

Nutricia® Human Milk Fortifier

Nutritionally upgraded human milk fortifier for preterm or low birthweight infants.

- Helps to meet the specific nutrient needs of preterm infants.
- Multi-component human milk fortifier, based on extensively hydrolysed protein.

The European Society of Paediatric Gastroenterology and Nutrition (ESPGHAN) recommends a multi-component fortifier to enhance the nutrient intake of human milk and promote the growth of preterm infants.¹



Upgraded 1g sachet enables fortification of smaller volumes of breast milk. Preparation per 100ml ready to feed: 100ml of human milk (37°C) and 4 sachets (4g).

When preterm transitional breast milk is supplemented with Nutricia® Human Milk Fortifier, macronutrient levels are aligned with ESPGHAN guidelines.¹

- ✓ Provides additional energy (4.3kcal or 18.1kJ per 1g sachet) from protein (0.3g per 1g sachet), fat (0.2g per 1g sachet) and carbohydrate (0.4g per 1g sachet), including a protein to energy ratio of 3.4g/100kcal which is within the range of 2.8-3.6/100kcal by ESPGHAN.
- ✓ Contains vitamins, minerals, trace elements, and essential fatty acids (including 1.2g docosahexaenoic acid (DHA) per 1g sachet).
- ✗ The formulation contains minimal iron (0.07g per sachet) to enable for tailored iron supplementation as appropriate for the individual needs of each infant.

¹ Embleton et al. J Pediatr Gastroenterol Nutr. 2023 Feb 1;76(2):248-268

		Preterm (transitional, 5-18 days) breast milk per 100mL ¹	Per 1g (1 sachet) of Nutricia® Human Milk Fortifier	Fortified preterm breast milk (100ml)*	Fortified preterm breast milk (150ml/kg)**	ESPGHAN 2022 Recommendations (per day) ²
Energy	kJ	273	18.11	345.44	518.16	
	kcal	65	4.31	82.24	123.36	115-140 (135-200)
Protein	g	1.5	0.325	2.8	4.2	3.5-4.0 (4.5)
Carbohydrate	g	6.6	0.37	8.08	12.12	11-15
Sugars	g	6.6	0.01	6.64	9.96	
Lactose	g	6.6	6.6	33	49.5	
Fat	g	3.7	0.175	4.4	6.6	4.8-8.1
Saturated	g	1.8	0.014	1.856	2.784	
Monounsaturated	g	1.4	0.027	1.508	2.262	
Polyunsaturated	g	0.3	0.007	0.328	0.492	
Minerals						
Calcium	mg	25	17.34	94.36	141.54	120-200
Phosphorus	mg	16	9.49	53.96	80.94	70-115
Sodium	mg	30	8.24	62.96	94.44	69-115(-184)
Potassium	mg	57	5.75	80	120	90-179
Chloride	mg	90	6.25	115	172.5	107-178 (-284)
Magnesium	mg	3	1.25	8	12	9-12.5
Iron	mg	0.07	0.005	0.09	0.135	2.0-3.0 (-6.0)
Zinc	mg	0.3	0.15	0.9	1.35	2.0-3.0
Iodine	µg		2.8	11.2	16.8	11-55
Manganese	µg	0.26	1.63	6.78	10.17	1-15
Copper	µg	40	10	80	120	120-230
Selenium	µg	2	0.44	3.76	5.64	7-10
Vitamins						
Vitamin A	µg-RE	91	57.97	322.88	484.32	400-1000
Vitamin D (includes all forms; D ₃)	µg	0.04	1.38	5.56	8.34	10-17.5
Vitamin E	mg-a-TE	0.5	0.65	3.1	4.65	2.2-11
Vitamin K	µg		4.09	16.36	24.54	4.4-28
Vitamin B ₁ (Thiamin)	µg	10	34	146	219	140-290
Vitamin B ₂ (Riboflavin)	µg	30	43	202	303	200-430
Vitamin B ₆ (Pyridoxine)	µg	0	27	108	162	70-290
Vitamin B ₁₂ (Cobalamin)	µg	0.03	0.05	0.23	0.345	0.1-0.6
Vitamin B ₃ (Niacin)	mg	0.7	0.66	3.34	5.01	1.1-5.7
Vitamin B ₅ (Pantothenic Acid)	mg	0.2	0.19	0.96	1.44	0.6-2.2
Biotin	µg	0.2	0.62	2.68	4.02	3.5-15
Folic Acid	µg	3	7.5	33	49.5	23-100
Vitamin C	mg	6	2.97	17.88	26.82	17-43

* Fortified preterm breast milk as per preparation instructions for Nutricia Human Milk Fortifier, per 100ml ready to feed: 100 ml of human milk (37°C) and 4 sachets (4g).

** Fortified preterm breast milk as per preparation instructions for Nutricia Human Milk Fortifier, per 150ml ready to feed: 150 ml of human milk (37°C) and 6 sachets (6g). Based on ESPGHAN 2022 Recommendations¹ of 150-180ml/kg/day.

References:

- 1 Composition of preterm breast milk from Foodworks 2007, Version 5, Service pack 1, Build 1376, 1998-2007, Xyris Software NZ
- 2 Embleton et al. J Pediatr Gastroenterol Nutr. 2023 Feb 1;76(2):248-268

Food for Special Medical Purpose for use under medical supervision. For the dietary management of preterm or low birthweight infants. Not a sole source of nutrition.



ESPGHAN : European Society for Paediatric Gastroenterology, Hepatology and Nutrition.

FOR USE UNDER MEDICAL SUPERVISION

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