

STAFF REPORT INFORMATION ONLY

Composition of Breast Milk Compared to Infant Formula

Date:	May 14, 2007
То:	Board of Health
From:	Medical Officer of Health
Wards:	All
Reference Number:	

SUMMARY

Breastfeeding is the optimal method of feeding infants. Toronto Public Health (TPH) recommends exclusive breastfeeding to six months of age followed by the introduction of appropriate complementary foods and continued breastfeeding to two years and beyond. If breastfeeding is not undertaken, TPH considers infant formula an acceptable alternative.

Modifications to infant formulas have been made in an attempt to create products that resemble breast milk and meet infants' nutritional needs. However, infant formulas are missing the immune factors, hormones, antimicrobial agents, antioxidants and enzymes that make breast milk the ideal food for infants.

The purpose of this report is to inform the Board of Health about the composition of breast milk compared to a typical infant formula.

Financial Impact

There are no financial implications from this report.

DECISION HISTORY

At the January 29, 2007 meeting, the Board of Health requested the Medical Officer of Health to report on the composition of breast milk compared to a typical infant formula and to list the ingredients in breast milk compared to a typical formula.

ISSUE BACKGROUND

The nutritional requirements of infants from birth to six months can be met exclusively through breast milk, with the exception of Vitamin D. In addition, breastfeeding provides immunological and emotional benefits for the growth and development of infants. TPH

supports Health Canada's recommendations for exclusive breastfeeding for the first six months of life followed by the introduction of appropriate complementary foods and continued breastfeeding for up to two years and beyond. ⁽¹⁾

Breastfeeding is rarely contraindicated, but there are some situations when alternative feeding methods are recommended. These include severe illness of the mother, maternal use of certain medications or intravenous drugs, maternal HIV infection, and infants with inborn errors of metabolism (e.g., galactosemia, PKU). Health Canada acknowledges that infant formulas are the most acceptable feeding alternative, if an infant is not breastfed. ⁽¹ & 2)</sup>

Recommendations for feeding infants are made by numerous organizations but ultimately, infant feeding decisions are made by the mother and family. Breastfeeding should be promoted to all women, together with information to enable an informed decision to be made. If a mother decides not to breastfeed, healthcare providers should support her decision and ensure that she can provide infant formula in a safe and nurturing way.⁽²⁾

COMMENTS

Breast Milk Composition

Human breast milk is species-specific and has adapted over time to meet infant needs. Breast milk is similar to other living tissues, such as blood, and is able to strengthen immunity, transport nutrients, affect biochemical systems and destroy pathogens.⁽³⁾

Breast milk provides an infant with nutrition; immunology; supports growth and development; enhances emotional and cognitive development; and is sustainable, safe and available. It is important to recognize that its composition continuously changes and research continues into the roles of its various components.

Breast milk is composed of about 10 percent solids and 90 percent water. The solids are essential for energy and growth, while the water component maintains hydration. The major components of breast milk are fat, carbohydrate and protein. ^(3 & 4)

The fat in breast milk provides about half of the milk's calories and is its most variable component. Total fat ranges from 30 to 50 g/L. Fat is required for growth and development, provides an energy source and supports physiologic interactions. ^(3 & 4)

Lactose accounts for most of the carbohydrate in breast milk. Lactose levels are relatively constant in mature breast milk at 7.0 gm/dL.⁽³⁾

Breast milk provides high quality protein to meet the energy needs of infants. The protein content of mature breast milk is about 0.8 to 0.9 g/dL. Some of the protein is not nutritionally available as it supports immunological purposes, energy metabolism, enzymatic reactions, and development of the gastrointestinal tract. ⁽³⁾

In addition to fat, carbohydrate and protein, breast milk is rich in vitamins, minerals, enzymes, growth factors and anti-infective properties. The immunological protection available from breast milk is one of its unique qualities.⁽³⁾

Appendix A shows the composition of early breast milk and mature breast milk. Appendix B summarizes the major components of breast milk and their functions.

Factors affecting Breast Milk Composition

Breast milk composition is not static and is influenced by stage of lactation, age of the infant, stage of feeding, frequency of demand for milk, degree of fullness of the breasts and the mother's diet. Breast milk meets the micronutrient needs of healthy full term infants and can be used as the "gold standard" of dietary recommendations.

Stage of lactation

Early breast milk is richer in easy to digest proteins and minerals and lower in carbohydrates, fat and some vitamins. As lactation progresses, water-soluble vitamin levels increase and fat soluble vitamins decline. ^(3 & 4)

Age of infant

Breast milk composition is different for pre-term and full term infants. It contains components that best meet the needs of the infant at its gestational age. Breast milk continues to change as the infant grows.⁽⁴⁾

Stage of feeding

Concentrations of certain nutrients fluctuate throughout a feeding. For instance, fat content increases as more milk is consumed and the breast nears emptying. The total amounts of key components, such as immunoglobulins, remain relatively constant. ⁽³⁾

Maternal diet

The quality of the mother's diet is important for her health and energy, but has a variable effect on breast milk composition. Minerals and fat-soluble vitamin levels are minimally influenced by recent diet. Water-soluble vitamins and lactose levels are impacted. ^(1 & 3)

The trans and fatty acid composition of breast milk is influenced by the maternal diet. This is of concern because the fatty acids in breast milk are needed for infant growth and development. Friesen and Innis (2006) recently showed a decrease in trans fatty acids in breast milk and intakes among women, following the introduction of labelling and their decreased use of in foods. ⁽⁵⁾

Environmental contaminants

Breast milk is a readily available body fluid and has been extensively studied as an indicator of exposure to environmental containments. Some environmental contaminants

to which a breastfeeding mother is exposed may find their way into breast milk. The presence of contaminants in breast milk should be addressed by reducing maternal exposure rather than avoiding breastfeeding. The presence of low level environmental contaminants in breast milk does not diminish the proven health benefits of breastfeeding for both mother and infant.⁽⁶⁾

Infant Formula Composition

The composition, processing, packaging and labelling of infant formula is regulated under the Canadian Food and Drug Regulations.

Ingredients and Labelling

There are specific requirements for the nutritional components of infant formulas. The content of iron-fortified infant formulas is designed to meet the nutritional needs of healthy term infants until nine to 12 months of age.⁽¹⁾

The Food and Drug Regulations outline specific labelling requirements for infant formulas. The requirements state: "The title 'Nutrition Facts' seen on pre-packaged foods cannot be used on the labels of infant formula. In addition, the nutrition information for infant formula cannot include the percentage of the daily value of fat; saturated fat and trans fat; sodium; potassium; carbohydrate; fibre or cholesterol; or number of calories from fat or saturated and trans fat". This information is not included on the label for fear that parents might choose to feed their infants lower fat options.⁽⁷⁾

Appendix C includes the ingredient listing and labels for three infant formulas available in Toronto.

Production Issues

A number of regulations and procedures guide the production of infant formulas. These establish general requirements for effective control of ingredients, processes, facilities and equipment used. Nevertheless, issues may arise in production that cannot be controlled. For example, infant formulas contain small amounts of trans fatty acids formed during the processing, even though they are not directly added to the product.

Comparison of Breast Milk and Infant Formula Composition

Appendix A shows the composition of early breast milk, mature milk and two infant formulas.

Nutrition

From a nutritional perspective, numerous components found in breast milk are also in infant formula. However, the amounts and ingredient sources vary.

All the ingredients in infant formula are from ruminant animals or plants, as opposed to breast milk which is species specific and includes 50% of the infant's genetic material.

Staff Report for Information Composition of Breast Milk Compared to Infant Formula

Some infant formulas also contain compounds for which there are no recommended intakes, but which are present in breast milk. These include some amino acids, non-vitamins and the B-vitamin choline, and are added to some formulas with unknown clinical significance. $^{(3, 9 \& 10)}$

Comparing the nutritional composition of breast milk and infant formula does not accurately reflect their nutrient availability. The bioavailability and use of breast milk components is more efficient than formula, from which only a small fraction of some nutrients are absorbed. ^(3 & 4)

Immunologic & infection protection

Immunological protection is available from breast milk but absent from formula. Studies have revealed a reduced incidence of a number of diseases, infections and conditions with breast feeding. (4 & 8)

Studies suggest that dietary nucleotides have a role in the development of the immune and gastro-intestinal systems. Infant formula manufacturers seek to imitate the many nucleotides of breast milk in their formulas, and add them to some. $^{(3 \& 10)}$

Living nature of breast milk

Breast milk composition is continuously changing, but formula does not have the ability to adapt in this way. Generally, infant formula has a three year shelf life after which the ingredients deteriorate.⁽⁹⁾

Infant safety

Purchasing and preparing infant formula requires attention and skill as there are different forms of formula (e.g., liquid concentrate, ready to feed, powdered) and formulas for various stages of life (e.g., infant, follow-up). Errors in the selection or preparation of infant formula can result in impaired nutrition, or in some cases in health risk to the infant.

