

## Nutritional Comparison Chart Dairy with DHA & ARA Pediatric Formula

Nutrients	Serving Size in Units per 100 kcal	Infant Formula Act & Amendments		Similac® Advance®	Enfamil® Premium Infant	Human Milk	Baby's Only Organic® Toddler DHA & ARA	Similac® Go & Grow®	Cow's Milk
		Minimum	Maximum						
Calories	100 kcal			100	100	100	<b>100</b>	100	100
Calories	ml			0.70	0.70	0.70	<b>0.70</b>	0.70	0.70
Protein	g	1.8	4.5	2.1	2.1	1.5	<b>2.6</b>	3.0	5.2
Fat (Lipids)	g	3.3 (30% of kcal)	6 (54% of kcal)	5.6	5.3	6.3	<b>5.3</b>	5.4	5.4
Carbohydrate	g	NA	NA	10.7	11.2	9.9	<b>10.8</b>	10.2	7.8
Water	g	NA	NA	133	133	125	<b>140</b>	133	144
Taurine	mg	NA	NA	NS	6	NS	<b>6</b>	NS	NS
Linoleic Acid (LA)	mg	300 (2.7% of kcal)	NA	1000	860	535	<b>1000</b>	1000	197
Linolenic Acid (ALA)	mg	NA	NA	NS	80	74	<b>128</b>	NS	123
DHA	mg	NA	NA	8	17	NS	<b>6</b>	8	NS
ARA	mg	NA	NA	22	34	NS	<b>12</b>	22	NS
<b>VITAMINS</b>									
Vitamin A	IU	250	750	300	300	303	<b>300</b>	300	265
Vitamin D	IU	40	100	75	60	4.1	<b>75</b>	60	3.4
Vitamin E	IU	0.7	NA	1.5	2	0.12	<b>2</b>	3	0.17
Vitamin K1	mcg	4	NA	8	9	0.41	<b>8.5</b>	8	0.47
Thiamin (B1)	mcg	40	NA	100	80	20	<b>100</b>	100	75
Riboflavin (B2)	mcg	60	NA	150	140	52	<b>100</b>	150	277
Vitamin B6	mcg	35	NA	60	60	16	<b>60</b>	60	59
Vitamin B12	mcg	0.15	NA	0.25	0.3	0.07	<b>0.2</b>	0.3	0.7
Niacin (B3)	mcg	250	NA	1050	1000	253	<b>1100</b>	1050	146
Folic Acid (B9)	mcg	4	NA	15	16	7	<b>15</b>	15	8
Pantothenic Acid (B5)	mcg	300	NA	450	500	319	<b>450</b>	450	611
Biotin (B7)	mcg	1.5	NA	4.4	3	0.56	<b>3</b>	4.4	NS
Vitamin C	mg	8	NA	9	12	7.2	<b>20</b>	12	0
Choline	mg	7	NA	16	24	23	<b>12</b>	16	23
Inositol	mg	4	NA	4.7	6	NS	<b>5</b>	4.7	NS
<b>MINERALS</b>									
Calcium	mg	60	NA	78	78	46	<b>135</b>	195	185
Phosphorus	mg	30	NA	42	43	20	<b>90</b>	130	138
Ca/P Ratio	mg/mg	1.1	2	1.9	1.8	2.3	<b>1.5</b>	1.5	1.3
Magnesium	mg	6	NA	6	8	4	<b>9</b>	9	16
Iron	mg	0.15	3	1.8	1.8	0.04	<b>1.8</b>	2	0.047
Zinc	mg	0.5	NA	0.75	1	0.24	<b>0.7</b>	0.75	0.6
Manganese	mcg	5	NA	5	15	37	<b>21</b>	5	6.7
Copper	mcg	60	NA	90	75	74	<b>70</b>	90	41
Iodine	mcg	5	75	6	15	NS	<b>20</b>	12	NS
Selenium	mcg	NA	NA	1.8	2.8	2.6	<b>2.5</b>	1.8	6
Sodium	mg	20	60	24	27	24	<b>30</b>	30	70
Potassium	mg	80	200	105	108	73	<b>120</b>	150	216
Chloride	mg	55	150	65	63	NS	<b>80</b>	80	NS
Osmolality	mOsm/kg H <sub>2</sub> O	NA	NA	310	300	295	<b>260</b>	300	275

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 not intended for infants under 1 year of age unless specified by a healthcare professional. Breast milk contains many ingredients not found in infant and toddler formulas.

[Click for References on Nutrient Values](#)

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NA: Not Applicable  
NS: Not Stated