

Enfamil® Enspire™ Infant Formula Powder Dilutions Per 1 Scoop

Note: Powdered infant formulas are not sterile and should not be fed to premature infants or infants who might have immune problems unless directed and supervised by the baby's doctor. See the product label for complete storage and use information.

Calories Desired		1 Unpacked Level Scoop Powder added to indicated Volume of Water*		Formula Yield	
per fl oz	per mL	mL	fl oz	mL	fl oz
20	0.68	58	2.0	65	2.2
22	0.74	52	1.8	59	2.0
24	0.81	47	1.6	54	1.8
26	0.88	43	1.5	50	1.7
27	0.91	41	1.4	48	1.6
28	0.95	40	1.3	46	1.6
30	1.01	37	1.2	43	1.5

Enfamil Enspire Powder should be measured with **unpacked**, level scoops, using the scoop enclosed in the tub.

*Fluid ounce measures are provided for convenience when larger variance in prepared dilution is acceptable. Fluid ounce measures in above table are rounded to nearest 0.1 fluid ounce.

When accuracy is essential, water should be measured in mL, and powder should be weighed rather than measured. Contact mjmedicalaffairs@mjn.com for those instructions.

Powders mix best when added on top of water. Then close bottle and shake for about 5 seconds. The number of scoops and the amount of water to add can be doubled or tripled to make a larger volume.

One scoop of Enfamil Enspire Powder (8.8 g) provides 44 Calories.

One scoop of Enfamil Enspire Powder displaces about 0.2 fl oz of water.

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

One fluid ounce = 29.57 mL.