TPH has documented many cases of incorrect preparation or use of infant formula which pose a risk to infant health. For example, liquid concentrate formula may be incorrectly used as a ready to feed formula. Formulas which require preparation are also subject to contamination if the proper procedures are not followed. ^(3 & 9) These concerns are heightened in Toronto, where ethnocultural diversity, language barriers, and literacy levels may be obstacles to safe selection, preparation and use of infant formula.

Conclusion

Modifications to infant formulas have been made over time in an attempt to create products that more closely resemble breast milk. The formulations create products that provide an acceptable alternative for feeding infants when breastfeeding is not recommended or when the mother does not choose to breastfeed. However, infant formulas are missing the immune factors, hormones, antimicrobial agents, antioxidants and enzymes that make breast milk the optimal food for infants.

CONTACT

Donalda McCabe (Director, Healthy Families)Phone: 416-338-6181E-mail: dmcca@toronto.ca

Joan Crookston (Manager, Health Families) Phone: 416-338-7409 E-mail: jcrooks@toronto.ca

Joanne Gilmore (Manager, Healthy Families) Phone: 416-338-8708 E-mail: jgilmore@toronto.ca

Evelyn Vaccari (Consultant, Nutrition Promotion, Healthy Families) Phone: 416-338-7072 E-mail: <u>evaccar@toronto.ca</u>

SIGNATURE

eous

Dr. David McKeown Medical Officer of Health

ATTACHMENTS

- Appendix A: Composition of Early Breast Milk, Mature Breast Milk and Infant Formulas
- Appendix B: Major Components of Breast Milk and their Function

Appendix C: Ingredient Listings and Labels for Three Infant Formulas

Appendix A:

Composition of Early Breast Milk, Mature Breast Milk and Infant Formulas

Constituent	Early Milk	Mature Milk	Nestle	Similac Formula
(per 100 mL)	(1-5 days)	(>30 days)	Formula	
Energy, kcal	58	70	67	68
Lactose, g	5.3	7.3	7.5g CHO	7.3g CHO
Total nitrogen, mg	360	171	V	V
Protein nitrogen, mg	313	129	V	V
Non-protein nitrogen, mg	47	42	V	V
Total protein, g	2.3	0.9	1.5g	1.4g
Casein, mg	140	187	?	?
Alpha-lactalbumin, mg	218	161	?	?
Lactoferrin, mg	330	167		
IgA, mg	364	142		
Urea, mg	10	30	?	?
Creatine, mg		3.3	?	?
Total fat, g	2.9	4.2	3.4	3.65
Cholesterol, mg	27	16		
Vitamins (Fat Soluble)		•		
Vitamin A, ug	89	47	60	60.9
Beta-carotene, ug	112	23	?	?
Vitamin D, ug		0.04	1	1.01
Vitamin E, ug	1280	315	845	1300
Vitamin K, ug	0.2	0.21	6	5.4
Vitamins (Water Soluble)		•		•
Thiamine, ug	15	16	54	68
Riboflavin, ug	25	35	94	100
Niacin, ug	75	200	700	710
Folic acid, ug		5.2	10	10
Pantothenic Acid, mg	V	V	0.3	0.304
Biotin, mg	V	V	0.002	0.003
Vitamin B6, ug	12	28	50	40
Vitamin B12, ng	200	26	200	170
Vitamin C, mg	4.4	4.0	6	6.1
Minerals and Trace Eleme	nts			
Calcium, mg	23	28	44	53
Sodium, mg	48	15	18	16
Potassium, mg	74	58	72	71
Iron, ug	45	40	1000	1200
Zinc, ug	540	166	540	510
Chloride, mg	V	V	44	43
Phosphorus, mg	V	V	24	28
Magnesium, mg	V	V	4.7	4.1
Copper, mg	V	0.052	0.054	0.061
Manganese, mg	V	0.026	0.01	0.0034
lodine, mg			0.008	0.0041
Selenium, mg	V	0.0018	0.002	0.00155
Choline, mg			16	11
Cells				

Phagocytes	V	90%		
(macrophages)				
Lymphocytes	V	10%		
Anti-inflammatory Factors	;			
Prostaglandins	V	V		
Cytokines/ chemokines	V	V		
Growth factors	V	V		
Enzymes				
Amylase	V	V	?	?
Lipase	V	V		
Growth Factors/ Hormone	s			
Human growth factors	V	V		
Cortisol, insulin, thyroxine	v	v		
cholecystokinin (CCK)				
Prolactin	V	V		
Lipids (Fat)				
Long-chain	v	88% of milk fat or	20 mg AA	13 mg AA
polyunsaturated fatty acids		497 mg	10 mg DHA	5 g DHA
Monounsaturated fatty	v	1.658	V	V
acids, g				
Triglycerides	V	V	V	V
Protein:				
Whey	90:10	50:50 whey/casein	V	V
	whey/casein			
Immunoglobulins	V	V		
Lysozyme	V	V		
Taurine	V	V	V	v
Nucleotides, mg	V	V	2.6	7.2
Inositol, mg	V	V	4	3.2

Legend: v (present, unknown amount); ? (status unknown); -- (not present)

Appendix B: Major Components of Breast Milk and Their Function (3)

Component	Function
Cells:	
Phagocytes (macrophages)	Engulf and absorb pathogens; release IgA; polymorphnuclear and mononuclear
Lymphocytes	T cells and B cells; essential for cell-mediated immunity; antiviral activity; memory T cells give long term protection
Anti-inflammatory Factors:	
Prostaglandins	Cytoprotective
Cytokines/ chemokines	Immunological agents that activate the immune system, promote mammary growth and move lymphocytes into breast milk and across neonatal bowel wall
Growth factors	Promote gut maturation, epithelial cell growth
Enzymes:	
Amylase	Facilitates infant digestion of polysaccharides
Lipase	Hydrolizes fat in infant intestine; bactericidal activity
Growth Factors/ Hormones:	
Human growth factors	Stimulate the proliferation of intestinal mucosa and epithelium; strengthens mucosal barrier to antigens
Cortisol, insulin, thyroxine cholecystokinin (CCK)	Promotes maturation of the neonate's intestine and intestinal host- defense process. Thyroxin protects against hypothyroidism; CCK enhances digestion
Prolactin	Enhances development of B and T lymphocytes
Lipids (Fat):	Major source of calories
Long-chain polyunsaturated	DHA and AA associated with higher visual acuity and cognitive
fatty acids	ability
Free fatty acids	Anti-infective effects
Triglycerides	Largest source of calories for infant; broken down to free fatty acids and glycerol
Lactose:	Carbohydrate, major energy source; breaks down into galactose and glucose; enhances absorption of calcium, magnesium and manganese
Minerals:	Regulates normal body functions
Protein:	
Whey	Contains immunoglobulins, etc
Immunoglobulins	Immunity response to specific antigens in environment
Lactoferrin	Antibacterial especially against E. coli; iron carrier
Lysozyme	Bacteriocidal and anti-inflammatory; activity progressively increases starting 6 months after delivery
Taurine	Amino acid; associated with early brain maturation and retinal development
Casein	Inhibits microbial adhesion to mucosal membranes
Vitamins A, C, E:	Anti-inflammatory action; scavenges oxygen radicals
Water:	Constitutes 87.5% of human milk volume; provides hydration to infant

Appendix C: Ingredient Listings and Labels for Three Infant Formulas

Formula 1: PC Infant Formula with Iron

(Source: www.presidentschoice.ca March 22, 2007)

Ingredients:

Lactose, skim milk powder, palm oil or palm olein, whey protein concentrate, high oleic safflower or sunflower oil, coconut oil, soybean oil, soy lecithin, potassium phosphate, monoglycerides, calcium hydroxide, magnesium chloride, sodium citrate, calcium chloride, mortierella alpine oil (arachidonic acid), ascorbic acid, choline chloride, crypthecodinium cohinii oil (docosahexaenoic acid), taurine, potassium hydroxide, potassium bicarbonate, ferrous sulfate, inositol, zinc sulphate, cytidine-5'-monophosphate, alpha tocopherol acetate (vitamin E), disodium uridine-5'-monophosphate, niacinaminde (vitamin B3), mixed tocopherols, ascorbyl palmitate, adenosine-5'-monophosphate, disodium inosin-5'-monophosphate, disodium guanosine-5'-monophosphate, calcium pantothenate, cupric sulfate, vitamin A palmitate, riboflavin (vitamin B2), thiamine hydrochloride (vitamin B1), pyridoxine hydrochloride (vitamin b6), beta carotene, manganese sulfate, folic acid, phytonadione (vitamin K), potassium iodide, sodium selenite, biotin, choecalciferol (vitamin D), cyanocobalamin.

