Enfamil®

Supporting your baby's growth with trusted nutrition

Keep this guide — it's helpful now and in the future when feeding plans might change.



#1 RECOMMENDED BRAND BY PEDIATRICIANS & OB/GYNS

Let's fuel the wonder.®



Our commitment to your baby began with Teddy.

For over a century, Mead Johnson Nutrition has been at the forefront of infant nutrition, partnering with healthcare professionals to support the health and well-being of infants. As we celebrate 120 years, we remain committed to science-based, passion-driven solutions designed to help you give infants and children the best start in life—from hospital to the home.

Mead Johnson NUTRITION
120
1905 YEARS 2025
LEADING IN PEDIATRIC NUTRITION

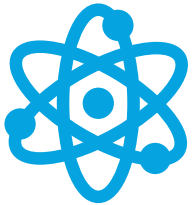


120 years later, we're still dedicated to creating formulas with industry-leading science.

Our legacy is built on scientific innovation, medical collaboration, and an unwavering commitment to early childhood development on a global scale.



Made to support real-world feeding needs



Informed by decades of scientific research



Focused on helping children grow and thrive



We conduct over 2,200 quality checks on every batch of formula to ensure top quality for every little one

Enfamil® is a leading formula brand with both MFGM and expert-recommended DHA.*

Support brain development with key ingredients backed by scientific research.

Clinically researched DHA shown to provide long-term brain-building benefits all the way up to 5 years of age.

Milestones you can expect to see in your child over the 1st year:



2 MONTHS

- Focuses on faces
- Recognizes people and follows movement with their eyes
- Gets cranky and cries if bored



4 MONTHS

- Shows emotions like happy and sad; reacts to love
- Goes after things with one hand
- Begins to develop hand-eye coordination



6 MONTHS

- Looks around at things nearby
- Attempts to get out-of-reach objects
- Moves items back and forth between hands



9 MONTHS

- Responds to peekaboo
- Lifts tiny things between thumb and index finger
- Searches for things when hidden



12 MONTHS

- Shakes, hits, or tosses things out of curiosity; can easily find hidden items
- Able to point to the correct object when named
- Starts using objects correctly, such as a bottle or comb

MFGM = milk fat globule membrane
* Not all Enfamil® products contain MFGM.

Enfamil Family of Formulas™



Worry-Free Guarantee

If your Enfamil® samples don't work out, don't worry. We have a diverse family of formulas to meet your baby's needs. Just call us at **1-800-BABY123**, and we'll discuss other sample options.

WIC®† Eligible

SNAP‡ ELIGIBLE FORMULA

Medi-Cal

CalFresh

In addition to the programs offered by Mead Johnson Nutrition, families who require financial support may qualify for the USDA WIC or SNAP Programs. Contact your local state agency for details.

* Among those who have a preference.

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

‡ SNAP, Supplemental Nutrition Assistance Program, is a federal government-supported program that offers nutrition assistance to qualifing low-income individuals.

A family of formulas, vitamins, and supplements.

VITAMINS & SUPPLEMENTS

Vitamins and supplements that have essential nutrients for women, infants, and toddlers.

EVERYDAY NUTRITION

Routine formulas backed by decades of research, perfect for starting your baby on formula, transitioning, or supplementing.

TUMMY TROUBLES

Gentle formulas to cover the most common feeding issues like fussiness, gas, spit-up, crying, and occasional constipation.

ALLERGY

Hypoallergenic formulas clinically shown to manage manifestations associated with cow's milk allergy in infants. Products also available for older infants and children.

HOSPITAL

Enfamil®offers a range of formulas specially designed for preterm infants. Each formula is crafted to help support a strong start, both in the NICU and at home. We also provide tailored nutrition options to help meet your baby's needs after discharge from the NICU.

TODDLER NUTRITION

Nutritional drinks that have important nutrients like brain-nourishing DHA, iron, and calcium to complement an existing diet.

VITAMINS & SUPPLEMENTS FOR WOMEN AND INFANTS

Enfamom® Prenatal Vitamins designed to provide essential nutrients for mom and baby*



Infant Probiotics probiotics and vitamin D for breastfed infants



Poly-Vi-Sol® 9 essential vitamins to support growth and development*



Poly-Vi-Sol® with Iron 8 essential vitamins and iron to support growth and development*



D-Vi-Sol® vitamin D to support strong bones and teeth*



Tri-Vi-Sol® vitamins A, C, and D to support growth and immune health*



Fer-In-Sol® iron to support brain development*



* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

EVERYDAY NUTRITION

Check with your retailer or visit our website to see if your desired formula is available in liquid format.



