Patient: _____ Date: _____

Healthcare Provider: _____

Breast Milk Fortification with Enfamil A+ Gentlease® Mixing Instructions

Human milk fortifier is the only product intended to fortify breast milk, as the Enfamil A+ Gentlease fortification recipes below are provided as a courtesy. They are based on calculated results of mixing—they are not clinically or analytically tested.

In place of the preparation chart on the can, use the checked boxes for your specific recipe for breast milk and powder. Follow the **Powder Storage** instructions on the back of the can.

To make **22 CALORIES** per fl oz
0.74 CALORIES per mL

✓	Initial Breast Milk Volume – mL (fl oz)		Enfamil A+ Gentlease Powder to Add
☐	60 mL (2 fl oz)	+	½ tsp
☐	120 mL (4 fl oz)	+	¾ tsp
☐	180 mL (6 fl oz)	+	1 tsp

To make **24 CALORIES** per fl oz
0.81 CALORIES per mL

✓	Initial Breast Milk Volume – mL (fl oz)		Enfamil A+ Gentlease Powder to Add
☐	60 mL (2 fl oz)	+	¾ tsp
☐	120 mL (4 fl oz)	+	1½ tsp
☐	180 mL (6 fl oz)	+	2½ tsp

To make **26 CALORIES** per fl oz
0.88 CALORIES per mL

✓	Initial Breast Milk Volume – mL (fl oz)		Enfamil A+ Gentlease Powder to Add
☐	60 mL (2 fl oz)	+	1 tsp
☐	120 mL (4 fl oz)	+	2½ tsp
☐	180 mL (6 fl oz)	+	1 Tbsp + 1 tsp

To make **27 CALORIES** per fl oz
0.91 CALORIES per mL

✓	Initial Breast Milk Volume – mL (fl oz)		Enfamil A+ Gentlease Powder to Add
☐	60 mL (2 fl oz)	+	1½ tsp
☐	120 mL (4 fl oz)	+	1 Tbsp
☐	180 mL (6 fl oz)	+	1 Tbsp + 1 tsp

To make **28 CALORIES** per fl oz
0.95 CALORIES per mL

✓	Initial Breast Milk Volume – mL (fl oz)		Enfamil A+ Gentlease Powder to Add
☐	60 mL (2 fl oz)	+	1½ tsp
☐	120 mL (4 fl oz)	+	1 Tbsp
☐	180 mL (6 fl oz)	+	1 Tbsp + 2 tsp

To make **30 CALORIES** per fl oz
1.01 CALORIES per mL

✓	Initial Breast Milk Volume – mL (fl oz)		Enfamil A+ Gentlease Powder to Add
☐	60 mL (2 fl oz)	+	2 tsp
☐	120 mL (4 fl oz)	+	1 Tbsp + 1 tsp
☐	180 mL (6 fl oz)	+	2 Tbsp

Note: All household measurements (c = cup, Tbsp = tablespoon, tsp = teaspoon, mL = milliliter, oz = ounces) are approximations and should be unpacked and level. Some measurements may be identical in order to utilize household measurements instead of grams. Gram weights are the most accurate for meeting target caloric density. Final volumes will be slightly higher due to displacement from powder.