

SIMILAC® GO & GROW® OMEGA-3 AND OMEGA-6 (NON-GMO)

Step 2 DHA- and ARA-enriched formula

For infants and toddlers 6 to 24 months of age



The only Step 2 formula containing galactooligosaccharides and lutein†

INDICATIONS FOR USE

- Transition formula for healthy, term infants who are 6 months or older and whose parents prefer to use products containing ingredients that are not genetically modified.
- For initial or supplemental feeding of term infants.
- For oral or tube feeding use.

Safety precaution:

- Not for parenteral use.

FEATURES AND BENEFITS

- Specially formulated to help bridge the nutritional intake gaps that can be associated with the transition to table foods.
- Calcium enriched (50% more calcium than Similac® Advance® Omega-3 and Omega-6 Non-GMO) to support growing infants.
- Galactooligosaccharides (GOS) (4 g per litre of formula).
Supplementing infant formula with galactooligosaccharides:
 - May help promote the growth of good bacteria in baby's intestinal tract.^{1,2}
 - Helps promote softer stools, similar to breastfed babies.³
- Lutein (an antioxidant naturally found in breast milk):
 - May protect against oxidative damage in the eye.⁴⁻⁷
- DHA (0.20%†), an Omega-3 fatty acid, and ARA (0.4%†), an Omega-6 fatty acid, to support the normal physical development of the brain and eyes.⁸
- Unique blend of nucleotides (72 mg/L).
- No palm olein oil.
- Easy to digest.⁵

TECHNICAL DATA

	Powder (at standard dilution)
Caloric density (Cal/mL)	0.68
Protein (% of total energy)	8.3
Fat (% of total energy)	49.9
Carbohydrate (% of total energy)	41.8
Total Cal:g nitrogen ratio	309:1
Non-protein Cal:g nitrogen ratio	284:1
Water (g/L)	901
Osmolality (mOsm/kg water)	303
Renal solute load (mOsm/L)	97.0
Viscosity at room temperature/ chilled	-
Minimum tube size for gravity/ pump feeding (Fr)	N/A
Low residue	Yes
Gluten-free	Yes
Kosher	Yes
Halal	Yes

AVAILABILITY

Powder			
6499130B	Similac® Go & Grow® Omega-3 and Omega-6 (Non-GMO)	658-g containers	6/case

† Excluding inherent sources.

‡ Of total fatty acids.

§ Similar to other infant formulas.

REFERENCES:

1. Ben XM et al. Supplementation of milk formula with galacto-oligosaccharides improves intestinal micro-flora and fermentation in term infants. *Chin Med J (Engl)* 2004;117:927-31. 2. Ben XM et al. Low level of galacto-oligosaccharide in infant formula stimulates growth of intestinal Bifidobacteria and Lactobacilli. *World J Gastroenterol* 2008;14(42):6564-8. 3. Williams T et al. Tolerance of Infant Formulas Containing Prebiotics in Healthy, Term Infants. *JPGN* 2014;59(5):653-58. 4. Krinsky NI et al. Biologic Mechanisms of the Protective Role of Lutein and Zeaxanthin in the Eye. *Ann Rev Nutr* 2003;23:171-201. 5. Hammond BR. Possible role for dietary lutein and zeaxanthin in visual development. *Nutr Rev* 2008; 66(12):695-702. 6. Zimmer JP et al. Possible influences of lutein and zeaxanthin on the developing retina. *Clin Ophthalmol* 2007;1:25-35. 7. Perrone SP et al. Effects of Lutein on Oxidative Stress in the Term Newborn: A Pilot Study. *Neonatology* 2010;97:36-40. 8. Canadian Food Inspection Agency: Guide to Food Labelling and Advertising, Chapter 8. Available at <http://inspection.gc.ca/food/labelling/food-labelling-for-industry/health-claims/eng/1392834838383/1392834887794?chap=8#s16c8>. Accessed August 2015.

