



# Pepticate™ Dilution Chart

## For Healthcare Professionals<sup>§</sup>

Contact Nutricia for more comprehensive volume options at each concentration

Refer to can label for full preparation instructions

1. Measure the required amount of water into the bottle<sup>†</sup>



2. Add required amount of Pepticate powder



3. Cap bottle or container and shake until powder dissolves

### Approximate Household Measures\* Leveled and Unpacked

1 scoop <sup>†</sup>	4.8 g
1 tsp (5 mL)	2.8 g
1 Tbsp (15 mL)	8.3 g
¼ cup (60 mL)	33.3 g
⅓ cup (80 mL)	44.3 g
½ cup (120 mL)	66.5 g
1 cup (240 mL)	133 g

### Approximate Final Volume<sup>‡</sup>

5.6	165
11.1	335
16.7	500
22.2	665
27.6	830

Volume of Water		Amount of Pepticate Powder <sup>†</sup>		
fl oz	mL	scoops	grams	kcal
5.0	150	5	24.0	114
10.0	300	10	48.0	227
15.0	450	15	72.0	341
20.0	600	20	96.0	454
25.0	750	24	115	545

**Concentration**

**20 kcal/fl oz**  
Standard Concentration  
**0.67 kcal/mL**

**Osmolality:**  
Est'd 280 mOsm/kg<sup>#</sup>  
~90.3% Free Water  
1.59g PE/100 mL<sup>||</sup>

**22 kcal/fl oz**  
**0.73 kcal/mL**

Est'd 310 mOsm/kg<sup>#</sup>  
~89.1% Free Water  
1.74g PE/100 mL<sup>||</sup>

**24 kcal/fl oz**  
**0.80 kcal/mL**

Est'd 340 mOsm/kg<sup>#</sup>  
~87.8% Free Water  
1.90g PE/100 mL<sup>||</sup>

**26 kcal/fl oz**  
**0.87 kcal/mL**

Est'd 360 mOsm/kg<sup>#</sup>  
~87.1% Free Water  
2.06g PE/100 mL<sup>||</sup>

**27 kcal/fl oz**  
**0.90 kcal/mL**

Est'd 380 mOsm/kg<sup>#</sup>  
~86.3% Free Water  
2.14g PE/100 mL<sup>||</sup>

**28 kcal/fl oz**  
**0.93 kcal/mL**

Est'd 400 mOsm/kg<sup>#</sup>  
~86.1% Free Water  
2.22 g PE/100 mL<sup>||</sup>

**30 kcal/fl oz**  
**1.00 kcal/mL**

Est'd 420 mOsm/kg<sup>#</sup>  
~84.9% Free Water  
2.4 g PE/100 mL<sup>||</sup>

fl oz	mL	scoops	grams	kcal	fl oz	mL
10.0	300	11	52.8	250	11.2	335
15.0	450	16	76.8	363	16.8	505
25.0	750	27	130	613	28.0	840
30.0	900	33	158	749	33.6	1010
40.0	1200	43	206	976	44.7	1340

fl oz	mL	scoops	grams	kcal	fl oz	mL
4.0	120	5	24.0	114	4.6	135
8.0	240	10	48.0	227	9.1	275
12.0	360	14	67.2	318	13.5	405
16.0	480	19	91.2	431	18.1	545
20.0	600	24	115	545	22.6	680

fl oz	mL	scoops	grams	kcal	fl oz	mL
3.0	90	4	19.2	90.8	3.4	105
6.0	180	8	38.4	182	6.9	205
9.0	270	12	57.6	272	10.3	310
12.0	360	16	76.8	363	13.8	415
15.0	450	20	96.0	454	17.2	515

fl oz	mL	scoops	grams	kcal	fl oz	mL
7.0	210	10	48.0	227	8.1	245
12.0	360	16	76.8	363	13.8	415
17.0	510	23	110	522	19.5	585
21.0	630	29	139	658	24.2	725
26.0	780	36	173	817	30.0	900

fl oz	mL	scoops	grams	kcal	fl oz	mL
11.0	330	16	76.8	363	12.8	385
15.0	450	21	101	477	17.3	520
19.0	570	27	130	613	22.0	660
21.0	630	30	144	681	24.3	730
27.0	810	39	187	885	31.3	940

fl oz	mL	scoops	grams	kcal	fl oz	mL
5.0	150	8	38.4	182	5.9	175
10.0	300	15	72.0	341	11.7	350
15.0	450	23	110	522	17.5	525
18.0	540	28	134	636	21.1	635
22.0	660	34	163	772	25.8	775

\* Household measures are based on standard US, dry household measures. All measures are level and unpacked. These values are approximations only, whereas the scoops Nutricia provides are validated for use with Nutricia formulas. Nutricia North America recommends using a scale for greatest accuracy.

† Dilutions are more accurate using weighed powder vs. scoops. Scoops should be level and unpacked. 1 level unpacked scoop yields 4.8 grams powder and provides 22.70 kcal. 1 gram provides 4.7 kcal and displaces ~0.69 mL water.

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

|| PE = Protein equivalent.

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

¶ Advise caregivers if they need to use cooled, boiled water for mixing and if they need to boil (sterilize) bottles, nipples and rings before use.

# Derived from osmolality at standard dilution: assumes direct linear relationship with formula concentration.

Pepticate™ is a hypoallergenic, extensively hydrolyzed infant formula for use under medical supervision and is indicated for cow milk allergy.



**Pepticate™**

For questions, contact:  
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[www.pepticate.com/HCP](http://www.pepticate.com/HCP)

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