

	PROTEIN SOURCE	SWEETENERS	IRON CONTENT PER 100G	FATS	DHA/AA, NUCLEOTIDE, AND PROBIOTIC FORTIFICATION
DAIRY FORMULA					
Enfamil Infant Formula	Modified milk ingredients	Lactose, corn syrup solids	1.22 mg	Palm olein, soy, coconut, high-oleic sunflower oil	Nucleotides
Enfamil Lower Iron Infant Formula	Modified milk ingredients	Lactose, corn syrup solids	0.74 mg	Palm olein, soy, coconut, high-oleic sunflower oil	Nucleotides
Enfamil A+	Modified milk ingredients	Lactose, corn syrup solids	1.21 mg	Palm olein, coconut, soy, high-oleic sunflower oil	Polydextrose (PDX) and galactooligosaccharides (GOS) (prebiotics), inositol, DHA
Enfamil A+ EnfaCare	Modified milk ingredients	Corn syrup solids, lactose	1.33 mg	High-oleic vegetable oil (sunflower and/or safflower), soy, medium-chain triglycerides (fractionated coconut oil), coconut oil	DHA
Enfamil A+ Thickened	Milk ingredients	Rice starch, corn syrup solids	1.22 mg	Palm olein, coconut, soy, high-oleic sunflower oil	PDX, GOS, DHA
Enfamil A+ 2	Modified milk ingredients	Corn syrup solids, lactose	1.01 mg	Palm olein, soy, coconut, high-oleic sunflower oil	GOS, PDX, DHA
2 Enriched with Calcium and Iron	Milk ingredients	Corn syrup solids, lactose	1.2 mg	Palm olein, soy, coconut, high-oleic sunflower oil	
Kirkland Signature Omega + Infant Formula	Skim milk powder, whey protein concentrate	Lactose, maltodextrin	1.2 mg	Palm olein, coconut, soy, high-oleic vegetable oil (safflower or sunflower)	GOS, DHA
Nestle Good Start 1 Baby Formula	Partially hydrolyzed, reduced-minerals whey protein concentrate (from cow's milk)	Lactose, corn maltodextrin	1.3 mg	Palm olein, soy, coconut, high-oleic vegetable oil (safflower and/or sunflower)	
Nestle Good Start 1 with DHA Baby Formula	Partially hydrolyzed, reduced-minerals whey protein concentrate (from cow's milk)	Corn maltodextrin, lactose	1 mg	Palm olein, soy, coconut, high-oleic vegetable oil (safflower and/or sunflower)	DHA

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Nestle Good Start 1 Probiotic with DHA Baby Formula	Partially hydrolyzed, reduced-minerals whey protein concentrate (from cow's milk)	Lactose, corn maltodextrin	1 mg	Palm olein, soy, coconut, high-oleic vegetable oil (safflower and/or sunflower)	<i>Bifidobacterium lactis</i> (probiotic), DHA
Nestle Good Start 2 Baby Formula	Partially hydrolyzed, reduced-minerals whey protein concentrate (from cow's milk)	Lactose, corn maltodextrin	1.3 mg	Palm olein, soy, coconut, high-oleic vegetable oil (safflower or sunflower)	
Nestle Good Start 2 with DHA Baby Formula	Partially hydrolyzed, reduced-minerals whey protein concentrate (from cow's milk)	Corn maltodextrin, lactose	1.3 mg	Palm olein, soy, coconut, high-oleic vegetable oil (safflower and/or sunflower)	GOS, DHA
Nestle Good Start 2 Probiotic with DHA Baby Formula	Partially hydrolyzed, reduced-minerals whey protein concentrate (from cow's milk)	Lactose, corn maltodextrin	1.3 mg	Palm olein, soy, coconut, high-oleic vegetable oil (safflower or sunflower)	<i>B. lactis</i> (probiotic), DHA
Parent's Choice Iron Fortified	Skim milk, whey protein concentrate	Lactose		Palm olein, coconut, soy, high-oleic vegetable oil (safflower or sunflower)	Nucleotides
Parent's Choice Omega +	Skim milk powder, whey protein concentrate	Lactose, corn syrup solids		Palm olein, coconut, high-oleic vegetable oil (safflower or sunflower), soy	DHA
Parent's Choice Probiotic	Skim milk powder, whey protein concentrate	Lactose, maltodextrin		Palm olein, coconut, soy, high-oleic vegetable oil (safflower or sunflower)	Nucleotides, <i>B. lactis</i> (probiotic), DHA
Parent's Choice Growing Up	Skim milk powder, whey protein concentrate	Lactose, corn syrup		Palm olein, coconut, high-oleic vegetable oil (safflower or sunflower), soy	
Presidents Choice (PC) with Iron	Skim milk powder, whey protein concentrate	Lactose	1.2 mg	Palm olein, coconut, soy, high-oleic vegetable oil (safflower or sunflower)	Nucleotides
PC Omega + Infant Formula with Galactooligosaccharides and Iron	Skim milk powder, whey protein concentrate	Lactose	1.2 mg	Palm, coconut, soy, high-oleic vegetable oil (safflower or sunflower)	GOS, DHA

