

Prolact+ H²MF Human Milk-Based Fortifiers: Important Reminders About Product Preparation

- Store Prolact+ H²MF fortifiers at -20°C or colder until ready to thaw for use.
- Always refer to the Supplemental Product Information (SPI) for Prolact+ H²MF fortifiers when preparing the product. SPIs are available in the carton shipment or online at www.prolacta.com/human-milk-fortifier.
- Protein intake should be monitored under medical supervision and will vary based on protein content of human milk and the fortifier chosen.
- Do not add supplementation or medications directly to the Prolact+ H²MF fortifier and human milk mixture.
- Transition slowly when weaning from an exclusive human milk diet. Please refer to Prolacta's *Feeding Transition from an Exclusive Human Milk Diet*.



Prolact+4 H ² MF [®] Human Milk Fortifier (Human, Pasteurized) Volume = 10 mL Adds at least 4 kcal/fl oz	Prolact+4 H ² MF [®] Human Milk Fortifier (Human, Pasteurized) Volume = 20 mL Adds at least 4 kcal/fl oz	Prolact+6 H ² MF [®] Human Milk Fortifier (Human, Pasteurized) Volume = 15 mL Adds at least 6 kcal/fl oz	Prolact+6 H ² MF [®] Human Milk Fortifier (Human, Pasteurized) Volume = 30 mL Adds at least 6 kcal/fl oz	Prolact+8 H ² MF [®] Human Milk Fortifier (Human, Pasteurized) Volume = 40 mL Adds at least 8 kcal/fl oz	Prolact+10 H ² MF [®] Human Milk Fortifier (Human, Pasteurized) Volume = 50 mL Adds at least 10 kcal/fl oz
Fortifies human milk to deliver 82 kcal and 2.5 g of protein in 100 mL of nutrition* ¹	Fortifies human milk to deliver 82 kcal and 2.5 g of protein in 100 mL of nutrition* ¹	Fortifies human milk to deliver 90 kcal and 2.9 g of protein in 100 mL of nutrition* ¹	Fortifies human milk to deliver 90 kcal and 2.9 g of protein in 100 mL of nutrition* ¹	Fortifies human milk to deliver 98 kcal and 3.4 g of protein in 100 mL of nutrition* ¹	Fortifies human milk to deliver 105 kcal and 3.8 g of protein in 100 mL of nutrition* ¹

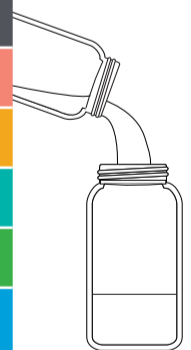
DIRECTIONS FOR THAWING

- Remove the bottle of Prolact+ H²MF fortifier from the freezer and label with date and time.
- Thaw the product by placing the unopened bottle in the refrigerator (2°C to 8°C) until the product is thawed. **Under no circumstances should Prolact+ H²MF fortifier be defrosted or warmed in a microwave.**
- Once the thawing process begins, administer within 48 hours; discard any unused product. Note that the thawing process begins once the product is removed from the freezer.

PREPARATION INSTRUCTIONS

- Add human milk directly into the Prolact+ H²MF fortifier bottle using the mixing ratios in the table below.
- Gently swirl bottle to mix; DO NOT SHAKE.

Product	Kilocalories per 100 mL of Mixed Feeding Solution* ¹	Grams of Protein per 100 mL of Mixed Feeding Solution* ¹	Human Milk	Fortifier	Total
Prolact+4 H ² MF [®] 4:1 mixing ratio Adds at least 4 kcal/fl oz	82 kcal	2.5 g	40 mL	10 mL	50 mL
			80 mL	20 mL	100 mL
Prolact+6 H ² MF [®] 7:3 mixing ratio Adds at least 6 kcal/fl oz	90 kcal	2.9 g	35 mL	15 mL	50 mL
			70 mL	30 mL	100 mL
Prolact+8 H ² MF [®] 3:2 mixing ratio Adds at least 8 kcal/fl oz	98 kcal	3.4 g	60 mL	40 mL	100 mL
Prolact+10 H ² MF [®] 1:1 mixing ratio Adds at least 10 kcal/fl oz	105 kcal	3.8 g	50 mL	50 mL	100 mL



TO MIX: Pour human milk into Prolact+ H²MF fortifier bottle and swirl gently.

TO PROVIDE YOUR PRETERM PATIENT WITH A 100% HUMAN MILK-BASED DIET, CALL 1-888-PROLACT (1-888-776-5228).

* Nutritional values are based on median values derived from multiple lots for the fortifiers and the published reference that preterm human milk provides 1.6 g of protein and 67 kcal per 100 mL.
¹ Koletzko B, Poindexter B, Uauy R, eds. Nutritional Care of Preterm Infants: Scientific Basis and Practical Guidelines. *World Review of Nutrition and Dietetics*; vol 110. Basel: Karger; 2014:304-305.