

Nutritional Comparison Chart Organic SOY Pediatric Formula

Nutrients	Serving Size in Units per 100 kcal	Infant Formula Act & Amendments		Baby's Only Organic® Toddler SOY	PBM Products: Earth's Best® Soy Organic, Vermont Organics™	Human Milk	Edensoy® Original¹ Organic (Soy Milk)	Vanilla Silk®¹ Organic (Soy Milk)	Cow's Milk
		Minimum	Maximum						
Calories	100 kcal			100	100	100	100	100	100
Calories/ml				0.70	0.70	0.70	0.58	0.43	0.70
Protein	g	1.8	4.5	2.8	2.5	1.5	7.9	6.0	4.9
Lipids (Fats)	g	3.3 (30% of kcal)	6 (54% of kcal)	5.3	5.3	5.7	3.6	3.5	5.6
Carbohydrate	g	NA	NA	10.8	10.6	10.6	10.0	11.0	6.9
Total Fiber	g	NA	NA	0.4	NS	NA	<1	1.0	NA
Water	g	NA	NA	140	134	88	NS	NS	88
Linoleic Acid (Essential Fatty Acid)	mg	300 (2.7% of kcal)	NA	1000	750	530	NS	NS	115
Linolenic Acid (Essential Fatty Acid)	mg	NA	NA	110	NS	60	NS	NS	NS
Taurine	mg	NA	NA	6	NS	11	NS	NS	NS
Vitamins									
Vitamin A	IU	250	750	300	300	328	NOT SIGNIFICANT	500	147
Vitamin D	IU	40	100	75	60	3.2	NS	120	3.5
Vitamin E	IU	0.7	NA	2	2	0.33	NS	NS	0.13
Vitamin K1	mcg	4	NA	8.5	8	0.3	NS	NS	0.72
Vitamin B1 (Thiamin)	mcg	40	NA	100	80	31	107	NS	44
Vitamin B2 (Riboflavin)	mcg	60	NA	100	90	51	73	510	257
Vitamin B6	mcg	35	NA	60	60	14	114	NS	69
Vitamin B12	mcg	0.15	NA	0.45	0.3	0.15	NS	3.0	0.6
Niacin	mcg	250	NA	1100	1000	221	857	NS	118
Folic Acid (Folacin)	mcg	4	NA	15	16	3.5	29	24	7.4
Pantothenic Acid	mcg	300	NA	450	500	270	286	NS	515
Biotin	mcg	1.5	NA	3	3	0.59	4.3	NS	5
Vitamin C (Ascorbic Acid)	mg	8	NA	20	12	5.9	NOT SIGNIFICANT	0	2.5
Choline	mg	7	NA	12	24	13	NS	NS	33
Inositol	mg	4	NA	15	6	21	NS	NS	7
Minerals									
Calcium	mg	60	NA	135	105	41	71	300	176
Phosphorus	mg	30	NA	90	69	21	107	NS	135
Ca/P Ratio	mg/mg	1.1	2	1.5	1.5	2.3	0.7	NA	1.3
Magnesium	mg	6	NA	20	11	5.2	42.9	40	18
Iron	mg	0.15	3	1.8	1.8	0.6	1.3	1.1	0.7
Zinc	mg	0.5	NA	1	1.2	1.8	0.6	0.6	5.2
Manganese	mcg	5	NA	35	25	1	NS	NS	4
Copper	mcg	60	NA	75	75	37	214	NS	15
Iodine	mcg	5	75	10	15	16	16	NS	7
Selenium	mcg	NA	NA	2.5	2.8	2.9	NS	5.6	NA
Sodium	mg	20	60	30	36	26	75	95	71
Potassium	mg	80	200	140	120	77	314	300	230
Chloride	mg	55	150	60	80	62	NS	NS	150
Methionine	mg	Recommended for SOY		60	NS	NA	NS	NS	NA
Osmolality	mOsm/kg H ₂ O	NA	NA	260	NS	290	NS	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 & 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

1. Based on label claim information whereby % Daily Values converted to numeric values based on 2000 Calorie diet