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PC + Enriched with Calcium	Skim milk powder, whey protein concentrate	Lactose, maltodextrin	1.2 mg	Palm olein, coconut, soy, high-oleic vegetable oil (safflower or sunflower)	GOS, DHA
PC with Iron and Calcium	Skim milk powder, whey protein concentrate	Lactose, corn syrup	1.2 mg	Palm olein, coconut, high-oleic vegetable oil (safflower or sunflower), soy	
PC Probiotic	Skim milk powder, whey protein concentrate	Lactose, maltodextrin	1.2 mg	Palm olein, coconut, soy, high-oleic vegetable oil (safflower or sunflower)	B. lactis (probiotic)
PC Lower Iron	Skim milk powder, whey protein concentrate	Lactose	0.8 mg	Palm olein, coconut, soy, high-oleic vegetable oil (safflower or sunflower)	Nucleotides
Similac Lower Iron	Skim milk, whey protein concentrate, whey protein hydrolysate	Lactose	0.65 mg	High-oleic sunflower, soy, coconut	
Similac Advance Non-GMO Step 1	Dry skim milk, whey protein concentrate, whey protein hydrolysate	Lactose	1.2 mg	High-oleic safflower or sunflower oil, soy, coconut	GOS, lutein, DHA
Similac Advance Step 2	Dry skim milk, whey protein concentrate, whey protein hydrolysate	Lactose	1.2 mg	High-oleic safflower or sunflower oil, soy, coconut	GOS, lutein, DHA
LACTOSE-FREE FORMULA					
Baby's Only Organic DHA & ARA LactoRelief	Organic milk protein concentrate	Organic brown rice syrup, organic brown rice maltodextrin	15% DV	Organic high-oleic sunflower and/or organic high-oleic safflower, organic soy, organic coconut	DHA/AA are hexane free, derived from egg yolks (lecithin)
Enfamil A+ Lactose Free	Milk protein isolate	Corn syrup solids	1.22 mg	Palm olein, soy, coconut, high-oleic sunflower	DHA
For Babies Sensitive to Lactose Infant Formula	Whey protein concentrate, milk protein isolate	Corn syrup solids	1.2 mg	Palm olein, coconut, soy, high-oleic (safflower or sunflower)	Nucleotides, DHA

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Kirkland Signature Sensitive to Lactose	Whey protein concentrate, milk protein isolate	Corn syrup solids		Palm olein, coconut, soy, high-oleic vegetable oil (safflower or sunflower)	Nucleotides, DHA
Parent's Choice Sensitive to Lactose	Whey protein concentration, milk protein isolate	Corn syrup solids	1.2 g	Palm, coconut, soy, high-oleic vegetable oil (safflower or sunflower)	DHA
PC Sensitive	Milk protein isolate, whey protein hydrolysate	Corn syrup	1.2 g	High-oleic vegetable oil (safflower or sunflower), coconut, soy	Nucleotides, DHA
Similac Infant Formula with Iron Organic Soy-Based Powder	Organic soy protein	Organic glucose syrup solids	1.8 mg/150 mL	Organic palm olein or palm oil, organic soy, organic coconut, organic high-oleic vegetable oil (safflower or sunflower)	DHA
NON-DAIRY FORMULA					
Baby's Only Organic Soy	Organic soy protein concentrate	Organic brown rice syrup	15% DV	Organic high-oleic sunflower and/or organic high-oleic safflower, organic soy, organic coconut	
Earth's Best Organic A+ Soy	Soy protein isolate	Corn syrup solids	1.22 mg	Palm olein, soy, coconut, high-oleic sunflower	DHA
Nestle Good Start 1 Alsoy with DHA Baby Formula	Soy protein isolate	Corn maltodextrin, sucrose	1.2 mg	Palm olein, soy, coconut, high-oleic safflower and/or sunflower	DHA
Nestle Good Start 2 Alsoy with DHA Baby Formula	Soy protein isolate	Corn maltodextrin, sucrose	1.3 mg	Palm, soy, coconut, high-oleic safflower and/or sunflower	DHA
PC Organics Soy	Organic soy protein	Organic corn syrup solids	1.2 mg	Organic palm olein or palm oil, organic soy, organic coconut, organic high-oleic vegetable oil (safflower or sunflower)	DHA

