

Nutritional Information (per 100ml reconstituted product)

	Mamil Gold	NAN Optipro 1	Similac Eye-Q Plus	S-26 Gold	Dumex Dulac	Enfamil A+	Friso Gold	Lactogen Comfortis
Calories (kcal per 100 ml)	67	67	64	73	64	67	65	67
Fat (g per 100 ml)	3.5	3.6	3.5	4.0	3.1	3.7	3.4	3.4
Protein (g per 100 ml)	1.4	1.2	1.3	1.4	1.3	1.4	1.4	1.4
Carbohydrate (g per 100ml)	6.9	7.5	6.6	7.7	7.4	7.3	7.1	7.6
DHA (mg per 100ml)	11.7	7.9	7.0	13.6	6.0	11.4	8.2	6.5
Choline (mg per 100ml)	14.0	12.1	10.0	17.7	13.0	16.2	20.0	7.2
Vitamin C (mg per 100ml)	9.3	9.6	10.0	10.0	11.0	13.5	11.0	9.0
Folic Acid (ug per 100ml)	10.0	9.6	10.0	12.0	10.0	10.8	11.0	8.0
Iron (mg per 100ml)	0.70	0.67	0.68	0.88	0.70	0.81	0.82	0.70
Calcium (mg per 100ml)	41	43	48	47	40	53	54	40
Zinc (mg per 100ml)	0.40	0.70	0.57	0.67	0.40	0.67	0.64	0.70