

Nutritional Comparison Chart Lactose Free Pediatric Formula

| Nutrients | Serving Size in Units per 100 kcal | Infant Formula Act & Amendments | | Baby's Only Organic® Toddler LACTOSE FREE | Human Milk | Similac® Sensitive® | Enfamil® Gentlease® | Cow's Milk |
|---------------------------------------|------------------------------------|---------------------------------|-----------------|---|------------|---------------------|---------------------|------------|
| | | Minimum | Maximum | | | | | |
| Calories | 100 kcal | | | 100 | 100 | 100 | 100 | 100 |
| Calories/ml | | | | 0.70 | 0.70 | 0.70 | 0.70 | 0.70 |
| Protein | g | 1.8 | 4.5 | 2.1 | 1.5 | 2.14 | 2.3 | 4.9 |
| Lipids | g | 3.3 (30% of kcal) | 6 (54% of kcal) | 5.4 | 5.7 | 5.4 | 5.3 | 5.6 |
| Carbohydrate | g | NA | NA | 10.7 | 10.6 | 11.1 | 10.8 | 6.9 |
| Water | g | NA | NA | 140 | 88 | 133 | 133 | 88 |
| Linoleic Acid (Essential Fatty Acid) | mg | 300 (2.7% of kcal) | NA | 1000 | 530 | 1000 | 860 | 115 |
| Linolenic Acid (Essential Fatty Acid) | mg | NA | NA | 128 | 60 | NS | 80 | NS |
| Taurine | mg | NA | NA | 6 | 11 | NS | 6 | NS |
| Vitamins | | | | | | | | |
| Vitamin A | IU | 250 | 750 | 300 | 328 | 300 | 300 | 147 |
| Vitamin D | IU | 40 | 100 | 75 | 3.2 | 60 | 60 | 3.5 |
| Vitamin E | IU | 0.7 | NA | 2 | 0.33 | 3 | 2 | 0.13 |
| Vitamin K1 | mcg | 4 | NA | 8.5 | 0.3 | 8 | 9 | 0.72 |
| Vitamin B1 (Thiamin) | mcg | 40 | NA | 100 | 31 | 100 | 80 | 44 |
| Vitamin B2 (Riboflavin) | mcg | 60 | NA | 100 | 51 | 150 | 140 | 257 |
| Vitamin B6 | mcg | 35 | NA | 60 | 14 | 60 | 60 | 69 |
| Vitamin B12 | mcg | 0.15 | NA | 0.2 | 0.15 | 0.25 | 0.3 | 0.6 |
| Niacin | mcg | 250 | NA | 1100 | 221 | 1050 | 1000 | 118 |
| Folic Acid (Folacin) | mcg | 4 | NA | 15 | 3.5 | 15 | 16 | 7.4 |
| Pantothenic Acid | mcg | 300 | NA | 450 | 270 | 450 | 500 | 515 |
| Biotin | mcg | 1.5 | NA | 3 | 0.59 | 4.4 | 3 | 5 |
| Vitamin C (Ascorbic Acid) | mg | 8 | NA | 20 | 5.9 | 9 | 12 | 2.5 |
| Choline | mg | 7 | NA | 12 | 13 | 16 | 24 | 33 |
| Inositol | mg | 4 | NA | 5 | 21 | 4.3 | 6 | 7 |
| Minerals | | | | | | | | |
| Calcium | mg | 60 | NA | 84 | 41 | 84 | 82 | 176 |
| Phosphorus | mg | 30 | NA | 56 | 21 | 56 | 46 | 135 |
| Ca/P Ratio | mg/mg | 1.1 | 2 | 1.5 | 2.3 | 1.5 | 1.8 | 1.3 |
| Magnesium | mg | 6 | NA | 6 | 5.2 | 6 | 8 | 18 |
| Iron | mg | 0.15 | 3 | 1.8 | 0.6 | 1.8 | 1.8 | 0.7 |
| Zinc | mg | 0.5 | NA | 0.7 | 1.8 | 0.75 | 1.0 | 5.2 |
| Manganese | mcg | 5 | NA | 21 | 1 | 5 | 15 | 4 |
| Copper | mcg | 60 | NA | 70 | 37 | 90 | 75 | 15 |
| Iodine | mcg | 5 | 75 | 10 | 16 | 9 | 15 | 7 |
| Selenium | mcg | NA | NA | 2.5 | 2.9 | 1.8 | 2.8 | NA |
| Sodium | mg | 20 | 60 | 30 | 26 | 30 | 36 | 71 |
| Potassium | mg | 80 | 200 | 120 | 77 | 107 | 108 | 230 |
| Chloride | mg | 55 | 150 | 80 | 62 | 65 | 63 | 150 |
| Osmolality | mOsm/kg H ₂ O | NA | NA | 260 | 290 | NS | 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. For infants, use as directed by a healthcare professional. Breast milk contains many more ingredients than found in infant and toddler formulas.

Source: Food and Nutrition Board, National Academy of Sciences - National Research Council Recommended Dietary Allowances.

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NA: Not Applicable
NS: Not Stated