

Enfamil® Enspire™ Gentlelease® Infant  
Formula Powder  
Dilutions Per 1 Scoop

**Note: Powdered infant formulas are not sterile and should not be fed to premature infants or infants who might have immune problems unless directed and supervised by the baby's doctor. See the product label for complete storage and use information.**

| Calories Desired |        | 1 Unpacked Level Scoop Powder added to indicated Volume of Water* |       | Formula Yield |       |
|------------------|--------|---|-------|---------------|-------|
| per fl oz        | per mL | mL  | fl oz | mL            | fl oz |
| 5                | 0.17   | 256   | 8.6   | 262           | 8.9   |
| 10               | 0.34   | 125   | 4.2   | 131           | 4.4   |
| 15               | 0.51   | 81  | 2.7   | 87            | 3.0   |
| 20               | 0.68   | 59  | 2.0   | 66            | 2.2   |
| 22               | 0.74   | 53  | 1.8   | 60            | 2.0   |
| 24               | 0.81   | 48  | 1.6   | 55            | 1.8   |
| 26               | 0.88   | 44  | 1.5   | 50            | 1.7   |
| 27               | 0.91   | 42  | 1.4   | 49            | 1.6   |
| 28               | 0.95   | 40  | 1.4   | 47            | 1.6   |
| 30               | 1.01   | 37  | 1.3   | 44            | 1.5   |

\*When accuracy is essential, mL measurements should be used. Fluid ounce measures are provided for convenience when larger variance in prepared dilution is acceptable. Fluid ounce measures in above table are rounded to nearest 0.1 fluid ounce.

Powders mix best when added on top of water. Then, close bottle and shake for about 5 seconds.

The number of scoops and the amount of water to add can be doubled or tripled to make a larger volume.

One unpacked, level scoop of Enfamil® Enspire™ Gentlelease® (8.7 g) provides 44 Calories.

100 g of Enfamil® Enspire™ Gentlelease® powder provides 510 Calories. Each gram of powder displaces 0.77 mL water.

One fluid ounce = 29.57 mL