iron "Improved Formulation" has approximately 1/3 the iron content of iron-fortified formulas.

Formula Forms - Types of Formulas

- Ready To Use
 - Requires no mixing
 - Most expensive
- Concentrated Liquid
 - Requires mixing the concentrate in the can with an equal amount of water
 - Less expensive
- Powdered
 - requires mixing with water (see below)
 - Least expensive

Powdered Formula Mixing Instructions

- Mix 2 ounces of water with one level scoop of powdered formula. Example: Mix 2 scoops of powdered formula with 4 ounces of water.
- Use the scoop included with the formula can.
- For easier mixing, pour the powder into the bottle and add half the required amount of water.
- Shake well and then add the other half of the water.

Note:

- Formulas do not have to be warmed before use. Some babies like the formula cold or at room temperature. For warming, place the bottle in a container of warm water or hold under running warm tap water.
- Always check the temperature of the formula before giving it to your baby to ensure it is not too hot.
- Do not microwave formula as hot spots may develop and burn your baby's mouth

Formula Manufacturer Links

- Ross Formulas - www.ross.com/productHandbook/pedNut.asp
- Mead Johnson Formulas - www.meadjohnson.com/products/index.html
- Carnation Infant Formulas - www.verybestbaby.com/content/article.asp?section=bf&id=2001928151781575717469
- Neocate - www.neocate.com

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