Per 100g	
Calories	522 Cal
Fat	28 g
Sodium	118 mg
Potassium	441 mg
Carbohydrate	54.9 g
Protein	11.8 g
Vitamin A	1575
Vitamin C	47.2
Calcium	331
Iron	6.3
Vitamin D	315
Vitamin E	10.2
Vitamin K1	0.043
Thiamine	0.53
Riboflavin	0.787
Niacin	3.937
Vitamin B6	0.331
Vitamin B12	0.001
Biotin	0.0118
Pantothenate	1.654
Phosphorus	220
lodide	0.0472
Magnesium	35.4
Zinc	3.9
Selenium	0.011
Copper	0.37
Manganese	0.0394
Chloride	295
Linoleic Acid	3.9

Formula 2: SIMILAC® ADVANCE® Step 1 with Omega-3 and Omega-6 Concentrate (Source: <u>www.rosscanada.ca</u> March 22, 2007)

Ingredients:

((U)-D) water, evaporated or dry skim milk, lactose, high oleic safflower oil or high oleic sunflower oil, soy oil, coconut oil, whey protein concentrate, potassium citrate, calcium carbonate, monoglycerides, soy lecithin, **M. alpina oil*, potassium chloride, ascorbic acid, choline bitartrate, ***C. cohnii* oil, magnesium chloride, carrageenan, ferrous sulphate, taurine, m-inositol, cytidine 5'-monophosphate, d-alpha-tocopheryl acetate, zinc sulphate, disodium guanosine 5'-monophosphate, disodium uridine 5'-monophosphate, adenosine 5'-monophosphate, niacinamide, d-calcium pantothenate, cupric sulphate, vitamin A palmitate, thiamine hydrochloride, riboflavin, pyridoxine hydrochloride, β -carotene, folic acid, manganese sulphate, phylloquinone, biotin, sodium selenate, vitamin D₃, cyanocobalamin. May contain sodium chloride.

* Source of Arachidonic Acid (ARA)

** Source of Docosahexaenoic Acid (DHA)

Approximate analysis	Units	Standard dilution/ 100 mL
Energy	kJ (Cal)	285 (68)
Protein	g	1.4
Fat	g	3.65
Linoleic Acid	g	0.55
Linolenic Acid	g	0.072
Arachidonic Acid	g	0.013
Docosahexaenoic Acid	g	0.005
Carbohydrate	g	7.3
Ash	g	0.4
Sodium	mg	16
Potassium	mg	71
Chloride	mg	43
Vitamin A	IU	203
Vitamin D ₃	IU	40.5
Vitamin E	IU	2
Vitamin K ₁	mg	0.0054
Vitamin C	mg	6.1
Thiamine	mg	0.068
Riboflavin	mg	0.1
Niacin	mg	0.71
Vitamin B ₆	mg	0.04
Folic Acid	mg	0.01
Vitamin B ₁₂	mg	0.00017
Pantothenic Acid	mg	0.304
Biotin	mg	0.003
Calcium	mg	53
Phosphorus	mg	28
Magnesium	mg	4.1
Iron	mg	1.2
Zinc	mg	0.51
Copper	mg	0.061
Manganese	mg	0.0034
lodine	mg	0.0041
Selenium	mg	0.00155

Choline	mg	11
Taurine	mg	3.7
Inositol	mg	3.2
Nucleotides	mg	7.2

Formula 3: Nestlé[®] Good Start[®] with Omega-3 & Omega-6 - for babies 0-12+ months (Source: <u>www.nestle-baby.ca</u> March 22, 2007)

Ingredients:

Partially Hydrolyzed Reduced Minerals Whey Protein Concentrate (From Cow's Milk), Lactose, Corn Maltodextrin, Palm Olein, Soybean Oil, Coconut Oil, Minerals (Potassium Citrate, Potassium Phosphate, Calcium Chloride, Tricalcium Phosphate, Sodium Citrate, Magnesium Chloride, Ferrous Sulphate, Zinc Sulphate, Sodium Chloride, Copper Sulphate, Potassium Iodide, Manganese Sulphate, Sodium Selenate), High Oleic Safflower Oil Or High Oleic Sunflower Oil, M. Alpina Oil***, Vitamins (Sodium Ascorbate, Inositol, Choline Bitartrate, Alpha-Tocopheryl Acetate, Niacinamide, Calcium Pantothenate, Riboflavin, Vitamin A Acetate, Pyridoxine Hydrochloride, Thiamine Mononitrate, Folic Acid, Phylloquinone, Biotin, Vitamin D3, Vitamin B12), C. Cohnii Oil****, Trypsin, Taurine, Nucleotides (Cytidine 5'-Monophosphate, Disodium Uridine 5'-Monophosphate, Adenosine 5'-Monophosphate, Disodium Guanosine 5'-Monophosphate), Soy Lecithin, Ascorbyl Palmitate, Mixed Tocopherols, L-Carnitine. *** A Source Of Arachidonic Acid (ARA)

