

### Nutritional Comparison Chart Organic Dairy Pediatric Formula

| Nutrients                             | Serving Size in Units per 100 kcal | Infant Formula Act & Amendments |                 | Baby's Only Organic® Toddler DAIRY | Human Milk | Similac® Organic | PBM Products: Earth's Best® Vermont Organics™ Parent's Choice™ & All Store Brands | Cow's Milk |
|---------------------------------------|------------------------------------|---------------------------------|-----------------|------------------------------------|------------|------------------|---|------------|
|                                       |                                    | Minimum                         | Maximum         |                                    |            |                  |   |            |
| Calories                              | 100 kcal                           |                                 |                 | <b>100</b>                         | 100        | 100              | 100   | 100        |
| Calories/ml                           |                                    |                                 |                 | <b>0.70</b>                        | 0.70       | 0.70             | 0.70  | 0.70       |
| Protein                               | g                                  | 1.8                             | 4.5             | <b>2.6</b>                         | 1.5        | 2.1              | 2.2   | 4.9        |
| Lipids (Fats)                         | g                                  | 3.3 (30% of kcal)               | 6 (54% of kcal) | <b>5.3</b>                         | 5.7        | 5.5              | 5.3   | 5.6        |
| Carbohydrate                          | g                                  | NA                              | NA              | <b>10.8</b>                        | 10.6       | 10.6             | 10.6  | 6.9        |
| Water                                 | g                                  | NA                              | NA              | <b>140</b>                         | 88         | 133              | 134   | 88         |
| Linoleic Acid (Essential Fatty Acid)  | mg                                 | 300 (2.7% of kcal)              | NA              | <b>1000</b>                        | 530        | 860              | 750   | 115        |
| Linolenic Acid (Essential Fatty Acid) | mg                                 | NA                              | NA              | <b>128</b>                         | 60         | NS               | NS  | NA         |
| Taurine                               | mg                                 | NA                              | NA              | <b>6</b>                           | 11         | NS               | NS  | NA         |
| <b>Vitamins</b>                       |                                    |                                 |                 |                                    |            |                  |   |            |
| Vitamin A                             | IU                                 | 250                             | 750             | <b>300</b>                         | 328        | 300              | 300   | 147        |
| Vitamin D                             | IU                                 | 40                              | 100             | <b>75</b>                          | 3.2        | 60               | 60  | 3.5        |
| Vitamin E                             | IU                                 | 0.7                             | NA              | <b>2</b>                           | 0.33       | 1.5              | 2   | 0.13       |
| Vitamin K1                            | mcg                                | 4                               | NA              | <b>8.5</b>                         | 0.3        | 8                | 8   | 0.72       |
| Vitamin B1 (Thiamin)                  | mcg                                | 40                              | NA              | <b>100</b>                         | 31         | 100              | 100   | 44         |
| Vitamin B2 (Riboflavin)               | mcg                                | 60                              | NA              | <b>100</b>                         | 51         | 150              | 150   | 257        |
| Vitamin B6                            | mcg                                | 35                              | NA              | <b>60</b>                          | 14         | 60               | 63  | 69         |
| Vitamin B12                           | mcg                                | 0.15                            | NA              | <b>0.2</b>                         | 0.15       | 0.3              | 0.2   | 0.6        |
| Niacin                                | mcg                                | 250                             | NA              | <b>1100</b>                        | 221        | 1050             | 750   | 118        |
| Folic Acid (Folacin)                  | mcg                                | 4                               | NA              | <b>15</b>                          | 3.5        | 15               | 7.5   | 7.4        |
| Pantothenic Acid                      | mcg                                | 300                             | NA              | <b>450</b>                         | 270        | 450              | 315   | 515        |
| Biotin                                | mcg                                | 1.5                             | NA              | <b>3</b>                           | 0.59       | 4.4              | 2.3   | 5          |
| Vitamin C (Ascorbic Acid)             | mg                                 | 8                               | NA              | <b>20</b>                          | 5.9        | 9                | 9   | 2.5        |
| Choline                               | mg                                 | 7                               | NA              | <b>12</b>                          | 13         | 16               | 15  | 33         |
| Inositol                              | mg                                 | 4                               | NA              | <b>5</b>                           | 21         | 4.7              | 4.1   | 7          |
| <b>Minerals</b>                       |                                    |                                 |                 |                                    |            |                  |   |            |
| Calcium                               | mg                                 | 60                              | NA              | <b>135</b>                         | 41         | 78               | 63  | 176        |
| Phosphorus                            | mg                                 | 30                              | NA              | <b>90</b>                          | 21         | 42               | 42  | 135        |
| Ca/P Ratio                            | mg/mg                              | 1.1                             | 2               | <b>1.5</b>                         | 2.3        | 1.9              | 1.5   | 1.3        |
| Magnesium                             | mg                                 | 6                               | NA              | <b>9</b>                           | 5.2        | 6                | 7   | 18         |
| Iron                                  | mg                                 | 0.15                            | 3               | <b>1.8</b>                         | 0.6        | 1.8              | 1.8   | 0.7        |
| Zinc                                  | mg                                 | 0.5                             | NA              | <b>0.7</b>                         | 1.8        | 0.75             | 0.75  | 5.2        |
| Manganese                             | mcg                                | 5                               | NA              | <b>21</b>                          | 1          | 5                | 15  | 4          |
| Copper                                | mcg                                | 60                              | NA              | <b>70</b>                          | 37         | 90               | 71  | 15         |
| Iodine                                | mcg                                | 5                               | 75              | <b>20</b>                          | 16         | 6                | 9   | 7          |
| Selenium                              | mcg                                | NA                              | NA              | <b>2.5</b>                         | 2.9        | 1.8              | 2.1   | NA         |
| Sodium                                | mg                                 | 20                              | 60              | <b>30</b>                          | 26         | 24               | 23  | 71         |
| Potassium                             | mg                                 | 80                              | 200             | <b>120</b>                         | 77         | 105              | 84  | 230        |
| Chloride                              | mg                                 | 55                              | 150             | <b>80</b>                          | 62         | 65               | 56  | 150        |
| Osmolality                            | mOsm/kg H <sub>2</sub> O           | NA                              | NA              | <b>260</b>                         | 290        | 225              | NS  | 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 babies 12-months and older. For infants, use as directed 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.

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NA: Not Applicable  
NS: Not Stated