

❖ **INFANT FORMULA SUMMARY:**

I have tried to capture the most important information for some of the brands of formula to help you compare the difference between some of the important features.

If your child is having trouble digesting the formula, use a more Whey dominant formula. Usually these have H.A or Hypoallergenic on there as these are tolerated more than non H.A formula's. Casein dominant formulas can keep your child more hungry for a longer period of time, which may be good through the night or if they are always hungry!

➤ **NAN INFANT FORMULA'S (NESTLE)**

<b>FORMULA</b>	<b>COMMENTS</b>
Nan H.A 1 Gold	<ul style="list-style-type: none"> <li>✓ <u>From birth</u></li> <li>✓ Easy to digest with bifidus BL probiotic (provides good bacteria to help digestion)</li> <li>✓ 281 KJ</li> <li>✓ 1.3 G protein: <u>100% whey protein</u></li> <li>✓ Omega 3 and 6</li> <li>✓ 7.8G carbohydrates</li> <li>✓ Amino-acids</li> </ul>
Nan H.A 2 Gold	<ul style="list-style-type: none"> <li>✓ <u>From 6 months</u></li> <li>✓ Contains bifidus BL probiotic</li> <li>✓ Not to be used if the child has a milk allergy</li> <li>✓ 281 KJ</li> <li>✓ 1.5G protein: <u>100 % whey protein</u></li> <li>✓ omega 3 and 6, 8.3G carbohydrates and amino acids</li> </ul>
Nan H.A 1 Gold (6x17G)	<ul style="list-style-type: none"> <li>✓ <u>From birth</u></li> <li>✓ Easy to digest with bifidus BL probiotic</li> <li>✓ 281 KJ</li> <li>✓ 1.3G protein: <u>100% whey protein</u></li> <li>✓ Omega 3 and 6</li> <li>✓ 7.8G carbohydrates</li> <li>✓ Amino-acids</li> </ul>
Nan H.A 2 Gold (4 x 32G)	<ul style="list-style-type: none"> <li>✓ <u>From 6 months</u></li> <li>✓ Contains bifidus BL probiotic</li> <li>✓ Not to be used if the child has a milk allergy</li> <li>✓ 281 KJ</li> <li>✓ 1.5G protein: <u>100 % whey protein</u></li> <li>✓ Omega 3 and 6, 8.3G carbohydrates and amino acids</li> </ul>
Nan Pro 1 gold	<ul style="list-style-type: none"> <li>✓ <u>Suitable from birth</u></li> <li>✓ Has bifidus BL probiotic</li> <li>✓ 280 KJ</li> <li>✓ 1.3G protein: <u>Whey protein 70% and casein protein 30%</u></li> <li>✓ 7.9G DHA and ALA, 7.4G carbohydrates</li> </ul>
Nan pro 2 gold and the Ready to Drink tetra packs	<ul style="list-style-type: none"> <li>✓ <u>From 6 months</u></li> <li>✓ Bifidus BL probiotic</li> <li>✓ 281 KJ</li> <li>✓ 1.3 G protein in a <u>Whey 50% and Casein 50%</u></li> <li>✓ DHA 6G, 8.2 G carbohydrates and no amino acids</li> </ul>
Nan comfort 1	<ul style="list-style-type: none"> <li>✓ Has l.reuteri which is beneficial for digestion</li> <li>✓ 282 KJ</li> <li>✓ 1.5G protein in a <u>Whey 60% and casein 40%</u></li> <li>✓ 7.7 G carbohydrate and no fish oil. Has amino acids</li> </ul>
Nan comfort 2	<ul style="list-style-type: none"> <li>✓ <u>From 6 months</u></li> <li>✓ 281 KJ</li> <li>✓ Protein 1.5G: <u>whey protein 40% and casein protein is 60%</u></li> <li>✓ 8.4G carbohydrates and no amino acids</li> </ul>
Nan AR (Anti-reflux)	<ul style="list-style-type: none"> <li>✓ <u>Birth-12 months</u></li> <li>✓ Thickened formula with bifidus BL.</li> <li>✓ 279 KJ</li> <li>✓ 1.5 G protein: <u>100% whey protein</u></li> <li>✓ 8.2G carbohydrates and amino acids</li> </ul>
Nan Sensitive	<ul style="list-style-type: none"> <li>✓ <u>Birth-12 months</u></li> <li>✓ For lactose intolerant babies or those with diarrhoea only (not general use)</li> <li>✓ 280 KJ,</li> </ul>