**** A Source Of Docosahexaenoic Acid (DHA)

Composition moyennePoudre per / par 100 gDilution normale per / par 100 mlENERGY/ÉNERGIE\$12 Cal (2140 kJ)67 Cal (280 kJ)PROTEIN/ PROTEINES11 g1.5 gFAT/LIPIDES26 g3.4 gCARBOHYDRATE/GLUCIDES57 g7.5 gASH/CENDRES2.6 g0.34 gLINOLEIC ACID/ACIDE LINOLÉIQUE4.6 g0.6 gLINOLEIC ACID/ACIDE LINOLÉIQUE0.43 g0.056 gQARACHIDONIC ACID/ACIDE LINOLÉIQUE150 mg200 mgDOCOSAHEXAENOIC ACID/ACIDE DOCOSAHEXANOIQUE 75 mg10 mgVITAMIN A/VITAMINE D307 IU/UI40 IU/UIVITAMIN A/VITAMINE E10 IU/UI1.3 IU/UIVITAMIN K/VITAMINE E10 IU/UI1.3 IU/UIVITAMIN K/VITAMINE C46 mg6 mgTHAMINE /VITAMINE C46 mg0.005 mgVITAMIN B/VITAMINE B0.015 mg0.0002 mgVITAMIN B/VITAMINE B120.0015 mg0.0002 mgVITAMIN B/Z/VITAMINE B120.0015 mg0.0002 mgVITAMIN B/Z/VITAMINE B120.015 mg0.002 mgOCININ/RIBOFLAVINE122 mg16 mgTAURINE11 mg5.4 mgINOSITOL31 mg4 mgPHOSPHORUS/PHORE184 mg1.1 mgCALCIUM36 mg4.7 mgMAGANESE/MANGANÈSE0.077 mg0.01 mgPHOSPHORUS/PHOSPHORE184 mg0.05 mgCOPER/CUIVRE0.41 mg0.54 mgODINE/IDUE0.00 mg0.00 mgVITAMINE31 mg4 mgCALCIUM <th>Average Composition</th> <th>Powder</th> <th>Standard Dilution</th>	Average Composition	Powder	Standard Dilution
per / par 100 g per / par 100 ml ENERGY/ÉNERGLE 512 Cal (2140 kJ) 67 Cal (280 kJ) PROTEIN/ PROTEINES 11 g 1.5 g FAT/LIPIDES 26 g 3.4 g CARBOHYDRATE/GLUCIDES 57 g 7.5 g ASH/CENDRES 2.6 g 0.34 g LINOLEIC ACID/ACIDE LINOLÉIQUE 4.6 g 0.6 g LINOLEIC ACID/ACIDE LINOLÉNIQUE 0.43 g 0.056 g ARACHIDONIC ACID/ACIDE ARACHIDONIQUE 150 mg 20 mg 0 mg DOCOSAHEXAENOIC ACID/ACIDE DOCOSAHEXANOIQUE 75 mg 10 mg 20 lU/UI VITAMIN A/VITAMINE A 1536 lU/UI 200 lU/UI 13 lU/UI VITAMIN E/VITAMINE E 10 lU/UI 1.3 lU/UI 40 lU/UI VITAMIN K/VITAMINE E 0.044 mg 0.054 mg RIBOFLAVIN/RIBOFLAVINE 0.72 mg 0.094 mg VITAMIN B 6/VITAMINE B6 0.38 mg 0.05 mg VITAMIN B 12/VITAMINE B12 0.001 s mg 0.002 mg NACIN/NIACINE 9.077 mg 0.01 mg POLACIN/FOLACINE 0.15 mg 0.002 mg GATUN/NIACINE	Composition moyenne	Poudre	Dilution normale
ENERGY/ÉNERGIE 512 Cal (2140 kJ) 67 Cal (280 kJ) PROTEIN/ PROTEINES 11 g 1.5 g FAT/LIPIDES 26 g 3.4 g CARBOHYDRATE/GLUCIDES 57 g 7.5 g ASH/CENDRES 2.6 g 0.34 g LINOLEIC ACID/ACIDE LINOLÉIQUE 4.6 g 0.6 g LINOLENIC ACID/ACIDE LINOLÉIQUE 0.43 g 0.056 g ARACHIDONIC ACID/ACIDE ARACHIDONIQUE 150 mg 20 mg 0005 g DOCOSAHEXAENOIC ACID/ACIDE DOCOSAHEXANOIQUE 75 mg 10 mg 10 mg VITAMIN A/VITAMINE A 1336 IU/UI 200 IU/UI 40 IU/UI VITAMIN D/VITAMINE C 46 mg 6 mg 6 mg THIAMIN C/VITAMINE K 0.046 mg 0.006 mg 0.094 mg VITAMIN BO/VITAMINE B6 0.38 mg 0.05 mg 0.07 mg VITAMIN B12/VITAMINE B12 0.001 S mg 0.002 mg 0.3 mg NIACIN/FOLACINE 9.17 mg 0.01 mg 0.01 mg PANTOTHENIC ACID/ACIDE PANTOTHÉNIQUE 2.3 mg 0.3 mg 0.3 mg IIAURIN B12/VITAMINE B12 0.015 mg 0.002 mg	5. S.	per / par 100 g	per / par 100 ml
PROTEIM/PROTÉINES 11 g 1.5 g FAT/LIPIDES 26 g 3.4 g CARBOHYDRATE/GLUCIDES 57 g 7.5 g ASH/CENDRES 2.6 g 0.34 g UINOLENC ACID/ACIDE LINOLÉIQUE 4.6 g 0.6 g LINOLENC ACID/ACIDE LINOLÉIQUE 0.43 g 0.056 g ARACHIDONIC ACID/ACIDE DOCOSAHEXANOIQUE 75 mg 10 mg DOCOSAHEXAENOIC ACID/ACIDE DOCOSAHEXANOIQUE 75 mg 10 mg VITAMIN A/VITAMINE A 1536 IU/UI 200 IU/UI VITAMIN D/VITAMINE E 10 IU/UI 1.3 IU/UI VITAMIN C/VITAMINE E 0.046 mg 0.006 mg VITAMIN K/VITAMINE E 0.1 U/UI 1.3 IU/UI VITAMIN C/VITAMINE E 0.01 U/UI 1.3 IU/UI VITAMIN C/VITAMINE E 0.046 mg 0.006 mg VITAMIN B/VITAMINE E 0.01 mg 0.05 mg VITAMIN B/VITAMINE B 0.01 mg 0.002 mg VITAMIN B/VITAMINE B12 0.001 5 mg 0.0002 mg VITAMIN B/VITAMINE B12 0.01 mg 0.3 mg BIOTIN/BIOTINE 0.01 5 mg 0.002 mg	ENERGY/ÉNERGIE	512 Col (2140 kJ)	67 Cal (280 kJ)
FAT/LIPIDES 26 g 3.4 g CARBOHYDRATE/GLUCIDES 57 g 7.5 g ASH/CENDRES 2.6 g 0.34 g LINOLEIC ACID/ACIDE LINOLÉIQUE 4.6 g 0.6 g LINOLEIC ACID/ACIDE LINOLÉIQUE 4.6 g 0.65 g ARACHIDONIC ACID/ACIDE LINOLÉIQUE 150 mg 20 mg DOCOSAHEXAROIC ACID/ACIDE COCOSAHEXANOÏQUE 75 mg 10 mg 20 mg DOCOSAHEXAROIC ACID/ACIDE DOCOSAHEXANOÏQUE 75 mg 10 mg 200 lU/UI VITAMIN A/VITAMINE A 1536 IU/UI 200 IU/UI 1.3 IU/UI VITAMIN A/VITAMINE A 0.046 mg 0.006 mg 6 mg VITAMIN C/VITAMINE C 46 mg 6 mg 6 mg VITAMIN C/VITAMINE B 0.41 mg 0.054 mg 0.002 mg VITAMIN B6/VITAMINE B12 0.0015 mg 0.0002 mg 0.01 mg VITAMIN B6/VITAMINE B12 0.0015 mg 0.002 mg 0.3 mg VITAMIN B12/VITAMINE B12 0.015 mg 0.002 mg 0.3 mg VITAMIN B6/VITAMINE B12 0.015 mg 0.002 mg 0.3 mg POLOCIN/FOLACINE 122 mg	PROTEIN/ PROTEINES	11 a	1.5 a
CARBOHYDRATE/GLUCIDES 57 g 7.5 g ASH/CENDRES 2.6 g 0.34 g LINOLEIC ACID/ACIDE LINOLÉIQUE 4.6 g 0.6 g LINOLENIC ACID/ACIDE LINOLÉIQUE 0.43 g 0.056 g ARACHIDONIC ACID/ACIDE LINOLÉIQUE 0.43 g 0.056 g ARACHIDONIC ACID/ACIDE LINOLÉIQUE 0.43 g 0.056 g VITAMIN ACID/ACIDE DOCOSAHEXANOIQUE 75 mg 10 mg 200 lU/UI VITAMIN A/VITAMINE A 1536 IU/UI 200 lU/UI VITAMIN A/VITAMINE D 307 IU/UI 40 IU/UI VITAMIN A/VITAMINE C 46 mg 0.06 mg VITAMIN K/VITAMINE E 0.044 mg 0.054 mg VITAMIN B/VITAMINE C 46 mg 0.07 mg VITAMIN B/VITAMINE B 0.0015 mg 0.0002 mg VITAMIN B/VITAMINE B12 0.0015 mg 0.0002 mg VITAMIN B/VITAMINE B12 0.017 mg 0.01 mg PANTOTHENIC ACID/ACIDE PANTOTHÉNIQUE 2.3 mg 0.3 mg BIOTIN/BIOTINE 0.015 mg 0.002 mg CALON/FOLACINE 84 mg 1.1 mg CALON/FOLACINE	FAT/LIPIDES	26 a	3.4 a
ASH/CENDRES 2.6 g 0.34 g LINOLEIC ACID/ACIDE LINOLÉIQUE 4.6 g 0.6 g LINOLEIC ACID/ACIDE LINOLÉNIQUE 0.056 g 0.056 g ARACHIDONIC ACID/ACIDE ARACHIDONIQUE 150 mg 20 mg DOCOSAHEXAENOIC ACID/ACIDE ARACHIDONIQUE 150 mg 200 lU/UI VITAMIN A/VITAMINE A 1536 IU/UI 200 IU/UI VITAMIN A/VITAMINE D 307 IU/UI 40 IU/UI VITAMIN E/VITAMINE E 10 IU/UI 1.3 IU/UI VITAMIN F/VITAMINE E 0.046 mg 0.006 mg VITAMIN C/VITAMINE C 46 mg 6 mg THIAMINE 0.12 mg 0.054 mg RIBOFLAVIN/RIBOFLAVINE 0.72 mg 0.094 mg VITAMIN B/2/VITAMINE B6 0.38 mg 0.05 mg VITAMIN B12/VITAMINE B12 0.001 s mg 0.002 mg NACIN/NIACINE 0.077 mg 0.01 mg PANTOTHENIC ACID/ACIDE PANTOTHÉNIQUE 2.3 mg 0.3 mg BIOTIN/BIOTINE 0.015 mg 0.002 mg CHOLINE 11 mg 5.4 mg 1.1 mg CACIUM 336 mg 4.7 mg <	CARBOHYDRATE/GLUCIDES	57 g	7.5 a
