

# SIMILAC MOM

## COMPLETE, BALANCED NUTRITION

For pregnant women and breastfeeding moms



### USAGE

**SIMILAC MOM** is a nutritional snack or meal replacement to help pregnant women and breastfeeding moms meet their nutritional needs. **SIMILAC MOM** is to be used as part of an overall healthy diet that includes following doctor's recommendations for using prenatal vitamins.

#### Suggested indications:

- For pregnant women who would benefit from a nutritious snack or meal replacement
- For breastfeeding moms who would benefit from a nutritious snack or meal replacement

### FEATURES

- Convenient source of protein and energy to help meet the increased needs of pregnant women and breastfeeding moms
- 12 grams of protein per bottle
- Contains calcium, vitamin D, iron, folic acid and other essential vitamins and minerals.
- Meets Health Canada Recommendations for dietary fat
- Low in saturated fat, no trans fats
- Contains 1166 IU of vitamin A per bottle.
- Two delicious flavours: Vanilla and Chocolate

### NUTRIENT FACTS

Nutrient density (Cal/mL)	0.96
Protein (% Cal)	21
Carbohydrate (% Cal)	55
Fat (% Cal)	24
Total Cal/g nitrogen	122:1
Nonprotein Cal/g nitrogen	96:1
Water (g/L)	837
Kosher	Yes
Gluten-free	Yes
Lactose-free	Yes
Low residue	Yes
Osmolality (mOsm/kg water)	546
Renal solute load (mOsm/L)	417

### AVAILABILITY

#### Ready to Use:

56583-848	Vanilla	235-mL bottle	4 x 6/pack
56584-848	Chocolate	235-mL bottle	4 x 6/pack

	Per 100 mL	Per 235 mL
<b>ENERGY</b>		
Calories	96	225
Kilojoules	402	945
PROTEIN (g)	5.1	12
% of total energy	21%	
Source	Sodium and calcium caseinates, soy protein isolate	
FAT (g)	2.55	6.0
% of total energy	24%	
Polyunsaturated fatty acids (g)	0.5	1.2
Linoleic acid (g)	0.43	1.0
Omega 6:Omega 3 ratio	74:1	
Monounsaturated fatty acids (g)	1.0	2.3
Saturated fatty acids (g)	0.2	0.5
Cholesterol (mg)	0.6	1.4
Source	High oleic safflower oil, canola & corn oils, soy lecithin	
CARBOHYDRATE (g)	13.2	31
% of total energy	55%	
Dietary fibre (g)	0	0
Source	Sucrose, corn maltodextrin	

<b>VITAMINS</b>		
Vitamin A (RE/IU)	149/496	350/1166
Vitamin D <sub>3</sub> (µg/IU)	0.53/21.3	1.25/50.0
Vitamin E (mg/IU)	1.07/1.45	2.5/3.38
Vitamin C (mg)	6.4	15.0
Thiamine (mg)	0.138	0.325
Riboflavin (mg)	0.184	0.432
Niacin (mg)	2.55	6.00
Vitamin B <sub>6</sub> (mg)	0.20	0.47
Folic acid (mg)	0.026	0.06
Vitamin B <sub>12</sub> (mg)	0.00021	0.0005
Pantothenic acid (mg)	0.74	1.75
Biotin (mg)	0.0149	0.035

<b>MINERALS</b>		
Sodium (mg)	123	290
Sodium (mmol)	5.3	12.6
Potassium (mg)	182	428
Potassium (mmol)	4.7	11
Chloride (mg)	107	251
Chloride (mmol)	3.0	7.1
Calcium (mg)	117	275
Phosphorus (mg)	117	275
Magnesium (mg)	27.7	65.0
Iron (mg)	1.49	3.5
Zinc (mg)	1.70	4.00
Iodide (mg)	0.017	0.040
Copper (mg)	0.21	0.5
Manganese (mg)	0.55	1.3
Selenium (mg)	0.0051	0.012
Chromium (mg)	0.0043	0.010
Molybdenum (mg)	0.0119	0.028

**INGREDIENTS**

\*(U-D) Water, sugar (sucrose), sodium and calcium caseinate, corn maltodextrin, high oleic safflower oil, canola oil, soy protein isolate, corn oil, potassium citrate, sodium citrate, calcium phosphate, magnesium phosphate, natural and artificial flavour, magnesium chloride, salt (sodium chloride), soy lecithin, potassium phosphate, carrageenan, ascorbic acid, zinc sulphate, ferrous sulphate, niacinamide, *d*- $\alpha$ -tocopheryl acetate, manganese sulphate, cupric sulphate, calcium pantothenate, vitamin A palmitate, pyridoxine hydrochloride, thiamine chloride hydrochloride, riboflavin, folic acid, potassium iodide, sodium molybdate, biotin, sodium selenate, chromium chloride, vitamin D<sub>3</sub>, cyanocobalamin.

\*Similac Mom vanilla

**Additional ingredients for chocolate:** Cocoa powder, colour

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