

**Recipes for Mixing  
NEOSURE**

( Enfacare, Good Start Nourish)

<b>Calories/ounce</b>	<b>Water</b>	<b>Powder Formula</b> Scoop comes in can Unpacked, level	<b>Makes</b>
20 Calories/oz	4-1/4 oz (128 ml)	2 scoops	4-3/4 oz (143 ml)
22 Calories/oz	4 oz (120 ml)	2 scoops	4-1/2 oz (135 ml)
24 Calories/oz	3-1/2 oz (105 ml)	2 scoops	4 oz (120 ml)

**Recipes for Mixing  
GOOD START GENTLE**

(Similac, Enfamil)

<b>Calories/ounce</b>	<b>Water</b>	<b>Powder Formula</b> Scoop comes in can Unpacked, level	<b>Makes</b>
20 Calories/oz	2 oz (60 ml)	1 level scoop	2-1/4 oz (68 ml)
22 Calories/oz	3-2/3 oz (110 ml)	2 level scoops	4 oz (120 ml)
24 Calories/oz	5 oz (150 ml)	3 level scoops	5-3/4 oz (173 ml)

- 1) Always wash your hands before formula is prepared.
- 2) Prepared formula not used immediately should be stored in the refrigerator. Use a feeding bottle closed with a lid. You must use mixed formula within 24 hours.
- 3) Do not warm formula in the microwave.
- 4) Once your baby has taken formula from the bottle, throw out any left over formula within one hour.

<b>Fortifying Breast Milk with Neosure</b> (Enfacare, Good Start Nourish)		<b>Fortifying Breast Milk with Good Start Gentle</b> (Similac, Enfamil)	
<b>22 Calories/ounce</b>		<b>22 Calories/ounce</b>	
<b>Add Neosure Powder</b>	<b>to Breast Milk</b>	<b>Add Good Start Gentle</b>	<b>to Breast Milk</b>
1 teaspoon	140 ml	1 teaspoon	180 ml
<b>24 Calories/ounce</b>		<b>24 Calories/ounce</b>	
<b>Add Neosure Powder</b>	<b>to Breast Milk</b>	<b>Add Good Start Gentle</b>	<b>to Breast Milk</b>
1 teaspoon	70 ml	1 teaspoon	90 ml

You must use fortified milk within 24 hours