LINOLEIC ACID/ACIDE LINOLÉIQUE 4.6 g 0.6 g LINOLENIC ACID/ACIDE LINOLÉNIQUE 0.43 g 0.056 g ARACHIDONIC ACID/ACIDE ARACHIDONIQUE 150 mg 20 mg DOCOSAHEXAENOIC ACID/ACIDE DOCOSAHEXANOIQUE 75 mg 10 mg VITAMIN A/VITAMINE A 1536 IU/UI 200 IU/UI VITAMIN A/VITAMINE A 10 J307 IU/UI 40 IU/UI VITAMIN A/VITAMINE C 0.046 mg 0.006 mg VITAMIN V/VITAMINE K 0.046 mg 0.006 mg VITAMIN K/VITAMINE C 46 mg 6 mg THIAMIN C/VITAMINE C 46 mg 0.094 mg VITAMIN B/VITAMINE B6 0.38 mg 0.094 mg VITAMIN B12/VITAMINE B12 0.001 5 mg 0.0002 mg VITAMIN B12/VITAMINE B12 0.001 5 mg 0.0002 mg NIACIN/NICINE 5.4 mg 0.1 mg POLACIN/ACIDE PANTOTHÉNIQUE 2.3 mg 0.3 mg BIOTIN/BIOTINE 0.01 5 mg 0.002 mg CHOLINE 122 mg 16 mg 1.1 mg CARNITINE 8.4 mg 1.1 mg 5.4 mg OLINE 31 mg	ASH/CENDRES	2.6 g	0.34 g
LINOLENIC ACID/ACIDE LINOLÉNIQUE 0.43 g 0.056 g ARACHIDONIC ACID/ACIDE ARACHIDONIQUE 150 mg 20 mg DOCOSAHEXAROIC ACID/ACIDE DOCOSAHEXANOIQUE 75 mg 10 mg DOCOSAHEXAROIC ACID/ACIDE DOCOSAHEXANOIQUE 75 mg 10 mg VITAMIN A/VITAMINE A 1536 IU/UI 200 IU/UI VITAMIN D/VITAMINE D 307 IU/UI 40 IU/UI VITAMIN E/VITAMINE C 46 mg 6 mg VITAMIN K/VITAMINE K 0.046 mg 0.006 mg VITAMIN K/VITAMINE K 0.41 mg 0.054 mg RIBOFLAVIN/RIBOFLAVINE 0.72 mg 0.094 mg VITAMIN B6/VITAMINE B12 0.0015 mg 0.0002 mg VITAMIN B12/VITAMINE B12 0.0015 mg 0.0002 mg VITAMIN B12/VITAMINE B12 0.011 mg 0.3 mg POLACIN/FOLACINE 0.71 mg 0.3 mg INOSITOL 31 mg 4 mg IAURINE 41 mg 5.4 mg INOSITOL 31 mg 4 mg IAURINE 11 mg 4 mg IAURINE 11 mg 5.4 mg INOSITOL 31 mg	LINÓLEIC ACID/ACIDE LINOLÉIQUE	4.6 g	0.6 g
ARACHIDONIC ACID/ACIDE ARACHIDONIQUE 150 mg 20 mg DOCOSAHEXAENOIC ACID/ACIDE DOCOSAHEXANOIQUE 75 mg 10 mg VITAMIN A/VITAMINE A 1536 IU/UI 200 IU/UI VITAMIN A/VITAMINE A 1037 IU/UI 40 IU/UI VITAMIN A/VITAMINE D 307 IU/UI 40 IU/UI VITAMIN E/VITAMINE E 10 IU/UI 1.3 IU/UI VITAMIN F/VITAMINE E 0.046 mg 0.006 mg VITAMIN C/VITAMINE C 46 mg 6 mg VITAMIN C/VITAMINE C 46 mg 0.054 mg VITAMIN B/VITAMINE E 0.272 mg 0.094 mg VITAMIN B/VITAMINE B 0.0015 mg 0.0002 mg VITAMIN B/2/VITAMINE B12 0.0015 mg 0.0002 mg VITAMIN B/2/VITAMINE B12 0.0015 mg 0.0022 mg VITAMIN B/2/VITAMINE B12 0.017 mg 0.01 mg PANTOTHENIC ACID/ACIDE PANTOTHÉNIQUE 2.3 mg 0.3 mg BIOTIN/BIOTINE 0.015 mg 0.002 mg CALCIN/FOLACINE 8.4 mg 1.1 mg CALCIN/ACIDE 31 mg 4 mg INOSITOL 31 mg 4 mg	LINOLENIC ACID/ACIDE LINOLENIQ	UE 0.43 g	0.056 g
DOCOSAHEXAENOIC ACIDE DOCOSAHEXANOIQUE 75 mg 10 mg VITAMIN A/VITAMINE A 1536 IU/UI 200 IU/UI VITAMIN D/VITAMINE D 307 IU/UI 40 IU/UI VITAMIN A/VITAMINE D 307 IU/UI 40 IU/UI VITAMIN E/VITAMINE C 46 mg 6 mg VITAMIN K/VITAMINE K 0.046 mg 0.006 mg VITAMIN C/VITAMINE K 0.41 mg 0.054 mg RIBOFLAVIN/RIBOFLAVINE 0.72 mg 0.094 mg VITAMIN B6/VITAMINE B6 0.38 mg 0.05 mg VITAMIN B12/VITAMINE B12 0.0015 mg 0.002 mg VITAMIN B12/VITAMINE B12 0.015 mg 0.01 mg POLACIN/FOLACINE 0.015 mg 0.02 mg VIALIN/FILACIDE PANTOTHÉNIQUE 2.3 mg 0.3 mg BIOTIN/BIOTINE 0.015 mg 0.02 mg CHOLINE 11 mg 5.4 mg TAURINE 8.4 mg 1.1 mg CACIUM 336 mg 44 mg PHOSPHORUS/PHOSPHORE 184 mg 24 mg MAGNESIUM/MAGNESIUM 36 mg 4.7 mg IRON/FER <	ARACHIDONIC ACID/ACIDE ARACHI	DONIQUE 150 mg	20 mg
VITAMIN A/VITAMINE A 1536 IU/UI 200 IU/UI VITAMIN D/VITAMINE D 307 IU/UI 40 IU/UI VITAMIN D/VITAMINE E 10 IU/UI 1.3 IU/UI VITAMIN F/VITAMINE K 0.046 mg 0.006 mg VITAMIN K/VITAMINE K 0.41 mg 0.054 mg VITAMIN C/VITAMINE C 46 mg 6 mg THIAMIN C/VITAMINE C 46 mg 0.094 mg VITAMIN BO/VITAMINE B6 0.38 mg 0.094 mg VITAMIN B6/VITAMINE B6 0.38 mg 0.0002 mg VITAMIN B12/VITAMINE B12 0.0015 mg 0.0002 mg VITAMIN B12/VITAMINE B12 0.015 mg 0.002 mg VITAMIN B12/VITAMINE B12 0.015 mg 0.002 mg POLACIN/FOLACINE 0.015 mg 0.002 mg CHOLINE 122 mg 16 mg TAURINE 41 mg 5.4 mg INOSITOL 31 mg 4 mg PHOSPHORUS/PHOSPHORE 184 mg 24 mg MAGNESIUM/MAGNESIUM 36 mg 4.7 mg MANGANESE/MANGANÈSE 0.077 mg 0.01 mg ODIUM/SELENIU	DOCOSAHEXAENOIC ACID/ACIDE DOCOSA	HEXANOIQUE 75 mg	10 mg
VITAMIN D/VITAMINE D 307 IU/UI 40 IU/UI VITAMIN E/VITAMINE E 10 IU/UI 1.3 IU/UI VITAMIN K/VITAMINE E 10 IU/UI 1.3 IU/UI VITAMIN K/VITAMINE K 0.046 mg 0.006 mg VITAMIN K/VITAMINE C 46 mg 6 mg VITAMIN C/VITAMINE C 46 mg 6 mg VITAMIN E/VITAMINE C 46 mg 0.094 mg VITAMIN B/VITAMINE B12 0.0015 mg 0.0002 mg VITAMIN B12/VITAMINE B12 0.0015 mg 0.0002 mg VITAMIN B12/VITAMINE B12 0.011 mg 0.7 mg FOLACIN/FOLACINE 5.4 mg 0.7 mg FOLACIN/FOLACINE 0.015 mg 0.002 mg RIDOTIN/FOLACINE 0.015 mg 0.002 mg CHOLINE 122 mg 16 mg TAURINE 41 mg 5.4 mg INOSITOL 31 mg 4 mg VICLUM 336 mg 44 mg PHOSPHORUS/PHOSPHORE 184 mg 24 mg MAGANESE/MANGANÈSE 0.077 mg 0.01 mg SUN/FER 7.7 mg 1 m	VITAMIN A/VITAMINE A	1536 IU/UI	200 10/01
VITAMIN E/VITAMINE E 10 IU/UI 1.3 IU/UI VITAMIN K/VITAMINE K 0.046 mg 0.006 mg VITAMIN C/VITAMINE C 46 mg 6 mg THIAMINE //VITAMINE C 46 mg 0.094 mg VITAMIN C/VITAMINE BC 0.41 mg 0.054 mg RIBOFLAVIN/RIBOFLAVINE 0.72 mg 0.094 mg VITAMIN B6/VITAMINE B6 0.38 mg 0.002 mg VITAMIN B12/VITAMINE B12 0.0015 mg 0.0002 mg VITAMIN B12/VITAMINE B12 0.0015 mg 0.010 mg PANTOTHENIC ACID/ACIDE PANTOTHÉNIQUE 2.3 mg 0.3 mg BIOTIN/FOLACINE 0.01 mg 0.002 mg CHOLINE 122 mg 16 mg TAURINE 41 mg 5.4 mg INOSITOL 31 mg 4 mg L-CARNITINE 8.4 mg 1.1 mg CALCIUM 336 mg 42 mg MAGNESE/MANGANÈSE 0.077 mg 0.01 mg SELENIUM/SELENIUM 0.015 mg 0.002 mg COPPER/CUIVRE 0.41 mg 0.54 mg IDOIN/FER 0.41 mg	VITAMIN D/VITAMINE D	307 IU/UI	40 IU/UI