	<ul style="list-style-type: none"> <li>✓ 1.5 G Protein</li> <li>✓ 2.8 G carbohydrates and amino acids</li> </ul>
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➤ **NAN TODDLER FORMULA'S (NESTLE)**

<b>PRODUCT</b>	<b>COMMENTS</b>
Nan H.A 3	<ul style="list-style-type: none"> <li>✓ <u>From 12 months</u>. Not to be used in cow milk allergies</li> <li>✓ Bifidus BL</li> <li>✓ 14 vitamins and minerals</li> <li>✓ 282 KJ</li> <li>✓ 1.5G <u>hydrolysed whey protein</u></li> <li>✓ 8.8G carbohydrates, lipid smart which is a balance of fats</li> </ul>
Nan H.A 4	<ul style="list-style-type: none"> <li>✓ <u>From 2 years and on</u></li> <li>✓ Bifidus BL probiotics, 14 vitamins and minerals</li> <li>✓ 253 kJ</li> <li>✓ 1.5G protein <u>hydrolysed whey protein</u></li> <li>✓ 9.3G carbohydrates and reduced in fat but B-utilise technology..</li> </ul>
Nan Pro 3	<ul style="list-style-type: none"> <li>✓ <u>From 1 year</u></li> <li>✓ 282 KJ</li> <li>✓ 1.5 G protein</li> <li>✓ 2.9 G fat</li> <li>✓ 8.8G carbohydrates</li> <li>✓ 15 vitamins and minerals plus bifidus (probiotic)</li> </ul>

**Dry Infant cereals**

- Cerelac infant cereal rice from 4 months
- Cerelac infant cereal wheat from 6 months
- Cerelac infant cereal oats with prune from 6 months
- Cerelac infant cereal multigrain with pear from 8 months

**What is the feeding schedule for Nan?**

	<b><u>QTY PER FEED</u></b>		<b><u>NUMBER OF FEEDS PER DAY</u></b>	
<b><u>AGE</u></b>	<b><u>BOILED WATER IN ML</u></b>	<b><u>SCOOPS</u></b>	<b><u>FORMULA</u></b>	<b><u>OTHER FEEDS</u></b>
Up to 2 weeks	90	3	6	
Up to 1 month	120	4	5	
2 months	150	5	5	
4 months	180	6	5	
6 months	210	7	5	
Over 6 months	210	7	4-3	1-2

➤ **S-26 (WYETH/PFIZER)**

<b>PRODUCT</b>	<b>COMMENTS</b>
S 26 Gold Newborn	<ul style="list-style-type: none"> <li>✓ Available in 900g tin, (6x17g sticks) and ready to drink (4 x 250mL)</li> <li>✓ Has alpha lactalbumin</li> <li>✓ High whey protein proportion</li> <li>✓ 280 KJ</li> <li>✓ 1.3 G protein in <u>65% Whey and 35% Casein</u></li> <li>✓ Omega 3 and 6, 7.3G carbohydrates, 28 ingredients and amino acids</li> </ul>
S 26 Original newborn	<ul style="list-style-type: none"> <li>✓ <u>Birth-12months</u></li> <li>✓ 281 KJ</li> <li>✓ 1.5 G protein in a <u>60% Whey to 40 % casein</u></li> <li>✓ Only has ALA, 7.2G carbohydrates, 28 vitamins and minerals and amino acids</li> </ul>
SMA birth to 6 months	<ul style="list-style-type: none"> <li>✓ Casein dominant to keep baby fuller for longer</li> <li>✓ 278 KJ</li> <li>✓ 1.5 G protein, <u>20% whey and 80 % casein</u></li> <li>✓ 3.6 G fats only ALA, 7G carbohydrates, 28 vitamins and 3 amino acids</li> </ul>
S 26 Gold progress 6-12 months	<ul style="list-style-type: none"> <li>✓ 275 KJ</li> <li>✓ 2G protein, <u>40% Whey and 60% casein</u></li> <li>✓ 3.2G fat omega 3 and 6</li> <li>✓ 7.2G carbohydrates</li> </ul>
S 26 original progress	<ul style="list-style-type: none"> <li>✓ <u>For 6 to 12 months</u></li> <li>✓ 275 KJ</li> <li>✓ 2G protein, <u>20% whey and 60% casein protein</u></li> <li>✓ 3.2G fat which is ALA, carbohydrate 7.2G</li> </ul>
S 26 gold toddler 12	<ul style="list-style-type: none"> <li>✓ For 1 to 3 years and you give only 1-2 serves</li> </ul>