Enfamil® Optimum™

Our closest formula to breast milk that has immune-supporting lactoferrin†

brain building · **clinically tested ingredients** · **immune support**



Enfamil® NeuroPro®

Has MFGM and DHA: Brain-building nutrients clinically shown to support cognitive, motor, and communication skills through 5 years of age.‡§

brain building · **supports gut health** · **immune support**

† Added as an ingredient.
‡ Enfamil® NeuroPro® has MFGM from whey protein concentrate.
§ Cognitive skills as indicated by WPPSI-IV, tested at 5.5 to 6 years of age in a study of infant formula with MFGM. Communication skills as indicated by PPVT-III and WPPSI-III tested at 5 and 6 years of age respectively in a study of infant formula with DHA. Motor skills measured through 12 months of age.

TUMMY TROUBLES



Enfamil® NeuroPro® Gentlease®

All-in-one digestive comfort designed for easing fussiness, crying, gas, and infrequent spit-up in 24 hours and promotes soft stools.*

- brain building
- for reducing crying in 24 hours
- easy to digest proteins



Enfamil® Optimum™ Gentlease®

Our closest formula to breast milk designed for easing fussiness, crying, gas, and infrequent spit-up†

- brain building
- for reducing crying in 24 hours
- immune support

* All-in-one for easing fussiness, crying, gas, and spit-up. † Infrequent spit-up characterized as generally less than 5x per day.



Enfamil A.R.®

Specially formulated with added rice starch for a thicker consistency for reducing reflux/frequent spit-up.

brain building

reduce frequent spit-up

immune support



Enfamil® Reguline®

Has a proprietary prebiotic blend to promote soft, comfortable stools within one week of use.

brain building

comfortable stools

digestive support

TUMMY TROUBLES



Enfamil® ProSobee®

A plant-based option
easy on sensitive tummies

brain building | **plant-based** | **immune support**

PREMATURE



Enfamil® NeuroPro® EnfaCare®

For babies born prematurely
transitioning to home

brain building | **catch-up growth** | **immune support**

Think your baby has a cow's milk allergy?



Nutramigen® ready to feed does not contain Probiotic LGG®.



Nutramigen® with Probiotic LGG®

Hypoallergenic infant formula for fast relief today and lasting relief through early childhood*†‡

- brain building
- for food allergies§
- fast colic relief

PurAmino®

For babies who continue to experience food allergy issues on an extensively hydrolyzed formula

- brain building
- for severe food allergies
- non-gmo

LGG is a registered trademark of Chr. Hansen A/S.

* Published studies showing fewer incidences of urticaria, eczema, asthma, and rhinoconjunctivitis in infants with IgE-mediated cow's milk allergy through 6 years compared to hydrolyzed rice, soy, extensively hydrolyzed whey, and amino acid formulas. † Lasting relief = reduced allergic march at 3 years and 6 years. ‡ Childhood = through 6 years after feeding. § Including cow's milk allergy.

TODDLER



Enfagrow® Premium Gentlease® Toddler Nutritional Drink

For an excellent complement to toddler diets designed to ease fussiness and gas

brain building*

easy to digest proteins

immune support†



Enfagrow® Premium Toddler Nutritional Drink

For an excellent complement to toddler diets

brain building*

for growing toddlers

immune support†

* DHA has been demonstrated to support cognitive and visual development.
† Including prebiotics and vitamins for immune support.

Breastfeeding is a wonderful way to nourish your baby.

We've gathered some helpful videos, tips, and advice to help breastfeeding go more smoothly for you and your little one.

Scan here to learn more.

Or visit:
enfamil.com/breastfeeding





Thinking about bottle-feeding? We've got you covered.

Moms choose bottle-feeding for a multitude of reasons — supplemental nutrition, back-to-work flexibility, or so your partner and other caregivers can enjoy feeding your baby.

Scan here for breastfeeding and bottle-feeding tips.

Or visit:
enfamil.com/articles/baby-feeding-timeline

Preparing bottles safely

1. Clean hygiene

Always wash your hands before you prepare bottles or feed your baby.

Always make sure the bottles and nipples are clean by washing them in hot, soapy water.

2. Water safety

When preparing powder formula, ask your baby's doctor if you need to use sterilized water.

To sterilize water, bring cold tap water to a rolling boil for 1 minute, then let it cool to room temperature before mixing.

3. Mixing powder formula with water

Add powder formula to room temperature (cool) water; shake well to mix and begin feeding.

Always follow instructions on the label carefully.

Scan here to view mixing instructions.

Or visit:
enfamil.com/feedingguide



Bottle-feeding tips

Warm a bottle by placing it in a bowl of hot, not boiling, water; never warm in the microwave.

If your baby doesn't like the first nipple you use, try a different style.

Angle the bottle so your baby isn't sucking air. Burp your baby several times during a feeding.

Don't let your baby fall asleep with the bottle in their mouth. Offer them a pacifier instead.

Did you know?