VITAMIN K/VITAMINE K 0.046 mg 0.006 mg VITAMIN C/VITAMINE C 46 mg 6 mg THIAMIN E 0.41 mg 0.054 mg RIBOFLAVIN/RIBOFLAVINE 0.72 mg 0.094 mg VITAMIN B6/VITAMINE B6 0.38 mg 0.05 mg VITAMIN B6/VITAMINE B12 0.0015 mg 0.002 mg VITAMIN B6/VITAMINE B12 0.0015 mg 0.002 mg VITAMIN B6/VITAMINE B12 0.001 mg 0.01 mg FOLACIN/FOLACINE 0.015 mg 0.02 mg VITAMINE 0.15 mg 0.02 mg FOLACIN/FOLACINE 0.15 mg 0.02 mg CHOLINE 122 mg 16 mg TAURINE 41 mg 5.4 mg INOSITOL 31 mg 4 mg CACIUM 336 mg 44 mg PHOSPHORUS/PHOSPHORE 184 mg 24 mg MAGNESIUM/MAGNESIUM 36 mg 4.7 mg IRON/FER 7.7 mg 1 mg ZINC 4.1 mg 0.54 mg OOPPER/CUIVRE 0.41 mg 0.02 mg IODINE/	VITAMIN E/VITAMINE E	10 IU/UI	1.3 IU/UI
VITAMIN C/VITAMINE C 46 mg 6 mg THIAMINE 0.41 mg 0.054 mg RIBOFLAVIN/RIBOFLAVINE 0.72 mg 0.094 mg VITAMIN B6/VITAMINE B6 0.38 mg 0.05 mg VITAMIN B12/VITAMINE B12 0.0015 mg 0.0002 mg NIACIN/FICALINE 5.4 mg 0.7 mg FOLACIN/FOLACINE 0.077 mg 0.01 mg PANTOTHENIC ACID/ACIDE PANTOTHÉNIQUE 2.3 mg 0.3 mg BIOTIN/BIOTINE 0.015 mg 0.002 mg CHOLINE 122 mg 16 mg TAURINE 41 mg 5.4 mg INOSITOL 31 mg 4 mg L-CARNITINE 8.4 mg 1.1 mg CALCIUM 336 mg 4.7 mg PHOSPHORUS/PHOSPHORE 184 mg 24 mg MAGNESIUM/MAGNESIUM 36 mg 4.7 mg MANGANESE/MANGANÈSE 0.077 mg 0.01 mg COPPER/CUIVRE 0.41 mg 0.054 mg IODINE/IODE 0.06 mg 0.002 mg SODIUM 138 mg 18 mg <td< td=""><td>VITAMIN K/VITAMINE K</td><td>0.046 mg</td><td>0.006 mg</td></td<>	VITAMIN K/VITAMINE K	0.046 mg	0.006 mg
THIAMINE 0.41 mg 0.054 mg RIBOFLAVIN/RIBOFLAVINE 0.72 mg 0.094 mg VITAMIN B6/VITAMINE B6 0.38 mg 0.05 mg VITAMIN B12/VITAMINE B12 0.0015 mg 0.0002 mg NIACIN/RIACINE 5.4 mg 0.7 mg FOLACIN/FOLACINE 0.07 mg 0.01 mg PANTOTHENIC ACID/ACIDE PANTOTHÉNIQUE 2.3 mg 0.3 mg BIOTIN/BIOTINE 0.015 mg 0.002 mg CHOLINE 122 mg 16 mg TAURINE 41 mg 5.4 mg INOSITOL 31 mg 4 mg INOSITOL 31 mg 4 mg PHOSPHORUS/PHOSPHORE 184 mg 24 mg MAGNESLUM/MAGNESLUM 36 mg 4.7 mg IRON/FER 7.7 mg 1 mg ZINC 4.1 mg 0.54 mg MANGANESE/MANGANÈSE 0.077 mg 0.01 mg SELENIUM/SELENIUM 0.015 mg 0.002 mg COPPER/CUIVRE 0.41 mg 0.54 mg IDOINE/IODE 0.06 mg 0.008 mg SODIU	VITAMIN C/VITAMINE C	46 mg	6 mg
RIBOFLAVIN/R 0.72 mg 0.094 mg VITAMIN B6/VITAMINE B6 0.38 mg 0.05 mg VITAMIN B12/VITAMINE B12 0.001 S mg 0.0002 mg NIACIN/NIACINE 5.4 mg 0.7 mg FOLACIN/FOLACINE 0.077 mg 0.01 mg PANTOTHENIC ACID/ACIDE PANTOTHÉNIQUE 2.3 mg 0.3 mg BIOTIN/FOLACINE 0.015 mg 0.002 mg CHOLINE 0.01 mg 0.002 mg CHOLINE 0.01 mg 0.002 mg CHOLINE 122 mg 16 mg TAURINE 41 mg 5.4 mg INOSITOL 31 mg 4 mg L-CARNITINE 8.4 mg 1.1 mg CALCIUM 336 mg 44 mg PHOSPHORUS/PHOSPHORE 184 mg 24 mg MAGENESLUM/MAGNESLUM 36 mg 4.7 mg RON/FER 7.7 mg 1 mg ZINC 4.1 mg 0.54 mg OOPER/CUIVRE 0.01 mg 0.002 mg COPPER/CUIVRE 0.01 mg 0.002 mg IDDINE/IODE 0.0	THIAMINE	0.41 mg	0.054 mg
VITAMIN B6/VITAMINE B6 0.38 mg 0.002 mg VITAMIN B12/VITAMINE B12 0.0015 mg 0.0002 mg NIACIN/NIACINE 5.4 mg 0.7 mg FOLACIN/FOLACINE 0.017 mg 0.01 mg PANTOTHENIC ACID/ACIDE PANTOTHÉNIQUE 2.3 mg 0.3 mg BIOTIN/BIOTINE 0.015 mg 0.002 mg CHOLINE 122 mg 16 mg TAURINE 41 mg 5.4 mg INOSITOL 31 mg 4 mg L-CARNITINE 8.4 mg 1.1 mg CALCIUM 336 mg 44 mg PHOSPHORUS/PHOSPHORE 184 mg 24 mg MAGNESIUM/MAGNESIUM 36 mg 4.7 mg IRON/FER 7.7 mg 1 mg ZINC 4.1 mg 0.54 mg OOPPER/CUIVRE 0.41 mg 0.054 mg IODINE/IODE 0.06 mg 0.002 mg COPPER/CUIVRE 0.41 mg 0.054 mg IODINE/IODE 0.06 mg 0.008 mg SODIUM 138 mg 18 mg POTASSUM 553 mg </td <td>RIBOFLAVIN/RIBOFLAVINE</td> <td>0.72 mg</td> <td>0.094 mg</td>	RIBOFLAVIN/RIBOFLAVINE	0.72 mg	0.094 mg
VITAMIN B12/VITAMINE B12 0.0015 mg 0.0022 mg NIACIN/NIACINE 5.4 mg 0.7 mg FOLACIN/FOLACINE 0.07 mg 0.01 mg PANTOTHENIC ACID/ACIDE PANTOTHÉNIQUE 2.3 mg 0.3 mg BIOTIN/BIOTINE 0.015 mg 0.002 mg CHOLINE 122 mg 16 mg TAURINE 41 mg 5.4 mg INOSITOL 31 mg 4 mg L-CARNITINE 8.4 mg 1.1 mg CALCIUM 336 mg 44 mg PHOSPHORUS/PHOSPHORE 184 mg 24 mg MAGNESIUM/MAGNESIUM 36 mg 4.7 mg IRON/FER 7.7 mg 1 mg ZINC 4.1 mg 0.54 mg MANGANESE/MANGANÈSE 0.077 mg 0.01 mg SELENIUM/SELENIUM 0.015 mg 0.002 mg COPPER/CUIVRE 0.41 mg 0.054 mg IODINE/IODE 0.06 mg 0.008 mg SODIUM 138 mg 18 mg POTASSIUM 553 mg 72 mg CHLORIDES/NUCLEOTIDES	VITAMIN B6/VITAMINE B6	0.38 mg	0.05 mg
NIACUNY NIACUNE 5.4 mg 0.7 mg FOLACIN/FOLACINE 0.07 mg 0.01 mg PANTOTHENIC ACID/ACIDE PANTOTHÉNIQUE 2.3 mg 0.3 mg BIOTIN/BIOTINE 0.01 smg 0.002 mg CHOLINE 122 mg 16 mg TAURINE 41 mg 5.4 mg INOSITOL 31 mg 4 mg INOSITOL 31 mg 4 mg L-CARNITINE 8.4 mg 1.1 mg CALCIUM 336 mg 44 mg PHOSPHORUS/PHOSPHORE 184 mg 24 mg MAGNESE/MANGANÈSE 0.077 mg 0.1 mg ZINC 4.1 mg 0.54 mg MANGANESE/MANGANÈSE 0.077 mg 0.01 mg SELENIUM/SELENIUM 0.015 mg 0.002 mg COPPER/CUIVRE 0.41 mg 0.054 mg IODINE/IODE 0.06 mg 0.008 mg SODIUM 138 mg 18 mg PATASSIUM 553 mg 72 mg CHLORIDE/CHLORURES 333 mg 44 mg	VITAMIN B12/VITAMINE B12	0.0015 mg	0.0002 mg
FOLACIN/FOLACINE 0.07/mg 0.01/mg PANTOTHENIC ACID/ACIDE PANTOTHÉNIQUE 2.3 mg 0.3 mg BIOTIN/SIOTINE 0.015 mg 0.002 mg CHOLINE 122 mg 16 mg TAURINE 41 mg 5.4 mg INOSITOL 31 mg 4 mg L-CARNITINE 8.4 mg 1.1 mg CALCIUM 336 mg 44 mg PHOSPHORUS/PHOSPHORE 184 mg 24 mg MAGNESIUM/MAGNESIUM 36 mg 4.7 mg IRON/FER 7.7 mg 1 mg ZINC 4.1 mg 0.54 mg MAGANESE/MANGANÈSE 0.077 mg 0.01 mg SELENIUM/SELENIUM 0.015 mg 0.002 mg COPPER/CUIVRE 0.41 mg 0.54 mg IODINE/IODE 0.06 mg 0.008 mg SODIUM 138 mg 18 mg POTASSIUM 553 mg 72 mg CHLORIDE/CHLORURES 333 mg 44 mg OLIUM 138 mg 18 mg POTASSUM 553 mg 72 mg	NIACIN/NIACINE	5.4 mg	0./ mg
