

# Enfamil® Enspire™ Infant Formula Powder

Yields about 1 Quart

**NOTE: Powdered products are not commercially sterile and should not be used for premature infants or immunocompromised patients unless clinically required, and then under strict medical supervision of preparation and use.**

<b>Calories Desired</b> Kcal/fl oz	<b>Amount of Powder Grams</b> (Approximate Household Measures*)	<b>Amount of Water</b> Fluid Ounces
10	64 g (1/2 cup + 1 Tbsp)	30.5
15	96 g (3/4 cup + 1 Tbsp + 1 tsp)	29.5
20	128 g (1 cup + 2 Tbsp)	28.5
22	141 g (1 cup + 3 Tbsp + 2 tsp)	28.5
24	154 g (1-1/3 cups + 1 tsp)	28
26	166 g (1-1/3 cups + 2 Tbsp)	27.5
27	173 g (1-1/2 cups + 1 tsp)	27.5
28	179 g (1-1/2 cups + 1 Tbsp)	27.5
30	192 g (1-2/3 cups + 1 tsp)	27

\*Household measures of Enfamil Enspire should be unpacked, level, standard measures.

Weighing powder product provides the most accurate final preparation. Approximate household measurements are provided as a convenience when a precise dilution is not required.

One unpacked level household measuring cup of Enfamil Enspire provides 114 grams of powder and 570 Calories.

One-half fluid ounce of water can be measured using one Tablespoon (1 Tbsp water=1/2 fl oz water).