

# Adding Pepticate™ to Human Milk★

For Healthcare Professionals†

## Start with Human Milk + add gram weights of Pepticate

Pepticate is a hypoallergenic, extensively hydrolyzed formula (eHF) specifically formulated for infants with cow milk allergy and colic related to cow milk allergy. Pepticate contains iron, DHA, ARA, nucleotides, lactose and a clinically tested blend of prebiotic fibers.



Approximate US Household Measures* Leveled and Unpacked	
1 scoop	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

### Desired concentration following addition of Pepticate powder:‡

Volume of Human Milk:‡ fl oz    mL		22 kcal/fl oz 0.73 kcal/mL Adds ~0.18 g PE/100 mL‡ Estimated 310 mOsm/kg‡			24 kcal/fl oz 0.80 kcal/mL Adds ~0.35 g PE/100 mL‡ Estimated 335 mOsm/kg‡			26 kcal/fl oz 0.87 kcal/mL Adds ~0.52 g PE/100 mL‡ Estimated 365 mOsm/kg‡			27 kcal/fl oz 0.90 kcal/mL Adds ~0.62 g PE/100 mL‡ Estimated 380 mOsm/kg‡			28 kcal/fl oz 0.93 kcal/mL Adds ~0.71 g PE/100 mL‡ Estimated 390 mOsm/kg‡			30 kcal/fl oz 1.00 kcal/mL Adds ~0.88 g PE/100 mL‡ Estimated 420 mOsm/kg‡		
		Pepticate to add:	Approximate Final Volume		Pepticate to add:	Approximate Final Volume		Pepticate to add:	Approximate Final Volume		Pepticate to add:	Approximate Final Volume		Pepticate to add:	Approximate Final Volume		Pepticate to add:	Approximate Final Volume	
fl oz	mL	g	mL	fl oz	g	mL	fl oz	g	mL	fl oz	g	mL	fl oz	g	mL	fl oz	g	mL	fl oz
1.0	30	0.47 g	30	1.0	0.96 g	31	1.0	1.5 g	31	1.0	1.7 g	31	1.0	2.0 g	31	1.0	2.5 g	32	1.1
1.5	45	0.71 g	45	1.5	1.4 g	46	1.5	2.2 g	47	1.6	2.6 g	47	1.6	2.9 g	47	1.6	3.7 g	48	1.6
2.0	60	0.95 g	61	2.0	1.9 g	61	2.0	2.9 g	62	2.1	3.4 g	62	2.1	3.9 g	63	2.1	5.0 g	63	2.1
2.5	75	1.2 g	76	2.5	2.4 g	77	2.6	3.6 g	78	2.6	4.3 g	78	2.6	4.9 g	78	2.6	6.2 g	79	2.6
3.0	90	1.4 g	91	3.0	2.9 g	92	3.1	4.4 g	93	3.1	5.1 g	94	3.1	5.9 g	94	3.1	7.4 g	95	3.2
3.5	105	1.7 g	105	3.5	3.4 g	105	3.5	5.1 g	110	3.7	6.0 g	110	3.7	6.9 g	110	3.7	8.7 g	110	3.7
4.0	120	1.9 g	120	4.0	3.8 g	125	4.2	5.8 g	125	4.2	6.8 g	125	4.2	7.8 g	125	4.2	9.9 g	125	4.2
4.5	135	2.1 g	135	4.5	4.3 g	140	4.7	6.5 g	140	4.7	7.7 g	140	4.7	8.8 g	140	4.7	11.1 g	145	4.8
5.0	150	2.4 g	150	5.0	4.8 g	155	5.2	7.3 g	155	5.2	8.5 g	155	5.2	9.8 g	155	5.2	12.4 g	160	5.3
5.5	165	2.6 g	165	5.5	5.3 g	170	5.7	8.0 g	170	5.7	9.4 g	170	5.7	10.8 g	170	5.7	13.6 g	175	5.8
6.0	180	2.8 g	180	6.0	5.7 g	185	6.2	8.7 g	185	6.2	10.2 g	185	6.2	11.7 g	190	6.3	14.9 g	190	6.3
6.5	195	3.1 g	195	6.5	6.2 g	200	6.7	9.4 g	200	6.7	11.1 g	205	6.8	12.7 g	205	6.8	16.1 g	205	6.8
7.0	210	3.3 g	210	7.0	6.7 g	215	7.2	10.2 g	215	7.2	11.9 g	220	7.3	13.7 g	220	7.3	17.3 g	220	7.3
7.5	225	3.6 g	225	7.5	7.2 g	230	7.7	10.9 g	235	7.8	12.8 g	235	7.8	14.7 g	235	7.8	18.6 g	240	8.0
8.0	240	3.8 g	245	8.2	7.7 g	245	8.2	11.6 g	250	8.3	13.6 g	250	8.3	15.7 g	250	8.3	19.8 g	255	8.5
8.5	255	4.0 g	260	8.7	8.1 g	260	8.7	12.3 g	265	8.8	14.5 g	265	8.8	16.6 g	265	8.8	21.0 g	270	9.0

Last updated August 30, 2024

\* 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 4.73 kcal and displaces ~0.69 mL water.

† For patient safety, Nutricia directs caregivers requesting these instructions to their healthcare teams.

‡ This chart assumes 1 fl oz = 30 mL and that mature human milk is 20 kcal/fl oz.<sup>1</sup> Volumes of human milk are exact, but final volume of mixture may vary slightly. PE = Protein equivalent. Protein g/100 mL human milk varies. Add this number to your preferred value for protein in human milk (g/100 mL) to estimate increase by adding Pepticate. Osmolality based on 300 mOsm/kg water + average osmolality of 280 mOsm/kg for mature human milk<sup>1</sup>

1. Kleinman RE, Ed. Pediatric Nutrition Handbook. American Academy of Pediatrics, 2004:938.

Nutricia North America supports the use of human milk whenever possible. Follow your facility's preparation & storage guidelines. Refer to can label for standard instructions for preparation and use.



For questions, contact:  
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