

# Infant Formulas – Summary Sheet

Infant formulas available for retail sale in Canada

For Health Professional Use

Standard Cow's Milk Formulas		Modified Cow's Milk Formulas						
Stage 1	Enfamil Enfamil A+ DHA, prebio (GOS, PDX) Enfamil A+ NeuroPro DHA, MFGM, prebio (GOS, PDX, 2'-FL) Good Start Organic DHA Kirkland Procure DHA, prebio (FOS, 2'-FL) Niuriss DHA, OPO, prebio (GOS) Niuriss Smart DHA, OPO, prebio (GOS, 2'-FL) Parent's Choice Infant OPO, prebio (GOS) Similac Step 1 Similac Lower Iron Similac Advance Step 1 DHA, prebio (GOS) Similac Pro-Advance Step 1 DHA, prebio (FOS, 2'-FL) Similac 360 Total Care Step 1 DHA, prebio (HMO/2'-FL)	Good Start 1 Good Start Plus 1 •Conc, RTF DHA, prebio (2'-FL) Good Start Plus 1 •Pwd DHA, prebio (2'-FL), probio (B. lactis)	pHP	Enfamil A+ NeuroPro Gentlease DHA, MFGM, prebio (GOS, PDX, 2'-FL) Enfamil A+ Serenity DHA, prebio (GOS, PDX) Good Start Soothe DHA, prebio (2'-FL), probio (L. reuteri) Parent's Choice Gentle+ DHA				
	lactose reduced			Enfamil A+ Lactose Free DHA Similac Sensitive Lactose Sensitivity Similac Total Comfort DHA, prebio (2'-FL)				
					residual lactose	Kirkland for Babies Sensitive to Lactose DHA		
							Soy Formulas	
							Enfamil A+ Soy•Conc RTF DHA Similac Isomil Pwd (online only) DHA	Standard Goat's Milk Formulas
			Capricare 1					
	Formulas for Use Under Medical Supervision							
	PDPF		Enfamil A+ EnfaCare DHA, MCT Similac Neosure DHA	GER	Enfamil A+ Spit Up DHA, prebio (GOS, PDX)			
	amino acid		Neocate DHA & ARA DHA, MCT Puramino A+ DHA, MCT	eHP	Nutramigen A+ DHA Nutramigen A+ LGG DHA, prebio (LGG) Pregestimil A+ DHA, MCT Similac Alimentum •RTF MCT			
	Stage 2		Standard Cow's Milk Formulas		Modified Cow's Milk Formulas			
Enfamil A+ 2 DHA, prebio (GOS, PDX) Similac Step 2 Similac Advance Step 2 DHA, prebio (GOS) Similac Pro-Advance Step 2 DHA, prebio (FOS, 2'-FL) Similac 360 Total Care Step 2 DHA, prebio (HMOs/2'-FL)		pHP	Good Start 2 Good Start Plus 2 DHA, prebio (2'-FL), probio (B. lactis)					
Standard Goat's Milk Formulas								
Capricare 2								

Notes: (1) Some imported [infant formulas](#) (e.g. some Bubs, Kabrita, Kendamil, and Modilac) are temporarily approved by Health Canada for sale. (2) Powder formula scoop sizes may vary; only use the scoop found in the container and follow the instructions on the label. (3) All infant formulas meet the minimum requirements for iron content, including those labelled "lower iron". (4) For more information on formula ingredients see [Infant Formulas-Ingredients and Indications](#).

Legend	2'-FL: 2'-fucosyllactose	HMO: human milk oligosaccharides	OPO: oleic-palmitic-oleic
	B. lactis: Bifidobacterium lactis BB-12	LGG: Lactocaseibacillus rhamnosus GG	PDPF: post-discharge preterm formula
	DHA: omega-3 fatty acid	L. reuteri: Limosilactobacillus reuteri	PDX: polydextrose
	eHP: extensively hydrolyzed protein	DSM 17938	pHP: partially hydrolyzed protein
	GER: gastroesophageal reflux	MCT: medium-chain triglycerides	prebio/probio: prebiotic/probiotic
FOS/GOS: fructo-/galacto-oligosaccharide	MFGM: milk fat globule membrane		

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As per the [AHS Breastfeeding Policy](#),<sup>3</sup> healthcare providers must support families to make informed feeding decisions. Feeding breastmilk\* exclusively for the first 6 months and continuing for up to 2 years or longer is recommended for the healthy growth and development of infants and toddlers<sup>1</sup> and 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>

This summary sheet aims to support healthcare providers in helping clients choose appropriate infant formula. 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. Parents can be directed to [HealthyParentsHealthyChildren.ca](#) for information about breastfeeding and infant formula.

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), [Capricare](#), [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](#). 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. Refer to eligibility details here: [Nutritional products formulary](#).

\* 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>

## References

1. Health Canada, Canadian Paediatric Society, Dietitians of Canada, Breastfeeding Committee for Canada. Nutrition for healthy term infants: recommendations from birth to six months [Internet]. 2015 [cited 2023 Mar 20]. Available from: <https://www.canada.ca/en/health-canada/services/food-nutrition/healthy-eating/infant-feeding/nutrition-healthy-term-infants-recommendations-birth-six-months.html>
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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>
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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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