Tips to ease spit-up:

- Try smaller, more frequent feedings.
- Take time to burp your baby to keep air from building up in the stomach.
- Feed your baby at the first indications of hunger and keep feeding time calm.

Storage instructions for prepared formula

Prepared from powder, concentrate, or ready to use.

Refrigeration: Store at 35–40°F (2–4°C) no longer than 24 hours for powder formula and 48 hours for ready-to-use formula.

Room temperature: Keep no longer than 2 hours. If bottle is warmed, discard after 1 hour.

After feeding begins: Feed within 1 hour or discard; do not refrigerate for later feedings.

Reminders:

- Never warm a bottle in the microwave.
- Don't prepare more formula from powder than you'll use in 24 hours.
- Don't freeze prepared formula.



Guidelines for age-appropriate feeding

AGE	AMOUNT	FREQUENCY
1 month	3–4 fl oz	every 3–4 hours
2 months	3–5 fl oz	every 3–4 hours
3 months	4–6 fl oz	every 4–5 hours
4 months	5–7 fl oz	every 4–5 waking hours
5 months	5–7 fl oz	every 4–6 waking hours
6–8 months	6–8 fl oz	every 4–5 waking hours
9–12 months	7–8 fl oz	every 5–6 waking hours

AAP Recommended Immunization Schedule (2026)

Children Birth Through 6 Years Old

	BIRTH	1 MONTH	2 MONTHS	4 MONTHS	6 MONTHS	8 MONTHS	12 MONTHS	15 MONTHS	18 MONTHS	19-23 MONTHS	2-3 YEARS	4-6 YEARS
RSV		✓ 1 dose during RSV season				✓ 1 dose during RSV season for those at high risk*						
HepB	✓	✓			✓							
RV			✓	✓	✓							
DTaP			✓	✓	✓			✓				✓
Hib			✓	✓	✓		✓					
PCV			✓	✓	✓		✓					
IPV			✓	✓	✓							✓
COVID-19					✓ Recommended for age group						✓ As recommended†	
Influenza					✓ Yearly							
MMR							✓					✓
Varicella							✓					✓
HepA							✓ Dose 2: 6 months after dose 1					

For more information, visit healthychildren.org/immunizationschedules

* https://www.healthychildren.org/rsv

† https://www.healthychildren.org/covid-19

Did you know?

Vaccine recommendations change every year, so be sure to ask your pediatrician for the most current schedule. Also, many vaccines can be combined, so that reduces the total number of shots your baby receives.

Baby bowel movements

From yellow to green, these colors are normal.

COLOR	MEANING
black, dark green	the first days after birth, called meconium
greenish brown, yellow mustard	breast milk-fed
tan, yellow, green	formula-fed
greenish brown	start of eating solid food

Watery, white, or red bowel movements are not normal. Call your pediatrician immediately.

Scan here to learn more.

Or visit:
enfamil.com/stooling

Safety First: A Parent's Guide to Preventing Choking Hazards

Your baby's safety is our top priority — as your little one grows and begins to explore new textures and tastes, it's important to be aware of common choking hazards and prepare food in certain ways to reduce the risk.

Avoid Choking Hazards

You can help prevent choking by avoiding giving small (marble sized), sticky, or hard foods that might be hard to chew but easy to swallow whole. **This includes:**

- Whole grapes or cherry tomatoes (always cut into quarters)
- Hot dogs or sausages (cut lengthwise, then into small pieces)
- Raw carrots, celery, or other hard vegetables
- Popcorn, pretzels, chips
- Nuts and seeds
- Marshmallows, gum, or hard/sticky candies
- Spoonfuls of peanut butter (opt for thin spreads instead)

Safer Ways to Serve

- **Cut food into small, bite-sized pieces** — no larger than a pea.
- **Cook and soften** fruits and vegetables before serving.
- **Remove pits, seeds, and tough skins** from produce.
- **Stay seated** during meals — no eating while running, walking, or in the car.
- **Always supervise** your child during snack times and all mealtimes

Age-Appropriate Textures

Age	Recommended Textures
0–6 months	Breast milk or infant formula only
6–8 months	Purees, mashed foods, soft cereals
9–12 months	Soft, diced foods; teething crackers
12+ months	Soft-cooked veggies, small pasta, peeled fruits

What To Do If Your Child Chokes

Scan the QR to watch a video and learn more.

Have questions?

Our experts are here to help.

- **enfamil.com**
- Buy: **enfamil.com/shop**
- Call: **1-800-BABY123**
- Connect: **Facebook**
- Email: **enfamil.com/contact-us**
- Share: **#Enfamil**
- Watch: **youtube.com/@enfamil**

Enfamil Family Beginnings® Mobile App

The perfect app for new and expecting moms. Track your bump and baby's growth, get helpful articles each week relevant to your journey, and save on Enfamil® formula.

Scan here to learn more and download.



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