

Enfamil® Optimum™ Gentlease® Infant Formula  
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.**

<b>Calories Desired</b> Kcal/fl oz	<b>Amount of Powder Grams</b> (Approximate Household Measures*)	<b>Amount of Water</b> Fluid Ounces
5	31 g (1/4 cup)	31
10	63 g (1/2 cup + 1 tsp)	30.5
15	94 g (3/4 cup + 1 tsp)	29.5
20	125 g (1 cup + ½ Tbsp)	28.5
22	138 g (1 cup + 2 Tbsp + 1 tsp)	28.5
24	151 g (1 ¼ cup)	28
26	163 g (1 cup + 1/3 cup + 1 tsp)	28
27	169 g (1 cup + 1/3 cup + 1 Tbsp)	27.5
28	176 (1 cup + 1/3 cup + 2 Tbsp)	27.5
30	188 (1 ½ cup + 1 Tbsp)	27

\*Household measures of Enfamil® Enspire™ Gentlease® 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® Optimum™ Gentlease® provides 121 grams of powder and 620 Calories.

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

