

	Per 100 mL	Per 100 Cal	Per 100 g
ENERGY			
Kilojoules	285	420	2200
Calories	68	100	526
PROTEIN (g)	1.4	2.1	10.9
% of total energy		9%	
Source	Nonfat milk & whey protein concentrate		
FAT (g)	3.7	5.4	28.9
Linoleic acid (g)	0.55	0.81	4.3
Linolenic acid (g)	0.067	0.1	0.52
% of total energy		49%	
Source	42% High oleic safflower/sunflower, 30% coconut & 28% soy oils		
CARBOHYDRATE (g)	7.1	10.3	55.5
% of total energy		42%	
Source	100% Lactose		

VITAMINS			
Vitamin A (RE/IU)	61/203	90/298	473.1/1577
Vitamin D ₃ (mcg/IU)	1.0/40	1.5/59	7.87/315
Vitamin E (IU)	1.9	2.79	15
Vitamin K ₁ (mg)	0.0054	0.0147	0.042
Vitamin C (mg)	6	8.82	47
Thiamine (Vit B ₁) (mg)	0.068	0.1	0.53
Riboflavin (Vit B ₂) (mg)	0.1	0.15	0.79
Niacin (mg)	0.71	1.04	5.5
Vitamin B ₆ (mg)	0.04	0.06	0.32
Vitamin B ₁₂ (mg)	0.00017	0.00025	0.0013
Folic acid (mg)	0.01	0.015	0.079
Pantothenic acid (mg)	0.304	0.44	2.37
Biotin (mg)	0.003	0.0044	0.023
Choline (mg)	10.8	16	84
Inositol (mg)	3.18	4.67	24.7
Nucleotides (mg)	7.2	10.6	56

MINERALS			
Calcium (mg)	80	118	622
Phosphorus (mg)	43	63.2	334
Magnesium (mg)	4	6	31.9
Iron (mg)	1.2	1.76	9.3
Zinc (mg)	0.51	0.75	4
Copper (mg)	0.061	0.09	0.47
Iodine (mg)	0.0041	0.006	0.032
Manganese (mg)	0.0064	0.0094	0.05
Selenium (mg)	0.0015	0.0022	0.012
Sodium (mg)	16	23.5	126
Sodium (mmol)	0.7	1	5.48
Potassium (mg)	71	104.4	552
Potassium (mmol)	1.8	2.6	14.15
Chloride (mg)	44	64.7	342
Chloride (mmol)	1.2	1.8	9.77

OSMOTIC CHARACTERISTICS			
Renal solute load (mOsm/L)		94	
Osmolality (mOsm/kg water)		300	
Osmolarity (mOsm/L)		270	
% of water		90%	

FATTY ACIDS			
Polyunsaturated (g)	0.79	1.16	6.14
Monounsaturated (g)	1.55	2.28	12.04
Saturated (g)	1.33	1.96	10.36
Cholesterol (mg)	0.7	1.0	5.4

AMINO ACIDS (mg)			
Histidine	38	56	300
Isoleucine	79	116	620
Leucine	139	204	1080
Lysine	114	168	890
Tryptophan	11	16	80
Phenylalanine	57	84	440
Threonine	75	110	580
Valine	78	115	600
Methionine	42	62	320
Cystine	15	22	110
Taurine	3.7	5	29

INGREDIENTS

Concentrated Liquid: (©-D) Water, lactose, skim milk, high oleic safflower oil, coconut oil, soy oil, whey protein concentrate, tricalcium phosphate, potassium citrate, calcium carbonate, mono- and diglycerides, soy lecithin, potassium chloride, ascorbic acid, choline bitartrate, carrageenan, magnesium chloride, ferrous sulphate, taurine, cytidine 5'-monophosphate, *d*- α -tocopheryl acetate, zinc sulphate, disodium guanosine 5'-monophosphate, disodium uridine 5'-monophosphate, adenosine 5'-monophosphate, niacinamide, *d*-calcium pantothenate, cupric sulphate, vitamin A palmitate, thiamine hydrochloride, riboflavin, pyridoxine hydrochloride, β -carotene, folic acid, manganese sulphate, phyloquinone, biotin, sodium selenate, vitamin D₃, cyanocobalamin. May contain sodium chloride.

Powder: (©-D) Nonfat milk, lactose, high oleic sunflower oil, coconut oil, soy oil, whey protein concentrate, calcium phosphate tribasic, potassium citrate, calcium carbonate, potassium chloride, choline bitartrate, ascorbic acid, ferrous sulphate, taurine, ascorbyl palmitate, magnesium chloride, *m*-inositol, cytidine 5'-monophosphate, disodium guanosine 5'-monophosphate, disodium uridine 5'-monophosphate, *d*- α -tocopheryl acetate, mixed tocopherols, zinc sulphate, adenosine 5'-monophosphate, niacinamide, *d*-calcium pantothenate, cupric sulphate, vitamin A palmitate, thiamine hydrochloride, riboflavin, pyridoxine hydrochloride, β -carotene, folic acid, manganese sulphate, phyloquinone, biotin, sodium selenate, vitamin D₃, cyanocobalamin. May contain sodium chloride.

Values listed are subject to change. Please refer to the product label or packaging for the most current ingredient, allergen and nutrient profile information.



SIMILAC® GO & GROW
STEP 2
INFANT & TODDLER FORMULA WITH IRON