PARTOTHENIC ACID/ ACIDE PARTOTHENIQUE 2.3 mg 0.3 mg BIOTIN/BIOTINE 0.015 mg 0.002 mg CHOLINE 122 mg 16 mg TAURINE 41 mg 5.4 mg INOSITOL 31 mg 4 mg L-CARNITINE 8.4 mg 1.1 mg CALCIUM 336 mg 44 mg PHOSPHORUS/PHOSPHORE 184 mg 24 mg MAGNESIUM/MAGNESIUM 36 mg 4.7 mg IRON/FER 7.7 mg 1 mg ZINC 4.1 mg 0.54 mg OOPER/CUIVRE 0.01 smg 0.002 mg COPPER/CUIVRE 0.41 mg 0.54 mg IODINE/IODE 0.06 mg 0.008 mg SODIUM 138 mg 18 mg POTASSIUM 553 mg 72 mg CHLORIDE/CHLORURES 333 mg 44 mg NUCLEOTIDES/NULCLEOTIDES 20 mg 2.6 mg	FULACIN/FULACINE	U.U// mg	U.UT mg
BIOTINY BIOTINE 0.015 mg 0.002 mg CHOLINE 122 mg 16 mg TAURINE 41 mg 5.4 mg INOSITOL 31 mg 4 mg L-CARNITINE 8.4 mg 1.1 mg CALCIUM 336 mg 44 mg PHOSPHORUS/PHOSPHORE 184 mg 24 mg MAGNESIUM/MAGNESIUM 36 mg 4.7 mg IRON/FER 7.7 mg 1 mg ZINC 4.1 mg 0.54 mg MANGANESE/MANGANÈSE 0.077 mg 0.01 mg SELENIUM/SELENIUM 0.015 mg 0.002 mg COPPER/CUIVRE 0.41 mg 0.054 mg JODINE/IODE 0.06 mg 0.008 mg SODIUM 138 mg 18 mg POTASSIUM 553 mg 72 mg CHLORIDE/CHLORURES 333 mg 44 mg VUCLEOTIDES/NUCLEOTIDES 20 mg 2.6 ma	PANIOTHENIC ACID/ACIDE PANIOT	IENIQUE 2.3 mg	0.3 mg
CHOLINE 122 mg 16 mg TAURINE 41 mg 5.4 mg INOSITOL 31 mg 4 mg INOSITOL 31 mg 4 mg L-CARNITINE 8.4 mg 1.1 mg CALCIUM 336 mg 44 mg PHOSPHORUS/PHOSPHORE 184 mg 24 mg MAGNESIUM/MAGNESIUM 36 mg 4.7 mg IRON/FER 7.7 mg 1 mg ZINC 4.1 mg 0.54 mg MANGANESE/MANGANÈSE 0.077 mg 0.01 mg SELENIUM/SELENIUM 0.015 mg 0.002 mg COPPER/CUIVRE 0.41 mg 0.54 mg JODINE/IODE 0.06 mg 0.008 mg SODIUM 138 mg 18 mg POTASSIUM 553 mg 72 mg CHLORIDES/HORURES 333 mg 44 mg MUCLEOTIDES/NUCLEOTIDES 20 mg 2.6 mg	BIOTIN/BIOTINE	U.UI 5 mg	U.UU2 mg
HAVINE 41 mg 5.4 mg INOSITOL 31 mg 4 mg L-CARNITINE 8.4 mg 1.1 mg CALCIUM 336 mg 44 mg PHOSPHORUS/PHOSPHORE 184 mg 24 mg MAGNESIUM/MAGNESIUM 36 mg 4.7 mg IRON/FER 7.7 mg 1 mg ZINC 4.1 mg 0.54 mg MAGANESE/MANGANÈSE 0.077 mg 0.01 mg SELENIUM/SELENIUM 0.015 mg 0.002 mg COPPER/CUIVRE 0.41 mg 0.054 mg IODINE/10DE 0.06 mg 0.008 mg SODIUM 138 mg 18 mg POTASSUM 553 mg 72 mg CHLORIDE/CHLORURES 333 mg 44 mg NUCLEOTIDES/NUCLEOTIDES 20 mg 2.6 ma	TAUDINE	122 mg	16 mg
Intoshot Si mg 4 mg L-CARNITINE 8.4 mg 1.1 mg CALCIUM 336 mg 44 mg PHOSPHORUS/PHOSPHORE 184 mg 24 mg MAGNESIUM/MAGNESIUM 36 mg 4.7 mg IRON/FER 7.7 mg 1 mg ZINC 4.1 mg 0.54 mg MANGANESE/MANGANÈSE 0.077 mg 0.01 mg SELENIUM/SELENIUM 0.015 mg 0.002 mg COPPER/CUIVRE 0.44 mg 0.054 mg IODINE/IODE 0.06 mg 0.008 mg SODIUM 138 mg 18 mg POTASSIUM 553 mg 72 mg CHLORIDES/NUCLEOTIDES 20 mg 2.6 mg	IAUKINE	41 mg	5.4 mg
CALCIUM 0.4 mg 1.1 mg CALCIUM 336 mg 44 mg PHOSPHORUS/PHOSPHORE 184 mg 24 mg MAGNESIUM/MAGNESIUM 36 mg 4.7 mg IRON/FER 7.7 mg 1 mg ZINC 4.1 mg 0.54 mg MANGANESE/MANGANÈSE 0.077 mg 0.01 mg SELENIUM/SELENIUM 0.015 mg 0.002 mg COPPER/CUIVRE 0.41 mg 0.004 mg JODINE/IODE 0.06 mg 0.008 mg SODIUM 138 mg 18 mg POTASSIUM 553 mg 72 mg CHLORIDES/NUCLEOTIDES 20 mg 2.6 mg		SI mg	4 mg
CALCOM 350 mg 44 mg PHOSPHORUS/PHOSPHORE 184 mg 24 mg MAGNESIUM/MAGNESIUM 36 mg 4.7 mg IRON/FER 7.7 mg 1 mg ZINC 4.1 mg 0.54 mg MANGANESE/MANGANÈSE 0.07 mg 0.01 mg SELENIUM/SELENIUM 0.015 mg 0.002 mg COPPER/CUIVRE 0.41 mg 0.54 mg JODINE/IODE 0.06 mg 0.008 mg SODIUM 138 mg 18 mg POTASSIUM 553 mg 72 mg CHLORIDE/CHLORURES 333 mg 44 mg NUCLEOTIDES/NUCLEOTIDES 20 mg 2.6 mg		0.4 mg	1.1 mg
Indstruct Idving 24 mg MAGNESIUM/MAGNESIUM 36 mg 4.7 mg IRON/FER 7.7 mg 1 mg ZINC 4.1 mg 0.54 mg MAGNESE/MANGANÈSE 0.077 mg 0.01 mg SELENIUM/SELENIUM 0.015 mg 0.002 mg COPPER/CUIVRE 0.41 mg 0.054 mg IODINE/IODE 0.06 mg 0.008 mg SODIUM 138 mg 18 mg POTASSIUM 553 mg 72 mg CHLORIDE/CHLORURES 333 mg 44 mg NUCLEOTIDES/NUCLEOTIDES 20 mg 2.6 mg	PHOSPHOPIIS /PHOSPHOPE	184 mg	24 mg
IRON/FER Jong T.7 mg 1 mg ZINC 4.1 mg 0.54 mg 0.01 mg MANGANESE/MANGANÈSE 0.077 mg 0.01 mg SELENIUM/SELENIUM 0.015 mg 0.002 mg COPPER/CUIVRE 0.41 mg 0.054 mg IODINE/10DE 0.06 mg 0.008 mg SOUM 138 mg 18 mg POTASSIUM 553 mg 72 mg CHLORIDE/CHLORURES 333 mg 44 mg NUCLEOTIDES/NUCLEOTIDES 20 mg 2.6 mg	MAGNESILIM /MAGNESILIM	36 mg	47 mg
Initial Initial <thinitial< th=""> <thinitial< th=""> <thi< td=""><td>IRON/FER</td><td>7.7 mg</td><td>1 mg</td></thi<></thinitial<></thinitial<>	IRON/FER	7.7 mg	1 mg
MANGANESE/MANGANÈSE 0.077 mg 0.01 mg SELENIUM/SELENIUM 0.015 mg 0.002 mg COPPER/CUIVRE 0.41 mg 0.054 mg IODINE/IODE 0.06 mg 0.008 mg SODIUM 138 mg 18 mg POTASSIUM 553 mg 72 mg CHLORIDE/CHLORURES 333 mg 44 mg NUCLEOTIDES/NUCLEOTIDES 20 mg 2.6 ma	ZINC	41 mg	0 54 mg
SELENIUM/SELENIUM 0.015 mg 0.002 mg COPPER/CUIVRE 0.015 mg 0.002 mg IODINE/IODE 0.06 mg 0.008 mg SODIUM 138 mg 18 mg POTASSIUM 553 mg 72 mg CHLORIDE/CHLORURES 333 mg 44 mg NUCLEOTIDES/NUCLEOTIDES 20 mg 2.6 mg	MANGANESE/MANGANESE	0 077 mg	0.01 mg
COPPER/CUIVE 0.41 mg 0.054 mg IODINE/IODE 0.06 mg 0.008 mg SODIUM 138 mg 18 mg POTASSIUM 553 mg 72 mg CHLORIDE/CHLORURES 333 mg 44 mg NUCLEOTIDES/NUCLEOTIDES 20 mg 2.6 mg	SELENIUM/SELENIUM	0.015 mm	0.002 mg
IODINE/IODE 0.06 mg 0.008 mg SODIUM 138 mg 18 mg POTASSIUM 553 mg 72 mg CHLORIDE/CHLORURES 333 mg 44 mg NUCLEOTIDES/NUCLEOTIDES 20 mg 2.6 mg	COPPER/CUIVRE	0.41 mg	0.054 mg
SODIUM 138 mg 18 mg POTASSIUM 553 mg 72 mg CHLORIDE/CHLORURES 333 mg 44 mg NUCLEOTIDES/NUCLEOTIDES 20 mg 2.6 mg	IODINE/IODE	0.06 mn	0.008 mg
POTASSIUM 553 mg 72 mg CHLORIDE/CHLORURES 333 mg 44 mg NUCLEOTIDES 20 mg 2.6 mg	SODIUM	138 mg	18 mg
CHLORIDE/CHLORURES 333 mg 44 mg NUCLEOTIDES/NUCLEOTIDES 20 mg 2.6 mg	POTASSIUM	553 mg	72 mg
NUCLEOTIDES/NUCLEOTIDES 20 mg 2.6 mg	CHLORIDE/CHLORURES	333 mg	44 ma
	NUCLEOTIDES/NUCLEOTIDES	20 mg	2.6 mg

