

# BREAST MILK FORTIFIER

## **Why does my baby need breast milk fortifier?**

Breast milk is definitely the best milk for premature babies as it provides many important non-nutritional factors including antibodies, enzymes, hormones and growth factors. However, many studies have shown that premature babies who receive only breast milk do not grow as well as those who are fed fortified breast milk. Breast milk does not quite contain enough energy, protein, vitamins, minerals and salts to ensure that premature babies grow well. By adding a breast milk fortifier we are able to provide your baby with additional energy, protein and minerals to help your baby grow.

We usually add breast milk fortifier to the breast milk of babies who are born weighing less than 1800 grams.

## **What is breast milk fortifier?**

Breast milk fortifiers are made from processed cows milk protein, to which is added extra nutritional supplements. The protein from the cows' milk has been broken down (a process called hydrolysis) into small pieces. This allows the protein to be dissolved easily, and also means that the fortifier does not contain whole proteins. As a consequence it is extremely unlikely that your baby will develop a cows' milk allergy by receiving breast milk fortifier.

We generally start adding fortifier to your baby's feeds once they are receiving 120 ml/kg/day of breast milk. Occasionally some baby's have difficulty tolerating the increased mineral content of the fortifier and we may halve the amount they receive or stop it for a short period of time.

## Breast milk fortifier contains the following nutrients:

Nutrition: Energy – in the form of protein, carbohydrate and fat

Vitamins: Vitamins A, D, E, K, B6, B12, Thiamine (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Folic acid, Pantothenic acid, Biotin and Vitamin C

Minerals: Calcium, phosphorous, magnesium, zinc, manganese and copper

Electrolytes: Sodium, potassium and chloride

If you have any further questions please ask the medical and nursing staff.