



Supporting Information

Supplementary tables

This appendix was part of the submitted manuscript and has been peer reviewed.
It is posted as supplied by the authors.

Appendix to: Farrent S, Coppin B, Morris S. Call for infant formula reconstitution uniformity and improvements in manufacturer feeding guides. *Med J Aust* 2020; doi: 10.5694/mja2.50760.

Table 1. Infant formulas for < 6 months, brand and range available at supermarkets and/or chemists

Brand	Range available of 0–6 months
Aptamil	▪ AR Gold ▪ Profutura ▪ Pronutura ▪ HA ▪ Colic & constipation ▪ De-Lact
Alula S26	▪ Original newborn ▪ Gold newborn ▪ Gold comfort ▪ AR** ▪ LI*
A2	▪ Platinum Premium 1
Bellamys Organic	▪ Organic Infant Formula 1
Bubs	▪ Stage 1 - goat
Infacare	▪ SMA Newborn
Karicare	▪ Karicare + Stage 1 ▪ Karicare + Soy ▪ Karicare + Goat
Mamia	▪ Gold 1
NAN	▪ Optipro 1 ▪ Supreme 1 ▪ Comfort 1 ▪ LI* ▪ A2 ▪ Organic
Novolac	▪ Gold stage 1 ▪ Reflux ▪ Colic ▪ Constipation ▪ Allergy ▪ Sweet dreams ▪ Diarrhoea

**AR = Anti-Reflux; *LI = Lactose Intolerant

Table 2. Standard infant formula reconstitution ratios and Kcalories per gram of powder

Formula	Scoop:Water (mL)	Scoop size (g)	Grams of formula per 1 mL	
			water	Kcalories per gram of powder
A2 Platinum	1:50	7.5	0.15	5.1
Aptamil Gold Pronutra	1:50	7.4	0.148	4.8
Aptamil Profutura	1:50	7.4	0.148	4.8
Bellamy's Organic Step 1	1:60	8.8	0.146	5.2
Karicare +1	1:50	7.3	0.144	5.1
Mamia Gold 1	1:60	8.8	0.147	5.2
NAN Optipro 1	1:30	4.4	0.146	5.2
NAN Supreme	1:30	4.5	0.15	5.0
S26 Original Newborn	1:60	8.5	0.142	5.2
S26 Gold Newborn	1:60	8.5	0.142	5.2

Table 3. Approximate formula requirements for infants — National Health and Medical Research Council (NHMRC) Infant Feeding Guidelines correlated with NHMRC Nutrient Reference Values Estimated Energy Requirements (NRV EER)

	NHMRC Approx Formula requirement	Approx energy provided by formula (Kcal/kg/day)	NRV EER (Kcal/kg/day)
Days 1 to 4	Commence at 30-60mL/kg/day and increase over the next few days		
Day 5 to 3months	150 mL/Kg/day - Some infants, especially those who were preterm, will require up to 180–200 mL/kg/day	100	96–109
3 to 6 months	120 mL/kg/day	80	82–96
6 to 12 months	100 mL/kg/day - Some infants may reduce to 90 mL/kg/day - Infants of this age also take solid foods	67	79–83