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Similac Isomil Step 1	Soy protein isolate	Corn syrup, sucrose	1.2 mg	High-oleic sunflower, coconut, soy	
Similac Isomil Step 2	Soy protein isolate	Corn syrup, sucrose	1.2 mg	High-oleic sunflower, coconut, soy	
Similac Isomil with DHA	Soy protein isolate	Corn syrup, sucrose	0.68 mg	High-oleic sunflower, coconut, soy	DHA
Predigested and Specialty Formula					
Earth's Best Organic Organic Sensitivity Infant Formula with Iron	Organic whey protein concentrate, organic milk protein concentrate	Organic corn syrup solids	1.8 mg	Organic palm, organic soy, organic coconut, organic high-oleic safflower or sunflower	DHA
Enfamil Nutramigen A+	Hydrolyzed casein (from milk)	Corn syrup solids, modified corn starch	1.24 mg	Palm olein, soy, coconut, high-oleic sunflower	DHA
Enfamil Nutramigen A+ with LGG	Hydrolyzed casein (from milk)	Corn syrup solids, modified corn starch	1.24 mg	Palm olein, soy, coconut, high-oleic sunflower	<i>Loctobacillus rhamnosus</i> GG (probiotic), DHA
Enfamil A+ Gentlease	Partially hydrolyzed modified milk ingredients (soy)	Corn syrup solids, rice starch	1.22 mg	Palm olein, soy, coconut, high-oleic sunflower	DHA
Enfamil Puramino A+	Individual amino acids	Corn syrup solids	1.22 mg	High-oleic sunflower, medium-chain triglycerides (fractionated coconut oil), soy	DHA
Pregestimil A+ (Extensively hydrolyzed and hypoallergenic for babies with fat malabsorption and sensitivity to intact proteins—by doctor recommendation)	Hydrolyzed casein (from milk)	Corn syrup solids, modified corn starch	1.22 mg	Medium-chain triglycerides (fractionated coconut oil), soy, corn oil, high-oleic vegetable oil (safflower and/or sunflower)	DHA
Neocate Infant DHA/ARA	Individual amino acids	Corn syrup solids	1.2 mg/100 kcal	Refined vegetable oil (modified coconut and/or palm kernel oil MCT), high-oleic sunflower, soy	DHA

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Parent's Choice Gentle	Skim milk powder, whey protein hydrolysate	Corn syrup		Palm olein, coconut, soy, high-oleic vegetable oil (safflower or sunflower)	DHA
PC Gentle Tummy Friendly Infant Formula with Iron	Skim milk powder, whey protein hydrolysate	Corn syrup	1.2 mg	Palm, coconut, soy, high-oleic vegetable oil (safflower or sunflower)	DHA
Similac Neosure Omega-3 & Omega-6 for Premature Babies	Skim milk, whey protein concentrate, whey protein hydrolysate	Corn syrup solids, lactose	1.3 mg	Soy, high-oleic safflower, medium-chain triglycerides (modified coconut and/or palm kernel), coconut	DHA
Similac Partially Broken Down Protein Stage 1	Whey protein hydrolysate	Corn maltodextrin, sucrose	1.01 mg	High-oleic safflower, coconut, soy	DHA
Similac Alimentum (Hypoallergenic for babies who cannot tolerate milk or soy based products)	Casein hydrolysate (derived from milk)	Corn maltodextrin, sucrose, modified corn starch	1.8 mg	High-oleic safflower oil, medium-chain triglycerides (modified coconut and/or palm kernel), soy	DHA
ORGANIC FORMULA					
Baby's Only Organic Dairy	Organic non-fat milk	Organic brown rice syrup	15% DV	Organic high-oleic sunflower and/or organic high-oleic safflower, organic soy, organic coconut	
Baby's Only Organic DHA & ARA Whey Protein Dairy	Organic whey powder, organic non-fat milk, organic whey protein concentrate	Organic lactose	10% DV	Organic high-oleic sunflower and/or organic high-oleic safflower, organic soy, organic coconut	DHA/AA are hexane free, derived from egg yolks (lecithin)
Baby's Only Organic Whey Protein	Organic whey powder, organic non-fat milk, organic whey protein concentrate	Organic lactose	10% DV	Organic high-oleic sunflower and/or organic high-oleic safflower, organic soy, organic coconut	DHA/AA are hexane free, derived from egg yolks (lecithin)

