



EleCare[®]Jr

UPDATED FORMULA MIXING CHART



UNFLAVORED & VANILLA					
Grams of powder per scoop	Calories per scoop	Calories per gram powder	Displacement per scoop, mL	Displacement per gram powder, mL	Grams of powder per cup*
9.1	44.9	4.93	6.65	0.731	107

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CALORIES PER FLUID OUNCE

Water (fl oz)		Powder qty		Approximate yield (fl oz)	
5	+	4 scoops (36.3 g)	=	6	
15	+	12 scoops (108.8 g)	=	17.5	
25	+	20 scoops (181.3 g)	=	29.5	
55	+	1 can (400 g)	=	65	

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CALORIES PER FLUID OUNCE

Water (fl oz)		Powder qty		Approximate yield (fl oz)	
5.5	+	5 scoops (45.3 g)	=	6.5	
13	+	12 scoops (108.8 g)	=	15.5	
25	+	24 scoops (217.6 g)	=	30.5	
46	+	1 can (400 g)	=	56.5	

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CALORIES PER FLUID OUNCE

Water (fl oz)		Powder qty		Approximate yield (fl oz)	
3.5	+	4 scoops (36.3 g)	=	4.5	
14.5	+	16 scoops (145.1 g)	=	18	
25	+	28 scoops (253.9 g)	=	30.5	
40	+	1 can (400 g)	=	48.5	

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CALORIES PER FLUID OUNCE

Water (fl oz)		Powder qty		Approximate yield (fl oz)	
4.5	+	6 scoops (54.5 g)	=	6	
11	+	14 scoops (126.9 g)	=	14	
24.5	+	32 scoops (290.1 g)	=	31.5	
34	+	1 can (400 g)	=	44	

* Household measures are based upon 1 unpacked, level, dry measuring cup. The value provided is approximate as household measure results can vary significantly based on the measuring device and individual methods. Abbott is not responsible for the accuracy of individual users' household measures. For most accurate results, powder should be weighed on a scale that reads in grams.

EleCare^{Jr} UPDATED FORMULA NUTRITION INFORMATION

NUTRIENTS	Per 100 Calories*	Per 100 g of Powder	Per L at 30 Cal/fl oz	Per L at 35 Cal/fl oz	Per L at 40 Cal/fl oz	Per L at 45 Cal/fl oz
Energy, Cal	100	493	1025	1178	1346	1514
Protein Equivalent, g	2.9	14.4	30	34.42	39.31	44.22
Fat, g	4.5	22.4	46.6	53.54	61.15	68.79
Linoleic Acid, mg	856.6	4223	8784	10093	11529	12969
Carbohydrates, g	11.4	56	116	133.84	152.88	171.98
VITAMINS						
Vitamin A, IU (mcg RAE†)	213 (64)	1048 (314)	2180 (653†)	2505	2861	3218
Vitamin D, IU (mcg)	81 (2)	397 (9.9)	826 (20.6)	949	1084	1219
Vitamin E, IU	2.11	10.4	21.6	24.9	28.4	31.9
Vitamin K, mcg	13	64	133	153	174.7	196.5
Thiamin (B-1), mcg	215	1060	2205	2533	2894	3255
Riboflavin (B-2), mcg	108	530	1102	1267	1447	1628
Vitamin B-6, mcg	90	446	928	1066	1218	1370
Vitamin B-12, mcg	0.43	2.1	4.4	5.02	5.73	6.45
Niacin, mcg	1708	8420	17514	20124	22987	25858
Folic Acid, mcg	30	149	310	356.1	406.8	457.6
Pantothenic Acid, mcg	430	2120	4410	5067	5788	6511
Biotin, mcg	4.3	21.3	44	50.9	58.1	65.4
Vitamin C, mg	9.2	45.6	95	109	124.5	140
Choline, mg	30	150	312	358.5	409.5	460.7
Inositol, mg	5.1	25.3	53	60.5	69.1	77.7
MINERALS						
Calcium, mg	118	580	1206	1386	1583	1781
Phosphorus, mg	86	423	880	1011	1155	1299
Magnesium, mg	16	79	164	188.8	215.7	242.6
Iron, mg	1.8	9	19	21.51	24.57	27.64
Zinc, mg	1.2	5.8	12.1	13.86	15.83	17.81
Manganese, mcg	131	644	1340	1539.2	1758.1	1977.7
Copper, mcg	131	644	1340	1539	1758	1978
Iodine, mcg	8.9	44	92	105	120	135
Sodium, mg	46	228	474	545	622	700
Sodium, mEq	2	9.9	20.6	23.7	27.1	30.4
Potassium, mg	154	758	1577	1812	2069	2328
Potassium, mEq	3.9	19.4	40.4	46.5	53.1	59.7
Chloride, mg	61	301	626	719	822	924
Chloride, mEq	1.7	8.5	17.7	20.3	23.2	26.1
Selenium, mcg	2.7	13.4	28	32	37	41
Chromium, mcg	2.4	11.6	24.1	27.7	31.7	35.6
Molybdenum, mcg	2.7	13.1	27.2	31.3	35.8	40.2
Unflavored/Vanilla Osmolality (mOsm/kg water)	-	-	487	556	637	715
Potential Renal Solute Load (mOsm/L)‡	-	-	278	319.2	364.7	410.2

Abbott data on calorically dense feedings is limited.

Hypocaloric and hypercaloric formulas should be used under the direction of a healthcare professional.

More calorically dense formula may not supply enough water for some infants or children. Hydration status should be monitored and water supplied from other sources if necessary.

For improved tolerance, it is best to increase caloric density slowly, by 2- to 4-Cal/fl oz increments.

* When prepared as directed, at 30 Cal/fl oz.

† Vitamin A activity is supplied by 49.7 mcg RAE/100 g from beta-carotene and 264.7 mcg RAE/100g from vitamin A palmitate.

‡ Estimated Potential Renal Solute Load = [(Protein (g) x 5.7) + mOsm (Na + K + Cl + P)].