

Enfamil® Enspire™ Optimum Infant Formula Powder

Yields about 1 Quart

NOTE: Powdered products are not commercially sterile and should not be used for premature infants or immunocompromised patients unless clinically required, and then under strict medical supervision of preparation and use.

Calories Desired Kcal/fl oz	Amount of Powder Grams (Approximate Household Measures*)	Amount of Water Fluid Ounces
10	62 g (1/2 cup + 2 tsp)	30.5
15	93 g (3/4 cup +1 Tbsp)	29.5
20	125 g (1 cup + 1 Tbsp + 2 tsp)	28.5
22	137 g (1 cup + 3 Tbsp + 1 tsp)	28.5
24	149 g (1-1/4 cups + 1 Tbsp)	28
26	162 g (1-1/3 cups + 1 Tbsp +1 tsp)	28
27	168 g (1-1/3 cups + 2 Tbsp + 1 tsp)	27.5
28	174 g (1-1/2 cups + 1 tsp)	27.5
30	187 g (1-1/2 cups + 2 Tbsp + 1 tsp)	27

*Household measures of Enfamil Enspire should be unpacked, level, standard measures.

Weighing powder product provides the most accurate final preparation. Approximate household measurements are provided as a convenience when a precise dilution is not required.

One unpacked level household measuring cup of Enfamil Enspire Optimum provides 114 grams of powder and 590 Calories.

One-half fluid ounce of water can be measured using one Tablespoon (1 Tbsp water=1/2 fl oz water).

Table 591, NEW 9/22 RKT-M-04342