



Preparing Your Baby's Bottle

Cleanliness first

- Wash your hands thoroughly with soap and water and dry them well before preparing formula.

Your baby's health depends on carefully following the label instructions

- Ask your baby's doctor about the need to use cooled, boiled water for mixing powder formula and about the need to boil clean utensils, bottles, and nipples in water before use.
- If you're using liquid formula, shake the container well before opening. Do not add water to liquid ready-to-use formula.
- Make sure the container is undamaged, and check the appearance of the formula. Use by date on container.
- Pour desired amount of water into bottle. Add powder.* Use scoop provided in can to measure powder.
- Store DRY scoop in the can.



BRAIN-BUILDING DHA
AS RECOMMENDED
BY EXPERTS†



CLINICALLY PROVEN
FOR CONTINUED
CATCH-UP GROWTH¹



VITAMINS &
MINERALS FOR
IMMUNE HEALTH

* Although this powder is formulated for infants born prematurely transitioning home, 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 your baby's doctor.

† The World Health Organization (WHO) recommends that DHA should account for 0.2% to 0.36% of total fatty acids in infant formula.

Warming advice

- To warm a bottle, put it in a pan of warm water, up to the nipple ring, for no longer than 15 minutes, or hold it under warm tap water. The nipple should not be placed in the water. Be sure to check the temperature before feeding. It should not feel hot nor cold when dropped on your wrist.
- Never use a microwave to warm a bottle.
- After warming, feed immediately and throw out the leftovers within one hour of the time you took it out of the fridge.

Planning ahead (but not too far)

Prepare a few bottles ahead of time — not more than 24 hours ahead for formula from powder or from 2 fl oz Nursette® bottles. All opened ready-to-use bottles can be stored in the refrigerator for not more than 48 hours. Store prepared bottles in refrigerator.

Refrigeration

Prepared from Powder
Store at 35–40°F (2–4°C) no longer than 24 hours.

Prepared from 2 fl oz Nursette
Store at 35–40°F (2–4°C) no longer than 48 hours.

Room Temperature

Prepared from Powder or Ready to Use
Keep no longer than a total of two hours — if bottle has been warmed, discard after one hour.

After Feeding

Prepared from Powder or Ready to Use
Feed within one hour or discard — do not refrigerate for later feedings.

There's care. Then there's EnfaCare.

Enfamil NeuroPro™ EnfaCare® Formula Recipes

Date: _____ Baby's Name: _____

Specific recommendations from your baby's doctor: _____

Preparation of Powdered Enfamil NeuroPro EnfaCare Infant Formula

Caloric Concentration*	Water†	Enfamil NeuroPro EnfaCare Powder (unpacked, level scoop‡)	Formula
<input type="checkbox"/> 20 Cal/fl oz	2.2 fl oz (65 mL)	1 scoop	2.5 fl oz
<input type="checkbox"/> 22 Cal/fl oz	2 fl oz (58 mL)	1 scoop	2.2 fl oz
<input type="checkbox"/> 24 Cal/fl oz†	1.8 fl oz (53 mL)	1 scoop	2 fl oz
<input type="checkbox"/> 27 Cal/fl oz†	1.6 fl oz (46 mL)	1 scoop	1.8 fl oz

Preparation of Term Human Milk + Enfamil NeuroPro EnfaCare Powder Infant Formula†

Caloric Concentration*	Enfamil NeuroPro EnfaCare Powder (unpacked, level tsp)	Human Milk
<input type="checkbox"/> 22 Cal/fl oz	~ 1 tsp	4 fl oz
<input type="checkbox"/> 24 Cal/fl oz	~ 1.5 tsp	4 fl oz
<input type="checkbox"/> 27 Cal/fl oz	~ 1 tbsp	4 fl oz

* Concentrations ≥ 24 Cal/fl oz should be used only when directed by a physician. 27 Cal/fl oz or greater formula may not supply enough water for some infants. Hydration status should be monitored and water supplied from other sources if necessary.

† When accuracy is essential, mL measurements should be used; fl oz measures are provided for convenience when larger variance in prepared dilution is acceptable. In the above table, fl oz measures are rounded to nearest 0.1 fl oz; mL measures are rounded to nearest 1 mL.

‡ Use only scoop provided in can.

§ Human milk fortifier is the only product intended to fortify breast milk. The above recipes are provided as a courtesy. They are based on calculated

results of mixing — they are not clinically or analytically tested.

¶ WIC® is a registered trademark of the United States Department of Agriculture (USDA) for the Women, Infants, and Children Program. No endorsement of any brand or product by the USDA is implied or intended.

Ⓚ SNAP, Supplemental Nutrition Assistance Program, is a federal government-supported program that offers nutrition assistance to qualifying low-income individuals and families.

¥ Among those who have a preference

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

Reference: 1. Clandinin MT et al. J Pediatr. 2005;146:461-468.
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