ENERGY

	Per 100 g Powder	Per 100 mL (at standard dilution)	Per 100 Cal
ENERGY (Cal [kJ])	509 (2130)	68 (283)	100 (418)
PROTEIN (g)	10.6	1.4	2.1
% of total energy		8.3	
Arginine (mg)	310	41	61
Cystine (mg)	150	20	29
Histidine (mg)	250	33	49
Isoleucine (mg)	580	77	114
Leucine (mg)	1080	144	212
Lysine (mg)	880	118	173
Methionine (mg)	290	39	57
Phenylalanine (mg)	450	60	88
Tryptophan (mg)	180	24	35
Threonine (mg)	600	80	118
Valine (mg)	640	86	126
Taurine (mg)	34.0	4.5	6.7
Camitine (mg)	7.5	1.0	1.5
Nucleotides (mg)	54.5	7.2	10.7
Source	Dry skim milk, whey protein concentrate, whey protein hydrolysate		
FAT (g)	28.2	3.74	5.5
% of total energy		49.9	
Polyunsaturated fatty acids (g)	7.05	0.94	1.39
Linoleic acid (g)	3.97	0.53	0.78
Arachidonic acid (ARA) (g)	0.107	0.0142	0.0210
Linolenic acid (g)	0.38	0.05	0.08
Docosahexaenoic acid (DHA) (g)	0.051	0.0068	0.010
Omega-6:Omega-3 ratio		9.71:1	
Monounsaturated fatty acids (g)	11.41	1.52	2.24
Saturated fatty acids (g)	9.67	1.28	1.90
Cholesterol (mg)	-	-	-
Source	High oleic safflower or sunflower oil, soy oil, coconut oil, ARA and DHA		
MCT oil (% of total fats)	-	-	-
CARBOHYDRATE (g)	55.0	7.4	10.8
% of total energy		41.8	
Total dietary fibre (g)	-	-	-
Short-chain fructooligosaccharides (scFOS) (g)	-	-	-
Galactooligosaccharides (GOS)† (g)	2.7	0.4	0.5
Source	Lactose, dry skim milk, galactooligosaccharides		
Acesulfame-potassium (mg)	-	-	-
Sucralose (mg)	-	-	-

VITAMINS

Vitamin A (RE [IU])	430 (1433)	57 (190)	85 (282)
Vitamin D3 (mcg [IU])	7.63 (305)	1.02 (40.5)	1.50 (60)
Vitamin E (IU)	20.3	2.7	4.0
Vitamin K1 (mg)	0.068	0.009	0.013
Vitamin C (mg)	76	10	15
Thiamine (mg)	0.60	0.08	0.12
Riboflavin (mg)	0.80	0.11	0.16
Niacin (mg)	5.40	0.72	1.06
Vitamin B6 (mg)	0.31	0.04	0.06
Folic acid (mg)	0.052	0.007	0.010
Vitamin B12 (mg)	0.0013	0.0002	0.0003
Pantothenic acid (mg)	2.3	0.3	0.5
Biotin (mg)	0.019	0.003	0.004
Choline (mg)	76	10	15
Inositol (mg)	30.0	4.0	5.9
Lutein (mg)	0.057	0.0076	0.0112

MINERALS

Sodium (mg [mmol])	135 (5.87)	18 (0.78)	27 (1.15)
Potassium (mg [mmol])	600 (15.38)	79 (2.06)	118 (3.02)
Chloride (mg [mmol])	333 (9.39)	44 (1.25)	65 (1.83)
Calcium (mg)	600	80	118
Phosphorus (mg)	300	40	59
Magnesium (mg)	39.0	5.2	7.7
Iron (mg)	9.1	1.2	1.8
Zinc (mg)	3.80	0.5	0.75
Iodine (mg)	0.100	0.013	0.020
Copper (mg)	0.400	0.05	0.079
Manganese (mg)	0.0363	0.005	0.0071
Selenium (mg)	0.010	0.0013	0.002
Chromium (mg)	-	-	-
Molybdenum (mg)	-	-	-

†GOS is approximately 1% of the total energy and provides approximately 1.3 Cal/g.

INGREDIENTS

Similac® Go & Grow® Omega-3 and Omega-6 (Non-GMO), Powder:
 Lactose, dry skim milk, high oleic safflower or sunflower oil, soy oil, coconut oil, galactooligosaccharides (GOS), whey protein concentrate, tricalcium phosphate, whey protein hydrolysate, potassium citrate, *M. alpina oil, calcium carbonate, potassium hydroxide, **C. cohnii oil, soy lecithin, magnesium chloride, sodium chloride, choline bitartrate, ascorbic acid, L-tryptophan, ferrous sulphate, taurine, m-inositol, cytidine 5'-monophosphate, disodium guanosine 5'-monophosphate, ascorbyl palmitate, disodium uridine 5'-monophosphate, zinc sulphate, d-α-tocopheryl acetate, adenosine 5'-monophosphate, L-camitine, mixed tocopherols, niacinamide, calcium D-pantothenate, cupric sulphate, vitamin A palmitate, thiamine hydrochloride, pyridoxine hydrochloride, riboflavin, lutein, folic acid, manganese sulphate, β-carotene, phyloquinone, biotin, sodium selenate, potassium iodide, vitamin D3, cyanocobalamin.

CONTAINS: Priority food allergens: Milk. **Ingredients associated with food intolerances and/or sensitivities:** Lactose, other soy components, coconut oil.

* Source of arachidonic acid (ARA). ** Source of docosahexaenoic acid (DHA).

Values listed are subject to change. Please refer to the product label or packaging for the most current ingredient, allergen and nutrient profile information.

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