REFERENCES

- 1) Canadian Paediatric Society, Dietitians of Canada and Health Canada. Nutrition for Healthy Term Infants, Minister of Public Works and Government Services, Ottawa, 2005.
- 2) Breastfeeding Committee of Canada. The Baby-Friendly Initiative in Community Health Services: A Canadian Implementation Guide, 2002.
- 3) Riordan, J. Breastfeeding and Human Lactation (Third Edition), Jones and Barlett Publishers Inc., Sudbury, Massachusetts, 2005.
- 4) Lawrence, R.A. and Lawrence, R.M. Breastfeeding: A Guide for the Medical Profession (Sixth Edition), Mosby Inc., USA, 2005.
- 5) Friesen, R. and Innis, S.M. Trans Fatty Acids in Human Milk in Canada Declined with the Introduction of Trans Fat Food Labelling, The Journal of Nutrition, Vol 136: 2558-2561, 2006.
- 6) Toronto Public Health. Environmental Threats to Children: Understanding Risks, Enabling Prevention, 2005.
- 7) Canadian Food Inspection Agency. Letter to Industry: Requirements Related to Nutrition Information and Nutrition and Health Claims for Infant Formula, January 8, 2007.
- 8) American Academy of Pediatrics. Breastfeeding and the Use of Human Milk. Pediatrics, Vol 115 (2): 496-506, 2005.
- 9) Smith, L.J. Informed Decision Making in Infant Feeding Presentation, 2007
- 10) Heinz Infant Nutrition Institute. In-Touch Newsletter, Vol 21 (2), 2004.