

Nutritional Comparison Chart Soy Pediatric Formula

Nutrients	Standardized Serving Size in Units	Infant Formula Act & Amendments		Infant Formulas			Human Milk	Baby's Only Organic® Toddler SOY	Nestle® Good Start® 2 Essentials Soy	Enfamil® NextStep® ProSobee® LIPII®	Cow's Milk
		Minimum	Maximum	100 kcal	Similac® Isomil® Advance®	Enfamil® ProSobee® LIPII®					
Calories	100 kcal			100	100	100	100	100	100	100	100
Calories/ml				0.70	0.70	0.70	0.70	0.70	0.70	0.70	0.70
Protein	g	1.8	4.5	2.45	2.5	2.8	1.5	2.8	3.1	3.1	4.9
Lipids	g	3.3 (30% of kcal)	6 (54% of kcal)	5.46	5.3	5.1	5.7	5.3	4.4	4.4	5.6
Carbohydrate	g	NA	NA	10.3	10.6	11.1	10.6	10.8	12	11.8	6.9
Total Fiber	g	NA	NA	Unknown	Unknown	Unknown	0	0.17	Unknown	Unknown	0
Soluble Fiber	g	NA	NA	Unknown	Unknown	Unknown	0	0.07	Unknown	Unknown	0
Insoluble Fiber	g	NA	NA	Unknown	Unknown	Unknown	0	0.10	Unknown	Unknown	0
Water	g	NA	NA	133	134	134	88	140	134	132	88
Linoleic Acid (Essential Fatty Acid)	mg	300(2.7% of kcal)	NA	1000	860	920	530	1000	860	720	115
Linolenic Acid (Essential Fatty Acid)	mg	NA	NA	105	85	133	60	110	115	70	NA
Taurine	mg	NA	NA	7.5	6	8	11	6	6.7	6	NA
<b>VITAMINS</b>											
Vitamin A	IU	250	750	300	300	300	328	300	300	300	147
Vitamin D	IU	40	100	60	60	60	3.2	60	60	60	3.5
Vitamin E	IU	0.7	None	1.5	2	3	0.33	2	3	2	0.13
Vitamin K1	mcg	4	None	11	8	8	0.3	8.5	8	8	0.72
Vitamin B1 (Thiamin)	mcg	40	None	60	80	60	31	100	80	80	44
Vitamin B2 (Riboflavin)	mcg	60	None	90	90	94	51	100	94	90	257
Vitamin B6	mcg	35	None	60	60	60	14	60	70	60	69
Vitamin B12	mcg	0.15	None	0.45	0.3	0.31	0.15	0.45	0.31	0.3	0.6
Niacin	mcg	250	None	1350	1000	1300	221	1100	1300	1000	118
Folic Acid (Folacin)	mcg	4	None	15	16	16	3.5	15	16	16	7.4
Pantothenic Acid	mcg	300	None	750	500	470	270	450	470	500	515
Biotin	mcg	1.5	None	4.5	3	7.8	0.59	3	7.8	3	5
Vitamin C (Ascorbic Acid)	mg	8	None	9	12	16	5.9	20	15	12	2.5
Choline	mg	7	None	12	12	12	13	12	12	12	33
Inositol	mg	4	None	5	6	18	21	15	12	6	7
<b>MINERALS</b>											
Calcium	mg	60	None	105	105	105	41	135	135	195	176
Phosphorus	mg	30	None	75	83	63	21	90	90	130	135
Ca/P Ratio	mg/mg	1.1	2	1.4	1.3	1.7	2.3	1.5	1.5	1.5	1.3
Magnesium	mg	6	None	7.5	11	11	5.2	20	10	11	18
Iron	mg	0.15	3	1.8	1.8	1.8	0.6	1.8	1.8	2	0.7
Zinc	mg	0.5	None	0.75	1.2	0.9	1.8	1	0.9	1.2	5.2
Manganese	mcg	5	None	25	25	34	1	55	37	50	4
Copper	mcg	60	None	75	75	120	37	70	120	75	15
Iodine	mcg	5	75	15	15	15	16	10	15	15	7
Selenium	mcg	NA	NA	1.8	2.8	3	2.9	2.5	2	2.8	NA
Sodium	mg	20	60	44	36	35	26	30	38	36	71
Potassium	mg	80	200	108	120	116	77	140	118	120	230
Chloride	mg	55	150	62	80	71	62	60	79	80	150
Methionine	mg	Recommended for SOY		70	53	80	28	60	80	69	123
Osmolality	mOsm/kg H <sub>2</sub> O	NA	NA	200	200	200	290	260	200	230	350

Nature's One® recognizes that breast milk is the best source of nutrition a mother can provide her baby the first year of life and offers advantages not found in any formula. Therefore, Baby's Only Organic® Toddler Formula is intended for a baby 12-months and older unless specified by a healthcare professional. Breast Milk contains many more ingredients than infant or toddler formulas. Source: Food and Nutrition Board, National Academy of Sciences - National Research Council Recommended Dietary Allowances. Nestle Good Start is a registered trademark of Nestle. Enfamil is a registered trademark of Mead Johnson & Company. Similac is a registered trademark of Abbott Laboratories & Ross Labs. Rev. 1/09

NA: Not Applicable