months and over	<ul style="list-style-type: none"> <li>✓ Give 5 scoops in 200mL water</li> <li>✓ 594 KJ</li> <li>✓ 5.5G protein</li> <li>✓ 6.2G fat omega 3 and 6, 16g carbohydrates, 17 vitamins and 1 amino acids</li> </ul>
S 26 AR	<ul style="list-style-type: none"> <li>✓ Corn-starch thickener to keep the food down</li> <li>✓ 278 KJ</li> <li>✓ 1.5G protein</li> <li>✓ DHA, ALA and omega 6. 7G carbohydrates and amino acids</li> </ul>
S 26 Gold LF	<ul style="list-style-type: none"> <li>✓ Whey dominant protein which is good for lactose intolerance and colic babies</li> <li>✓ 281 KJ</li> <li>✓ <u>60% whey and 40% casein protein</u></li> <li>✓ omega 3 and 6, amino acids and 27 vitamins and minerals</li> </ul>
S 26 Gold Soy	<ul style="list-style-type: none"> <li>✓ For children avoiding dairy or who are vegetarian</li> <li>✓ 281 KJ</li> <li>✓ 1.8 G protein</li> <li>✓ omega 3 and 6, 6.9G carbohydrates, 27 vitamins and minerals and have amino acids</li> </ul>
S26 Premgro	<ul style="list-style-type: none"> <li>✓ Whey dominant protein for children that are born pre-term</li> <li>✓ 305 KJ</li> <li>✓ 1.9G protein, <u>60% whey and 40% casein protein</u></li> <li>✓ omega 3 and 6, 7.5 G carbohydrates and 28 vitamins and amino acids</li> </ul>

### What are the S26 feeding schedules?

AGE	FEEDS PER DAY	WATER IN ML	SCOOPS	Ready to drink liquid VOLUME
0-2 weeks	7-9	60	1	60
2weeks to 3 months	6	120	2	120
3-6 months	5	180	3	180
More than 6 months	4-5	180	3	180
More than 12 months	3	180	3	180

### What is the feeding schedule for the Premgro formula?

Average baby's weight in kg	Number of feeds	Water in mL	Scoops
2	6-8	60	2
3.5	6-8	90	3
5	6	120	4
6.5	5	180	6
7	5	180	6

### ➤ **NOVOLAC (BAYER)**

PRODUCT	COMMENTS
CONSTIPATION	<ul style="list-style-type: none"> <li>✓ This is designed for kids that suffer from constipation</li> <li>✓ 1.6G protein; <u>60% Whey and 40% casein protein</u></li> <li>✓ 3.3G fat, 7.5 G carbohydrates, 100% lactose to increase the bulk</li> <li>✓ It has more magnesium: calcium ratio of 2:1 to help soften the stools</li> </ul>
REFLUX	<ul style="list-style-type: none"> <li>✓ Thickened formula which is Casein dominant</li> <li>✓ 1.7G protein <u>20% Whey and 80% casein protein</u></li> <li>✓ 3.1G fat and 7.4G carbohydrates</li> </ul>
COLIC	<ul style="list-style-type: none"> <li>✓ 30% less lactose to help cause less bloating and winds</li> <li>✓ Easily digested</li> <li>✓ 1.6G protein which is <u>60% whey and 40% casein protein</u></li> <li>✓ 3.3G fat and 7.3G carbohydrates</li> </ul>
SWEET DREAMS	<ul style="list-style-type: none"> <li>✓ Has more maltodextran and starch to keep full for longer casein dominant</li> <li>✓ 1.6G protein with <u>Casein 80%: Whey 20%</u></li> <li>✓ 3.6G fat and 7.2Gcarbohydrates</li> <li>✓ Has more maltodextran and starch to keep them fuller for longer</li> </ul>
DIARRHOEA	<ul style="list-style-type: none"> <li>✓ <u>90% casein and 10% whey protein</u></li> <li>✓ Has high amounts of electrolytes</li> <li>✓ Cream of rice to improve the stool consistency</li> <li>✓ Negligible lactose and no sucrose</li> <li>✓ Only for short term treatment maximum of 5 days</li> </ul>
STAGE 1 AND 2 GOLD	<ul style="list-style-type: none"> <li>✓ <u>Stage 1: from birth-5 months</u></li> <li>✓ 268 KJ</li> <li>✓ 1.8G protein</li> <li>✓ 3G fat</li> <li>✓ Carbohydrates 7.5mg</li> <li>✓ 25 vitamins and minerals plus choline</li> </ul>

Stage 2: 6months-12 months

- ✓ 296 KJ
- ✓ 1.7G protein
- ✓ 3.2G fat
- ✓ 25 vitamins and minerals, plus amino acids