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Baby's Only Organic DHA & ARA Dairy	Organic non-fat milk	Organic brown rice syrup	15% DV	Organic high-oleic sunflower and/or organic high-oleic safflower, organic soy, organic coconut	
Earth's Best Organic Dairy Infant Formula with Iron	Organic non-fat milk, organic whey protein concentrate	Organic lactose	1.8 mg/150 mL	Organic palm or palm olein, organic soy, organic coconut, organic high-oleic vegetable oil (safflower or sunflower)	Fructooligosaccharides (FOS), DHA
Parent's Choice Organic	Organic skim milk	Organic corn syrup solids, organic maltodextrin		Organic palm or palm olein, organic soy, organic coconut, organic high-oleic vegetable oil (safflower or sunflower)	DHA
PC Organics Omega + Infant Formula with Iron	Organic skim milk	Organic corn syrup solids	1.2 mg	Organic palm oil or palm olein, organic soy, organic coconut, organic high-oleic vegetable oil (safflower or sunflower)	DHA
The Honest Co. Premium Organic Infant Formula	Organic non-fat milk	Organic lactose, organic glucose syrup solids	1.8 mg	Organic palm oil, organic soy, organic coconut, organic high-oleic vegetable oil (safflower or sunflower)	
The Honest Co. Premium Organic Sensitive Infant Formula	Organic non-fat milk	Organic glucose syrup solids, organic maltodextrin	1.8 mg	Organic palm oil or palm olein, organic soy, organic coconut, organic high-oleic vegetable oil (safflower or sunflower)	

INTERNATIONAL AND GOAT'S MILK FORMULA CHART⁷¹⁻⁷⁶

These international formulas are worth a mention, as many parents want alternatives to the ingredients in Canadian and U.S. formula options. Goat's milk formula is a well-tolerated option for more sensitive babies but, at the time of writing, not available in Canada to purchase. These formulas are all easily ordered online no matter where you live.

	PROTEIN SOURCE	SWEETENERS	IRON CONTENT	FATS	DHA/AA, NUCLEOTIDE, AND PROBIOTIC FORTIFICATION	PRICING AND SIZE
INTERNATIONAL FORMULAS						
Holle Stage Pre Organic (Bio) Infant Formula—from birth	Whey	Lactose	0.51 mg/100 mL	Organic palm oil, organic rapeseed oil, organic sunflower oil	None	
Holle Stage 1 Organic (Bio) Infant Milk Formula—from birth	Whey	Maltodextrin	0.6 mg/100 mL	Organic palm oil, organic rapeseed oil, organic sunflower oil	None	
HiPP Stage 1 Organic Combiotic First Infant Milk Formula—UK version—from birth	Whey	Lactose	0.5 mg/100 mL	Organic palm oil, organic rapeseed oil, organic sunflower oil	DHA: 7.0 mg/100 mL AA: 12 mg/100 mL Prebiotic fortified with galactooligosaccharides (GOS) from lactose	
GOAT'S MILK FORMULAS						
Holle Goat Stage 1 Organic (Bio) Infant Milk Formula—from birth (Germany)	Whey and casein	Lactose	0.66 mg/100 mL	Organic palm oil, organic rapeseed oil, organic sunflower oil	None	\$31.99 for 400 g
Nanny Care Stage 1 First Infant Goat Milk Formula—from birth (UK company but milk from New Zealand goats)	Whey and casein	Lactose	0.71 mg/100 mL	High-oleic sunflower oil, rapeseed oil, sunflower oil	None	\$69.99 for 900 g