

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	Cow's Milk	Similac® Sensitive™	Enfamil® LactoFree® LIPIIL®
		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	4.9	2.14	2.1
Lipids	g	3.3 (30% of kcal)	6 (54% of kcal)	5.4	5.7	5.6	5.4	5.3
Carbohydrate	g	NA	NA	10.7	10.6	6.9	10.7	10.9
Water	g	NA	NA	140	88	88	133	134
Linoleic Acid (Essential Fatty Acid)	mg	300 (2.7% of kcal)	NA	1000	530	115	1000	860
Linolenic Acid (Essential Fatty Acid)	mg	NA	NA	128	60	NS	NS	NS
Taurine	mg	NA	NA	6	11	NS	NS	NS
Vitamins								
Vitamin A	IU	250	750	300	328	147	300	300
Vitamin D	IU	40	100	60	3.2	3.5	60	60
Vitamin E	IU	0.7	NA	2	0.33	0.13	3	2
Vitamin K1	mcg	4	NA	8.5	0.3	0.72	8	8
Vitamin B1 (Thiamin)	mcg	40	NA	100	31	44	100	80
Vitamin B2 (Riboflavin)	mcg	60	NA	100	51	257	150	140
Vitamin B6	mcg	35	NA	60	14	69	60	60
Vitamin B12	mcg	0.15	NA	0.2	0.15	0.6	0.25	0.3
Niacin	mcg	250	NA	1100	221	118	1050	1000
Folic Acid (Folacin)	mcg	4	NA	15	3.5	7.4	15	16
Pantothenic Acid	mcg	300	NA	450	270	515	450	500
Biotin	mcg	1.5	NA	3	0.59	5	4.4	3
Vitamin C (Ascorbic Acid)	mg	8	NA	20	5.9	2.5	9	12
Choline	mg	7	NA	12	13	33	16	24
Inositol	mg	4	NA	5	21	7	4.3	6
Minerals								
Calcium	mg	60	NA	84	41	176	84	82
Phosphorus	mg	30	NA	56	21	135	56	46
Ca/P Ratio	mg/mg	1.1	2	1.5	2.3	1.3	1.5	1.78
Magnesium	mg	6	NA	6	5.2	18	6	8
Iron	mg	0.15	3	1.8	0.6	0.7	1.8	1.8
Zinc	mg	0.5	NA	0.7	1.8	5.2	0.75	1.0
Manganese	mcg	5	NA	21	1	4	5	15
Copper	mcg	60	NA	70	37	15	90	75
Iodine	mcg	5	75	10	16	7	9	15
Selenium	mcg	NA	NA	2.5	2.9	NA	1.8	2.8
Sodium	mg	20	60	30	26	71	30	30
Potassium	mg	80	200	120	77	230	107	110
Chloride	mg	55	150	80	62	150	65	67
Osmolality	mOsm/kg H ₂ O	NA	NA	260	290	350	NS	NS

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 not listed here. Source: Food and Nutrition Board, National Academy of Sciences - National Research Council Recommended Dietary Allowances designed for the maintenance of good nutrition of practically all healthy people in the United States and Infant Formula Regulations. Similac is a registered trademark of Abbott Laboratories. Enfamil is a registered trademark of the Mead Johnson Company. Rev. 7/09

NA: Not Applicable
NS: Not Stated