

# Neocate<sup>®</sup> Syneo Junior, Unflavored<sup>★</sup> Dilution Chart

For Healthcare Professionals<sup>§</sup>

Approximate Household Measures\*

Leveled and Unpacked

<b>1 scoop<sup>†</sup></b>	<b>7.6 g</b>
1 tsp (5 mL)	3.0 g
1 Tbsp (15 mL)	8.9 g
½ cup (60 mL)	35.8 g
½ cup (80 mL)	47.7 g
½ cup (120 mL)	71.5 g
1 cup (240 mL)	143 g



Concentration

**30 kcal/fl oz**

1.00 kcal/mL  
3.2 g PE/100 mL  
600 mOsm/kg  
~84.2% Free Water  
2.1E+06 CFUs/100 mL

Contact Nutricia's Medical Affairs team for more comprehensive volume options at each concentration

Refer to can label for full instructions

1. Pour cooled, boiled water (**below** 104°F/40°C) into a sterilized container.  
*Nutricia recommends cooled, boiled water for preparation and the use of sterilized bottles.*



2. Add required amount of Neocate Syneo Junior powder.  
3. Cap bottle or container and shake until powder dissolves.



Concentration	Volume of Water		Amount of Neocate Powder <sup>†</sup>			Approximate Final Volume <sup>‡</sup>	
	fl oz	mL	scoops	grams	kcal	fl oz	mL
<b>30 kcal/fl oz</b>							
1.00 kcal/mL	4	120	4	30.4	143	4.7	140
3.2 g PE/100 mL	7	210	7	53.2	250	8.3	250
600 mOsm/kg	10	300	10	76.0	356	11.9	355
~84.2% Free Water	21	630	21	160	749	24.9	750
2.1E+06 CFUs/100 mL	28	840	28	213	998	33.2	995
<b>28 kcal/fl oz</b>	<b>fl oz</b>	<b>mL</b>	<b>scoops</b>	<b>grams</b>	<b>kcal</b>	<b>fl oz</b>	<b>mL</b>
0.93 kcal/mL	7.5	225	7	53.2	250	8.8	265
2.9 g PE/100 mL	10.5	315	10	76.0	356	12.4	370
Est'd 560 mOsm/kg	15	450	14	106	499	17.6	530
~85.3% Free Water	20	600	18	137	642	23.4	700
2.0E+06 CFUs/100 mL	29	870	27	205	962	34.1	1020
<b>27 kcal/fl oz</b>	<b>fl oz</b>	<b>mL</b>	<b>scoops</b>	<b>grams</b>	<b>kcal</b>	<b>fl oz</b>	<b>mL</b>
0.90 kcal/mL	3.5	105	3	22.8	107	4.1	120
2.8 g PE/100 mL	7	210	6	45.6	214	8.1	245
Est'd 540 mOsm/kg	14	420	12	91.2	428	16.2	485
~85.8% Free Water	20	600	18	137	642	23.4	700
1.9E+06 CFUs/100 mL	27	810	24	182	855	31.5	945
<b>26 kcal/fl oz</b>	<b>fl oz</b>	<b>mL</b>	<b>scoops</b>	<b>grams</b>	<b>kcal</b>	<b>fl oz</b>	<b>mL</b>
0.87 kcal/mL	6.5	195	5	38.0	178	7.4	225
3.2 g PE/100 mL	9	270	8	60.8	285	10.5	315
Est'd 520 mOsm/kg	13	390	11	83.6	392	15.1	450
~100.0% Free Water	19	570	16	122	570	22.0	660
1.8E+06 CFUs/100 mL	26	780	22	167	784	30.1	905
<b>24 kcal/fl oz</b>	<b>fl oz</b>	<b>mL</b>	<b>scoops</b>	<b>grams</b>	<b>kcal</b>	<b>fl oz</b>	<b>mL</b>
0.80 kcal/mL	8.5	255	7	53.2	250	9.8	295
3.2 g PE/100 mL	11.5	345	9	68.4	321	13.2	395
Est'd 480 mOsm/kg	14.5	435	11	83.6	392	16.6	495
~87.4% Free Water	20	600	15	114	535	22.8	685
1.7E+06 CFUs/100 mL	26	780	20	152	713	29.7	890
<b>22 kcal/fl oz</b>	<b>fl oz</b>	<b>mL</b>	<b>scoops</b>	<b>grams</b>	<b>kcal</b>	<b>fl oz</b>	<b>mL</b>
0.73 kcal/mL	5	150	3	22.8	107	5.6	165
3.2 g PE/100 mL	10	300	7	53.2	250	11.3	340
Est'd 440 mOsm/kg	15	450	10	76.0	356	16.9	505
~88.4% Free Water	20	600	14	106	499	22.6	680
1.6E+06 CFUs/100 mL	25	750	17	129	606	28.2	845
<b>20 kcal/fl oz</b>	<b>fl oz</b>	<b>mL</b>	<b>scoops</b>	<b>grams</b>	<b>kcal</b>	<b>fl oz</b>	<b>mL</b>
0.67 kcal/mL	8	240	5	38.0	178	8.9	270
3.2 g PE/100 mL	10.5	315	7	53.2	250	11.8	355
Est'd 400 mOsm/kg	13	390	8	60.8	285	14.5	435
~89.5% Free Water	19	570	12	91.2	428	21.2	635
1.4E+06 CFUs/100 mL	24	720	15	114	535	26.8	805

\*Household measures are based on standard US, dry household measures. All measures are level and unpacked.

Last updated: July 10, 2024

These values are approximations only, whereas the scoops Nutricia provides are validated for use with Nutricia formulas.

For questions, contact:

Nutricia North America recommends using a scale for greatest accuracy.

[NutritionServices@Nutricia.com](mailto:NutritionServices@Nutricia.com) or

†Dilutions are more accurate using weighed powder vs. scoops. Scoops should be level and unpacked. 1 level, unpacked scoop yields 7.6 grams powder and provides 35.6 kcal. 1 gram provides 4.69 kcal and displaces ~0.74 mL water.



(800) 365-7354  
[neocate.com/for-healthcare-professionals/](https://neocate.com/for-healthcare-professionals/)

‡This chart assumes 1 fl oz = 30 mL. Water volumes are exact, but final volume of prepared formula may vary slightly.

||PE = Protein equivalent. Formulated to contain 6.87E+07 CFUs of Bifidobacterium breve M-16V per 1 gram of powder.

© 2024 Nutricia North America

§For patient safety, Nutricia directs caregivers requesting mixing instructions at non-standard dilutions to their healthcare teams.

★This chart does not apply to Neocate Junior, Unflavored without prebiotics due to differences in displacement, energy density and scoop fill.