

# Infant Formulas – Summary Sheet

Infant formulas available for retail sale in Canada

For Health Professionals Only

Standard Cow's Milk Formulas		Modified Cow's Milk Formulas		
Stage 1	Enfamil Enfamil A+ <sup>DHA, prebio (GOS, PDX)</sup> Enfamil A+ NeuroPro <sup>DHA, MFGM, prebio (GOS, PDX, 2'-FL)</sup> Kirkland Omega+ <sup>DHA, prebio (GOS)</sup> Niuriss <sup>DHA, OPO, prebio (GOS)</sup> Similac Step 1 Similac Lower Iron <sup>iron 6.6 mg/L</sup> Similac Advance Step 1 <sup>DHA, prebio (GOS)</sup> Similac Pro-Advance Step 1 <sup>DHA, prebio (FOS, 2'-FL)</sup>	pHP	Good Start 1 Good Start Plus 1 • Conc, RTF <sup>DHA, prebio (2'-FL)</sup> Good Start Plus 1 • Pwd <sup>DHA, prebio (2'-FL), probio (B. lactis)</sup>	
	Soy Formulas		lactose reduced Good Start Soothe <sup>DHA, prebio (2'-FL), probio (L. reuteri)</sup> Enfamil A+ NeuroPro Gentlease <sup>DHA, MFGM, prebio (GOS, PDX, 2'-FL)</sup> Enfamil A+ Serenity <sup>DHA, prebio (GOS, PDX)</sup>	
	Enfamil A+ Soy <sup>DHA</sup> Good Start Alsoy <sup>DHA</sup> Similac Isomil <sup>DHA</sup>		residual lactose Similac Total Comfort <sup>DHA, prebio (2'-FL)</sup> Enfamil A+ Lactose Free <sup>DHA</sup> Kirkland for Babies Sensitive to Lactose <sup>DHA</sup> Similac Sensitive Lactose Sensitivity	
	Formulas for Use Under Medical Supervision			
PDP	Enfamil A+ EnfaCare <sup>DHA</sup> Similac Neosure <sup>DHA</sup>	GER	Enfamil A+ Spit Up <sup>DHA, prebio (GOS, PDX)</sup>	
Amino acid	Puramino A+ <sup>DHA, increased MCT</sup> Neocate DHA & ARA <sup>DHA, increased MCT</sup>	eHP	Nutramigen A+ <sup>DHA</sup> Nutramigen A+ LGG <sup>DHA, probio (LGG)</sup> Pregestimil A+ <sup>DHA, increased MCT</sup> Similac Alimentum • RTF <sup>increased MCT</sup> Similac Alimentum • Pwd <sup>DHA, prebio (2'-FL), increased MCT</sup>	
Stage 2	Standard Cow's Milk Formulas		Modified Cow's Milk Formulas	
	Enfamil 2 Enfamil A+ 2 <sup>DHA, prebio (GOS, PDX)</sup> Similac Step 2 Similac Advance Step 2 <sup>DHA, prebio (GOS)</sup> Similac Pro-Advance Step 2 <sup>DHA, prebio (FOS, 2'-FL)</sup>	pHP	Good Start 2 Good Start Plus 2 • Conc, RTF <sup>DHA, prebio (2'-FL)</sup> Good Start Plus 2 • Pwd <sup>DHA, prebio (2'-FL), probio (B. lactis)</sup>	
	Imported Formulas			
	Some <a href="#">infant formulas</a> are temporarily approved by Health Canada for importation and sale in retail stores and pharmacies. Note: Scoop sizes for powder formula mixing may vary; follow manufacturer formula mixing instructions.			

Legend

2'-FL: 2'-fucosyllactose  
 B. lactis: Bifidobacterium lactis BB-12  
 DHA: omega-3 fatty acid  
 eHP: extensively hydrolyzed protein  
 FOS/GOS: fructo-/galacto-oligosaccharide

GER: gastroesophageal reflux  
 LGG: Lactocaseibacillus rhamnosis GG  
 L. reuteri: Limosilactobacillus reuteri  
 DSM 17938  
 MCT: medium-chain triglycerides

MFGM: milk fat globule membrane  
 OPO: oleic-palmitic-oleic  
 PDPF: post-discharge preterm formula  
 PDX: polydextrose  
 pHP: partially hydrolyzed protein  
 prebio/probio: prebiotic/probiotic

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As per the [AHS Breastfeeding Policy](#)<sup>3</sup> health professionals must support families to make informed feeding decisions. **Feeding breastmilk\* exclusively** for the first six months and continuing for up to two years or longer is recommended for the healthy growth and development of infants and toddlers<sup>1</sup> and the benefits to the lactating individual.<sup>2</sup> Infant formula provides infants with adequate nutrition and is the most suitable partial or total substitute for breastmilk until 9–12 months of age.<sup>1</sup>

The purpose of this summary sheet is to support health professionals in helping clients choose an appropriate infant formula. It lists infant formulas available for retail sale in Canada by category. All reasonable efforts were made to ensure product accuracy through manufacturer websites, representatives, and in-store product labels. See [Infant Formulas–Ingredients and Indications](#) for indications for use.

If clients have challenges accessing an appropriate infant formula, advise them of the following:

- Inquire with a store manager or pharmacist about availability behind the counter or ordering options.
- Investigate ordering online through retailers or directly from the manufacturer: [Abbott](#) (Similac), [Mead Johnson](#) (Enfamil, Nutramigen, Pregestimil, Puramino), [Perrigo](#) (Kirkland, [Good Start](#)), [Niuriss](#), [Nutricia](#) (Neocate).
- If an infant formula substitution is needed, another formula in the same category can typically be used. There is no evidence that a new formula needs to be introduced gradually.<sup>4,5</sup>

Clients accessing income support programs may be eligible for specialized infant formula coverage. Refer to [PEAS | Formula Coverage](#) for formulas that may be covered. Find instructions on how to help eligible clients apply for coverage in [Funding Options for Special Diets and Nutrition Products](#).

Clients residing on a reserve and accessing income support are eligible for non-prescription formula coverage. For details, contact the Social Director at the client's First Nation Band Administration office.

Prescription formula costs may be covered by Non-Insured Health Benefits. For details on eligibility, refer to Appendix: [Nutritional products formulary](#).

## References

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3. Alberta Health Services. Breastfeeding policy [Internet]. Alberta; 2023 [cited 2023 Mar 20]. p. 1–5. Available from: <https://extranet.ahsnet.ca/teams/policydocuments/1/clp-ahs-bf-hcs-302.pdf>
4. Store Brand Formula by Perrigo. New clinical research shows need for baby formula education. Switching baby formula is safe; watering down formula or reducing feedings is dangerous [Internet]. 2012 [cited 2023 Jun 13]. Available from: <https://www.storebrandformula.com/media/baby-formula-education.aspx>
5. Enfamil. Considerations when changing formulas [Internet]. 2023 [cited 2023 Jun 13]. Available from: <https://www.enfamil.ca/blogs/feeding-issue-centre/changing-formulas>

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\* Some clients may use other terms such as human milk, body feeding<sup>3</sup> or nursing. Care providers shall utilize client-and family-centred care to be responsive to the self-identified terminology, gender and pronouns of the families they support.<sup>3</sup>



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