

Product Information: Go & Grow by Similac® Step 3

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Go & Grow by Similac® Step 3

Toddler drink / nutritional supplement

Usage

- 1 Go & Grow by Similac® Step 3 toddler drink with 2'-FL is designed to help support growth and development and complement the toddler's diet.^{1,*}
- 1 For oral feeding.

Features

- 1 Contains 2'-FL oligosaccharides.[†]
- 1 Contains an exclusive blend of DHA, lutein, and vitamin E.
- 1 DHA, the most abundant Omega-3 fatty acid in the brain and eyes.²
- 1 Provides key nutrients such as protein, iron, and calcium.
- 1 Contains 0.4 g of short-chain fructooligosaccharides (scFOS) per serving.
- 1 No added sucrose.
- 1 Non-GMO.[‡]
- 1 2 delicious flavours: Milk and Vanilla.
- 1 Low-residue.
- 1 Gluten-free.
- 1 Kosher.
- 1 Halal.



Safety Precautions

- 1 Not intended for infants under 12 months of age.
- 1 Never use a microwave oven or boiling water to prepare Go & Grow by Similac® Step 3 toddler drink.
- 1 Not for tube feeding.
- 1 Not for parenteral use.

* Not derived from human milk; identical structure to 2'-FL found in breast milk.

† Not derived from human milk.

‡ Ingredients not genetically engineered.

¹ Suthutvoravut U, et al. *Annals Nutr Metab.* 2015; 67(2):119-32.

² Calder PC. *Ann Nutr Metab* 2016;69(Suppl. 1):8-21.

Ingredients

Powder Milk Flavour:

Skim Milk, Dry Skim Milk, Sugars (Lactose), High Oleic Sunflower Oil, Soy Oil, Coconut Oil, Short-Chain Fructooligosaccharides (scFOS), 2'-Fucosyllactose (2'-FL), Soy Lecithin, Schizochytrium Sp. Oil (A Source of DHA), Potassium Hydroxide, Ascorbyl Palmitate, Mixed Tocopherols, Cytidine 5'-Monophosphate, Disodium Uridine 5'-Monophosphate, Lutein, Adenosine 5'-Monophosphate, Disodium Guanosine 5'-Monophosphate, MINERALS (Magnesium Chloride, Potassium Citrate, Calcium Carbonate, Salt, Ferrous Sulphate, Zinc Sulphate, Manganese Sulphate, Copper Sulphate, Calcium Chloride, Tricalcium Phosphate), VITAMINS (Ascorbic Acid, Choline Chloride, Choline Bitartrate, Niacinamide, Calcium D-Pantothenate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Thiamine Chloride Hydrochloride, Folic Acid, D-Biotin, Beta-Carotene, and Vitamin D3).

Allergens: Contains: Milk, Soy.

Availability

List Number	Item
OY566301	Go & Grow by Similac® Step 3, Vanilla; 850 g cans; 6/case
OY566301	Go & Grow by Similac® Step 3, Milk Flavoured; 850-g cans; 6/case

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Nutrition Information - Powder Milk Flavour

	100 g (Powder)	200 mL (at standard dilution)
	Value	Value
ENERGY, Cal (kJ)	487 (2038)	152 (640)
Protein, g	19	5.9
Fat, g	23.7	7.4
Linoleic Acid, g	4.14	1.3
Linolenic Acid, g	0.34	0.1
Docosahexaenoic Acid (DHA), g	0.051	0.016
Saturates, g	7.69	2.4
Polyunsaturates, g	4.37	1.4
Monounsaturates, g	8.30	2.6
Carbohydrate, g	48.7	15
Fibre, g	1.32	0.4
2'-fucosyllactose (2'-FL), mg	132	41
Lutein, mg	0.465	0.15
Nucleotides, mg	23	7.2
Vitamin A, mcg	555	173
Vitamin D, mcg	3.1	1.0
Vitamin E, mg	6.6	2.1
Vitamin C, mg	30.6	10
Thiamine, mg	1.10	0.34
Riboflavin, mg	1.15	0.36
Vitamin B6, mg	1.00	0.31
Vitamin B12, mcg	1.2	0.37
Niacin, mg	20	6.2
Pantothenate, mg	3.50	1.1
Folate, mcg DFE	170	53
Biotin, mcg	100	31
Choline, mg	110	34
Calcium, mg	750	234
Phosphorus, mg	502	157
Magnesium, mg	100	31
Sodium, mg	260	81
Potassium, mg	1000	312
Chloride, mg	775	242
Zinc, mg	7.49	2.3
Iron, mg	7.0	2.2
Copper, mg	1.10	0.34
Manganese, mg	3.00	0.94
Iodide, mcg	100	31

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Product Characteristics

	Value
AT STANDARD DILUTION	
Caloric Density (Cal/mL)	0.76
Protein (% of total energy)	15.6
Protein Source	Skim milk
Fat (% of total energy)	43.8
MCT oil (% of total fats)	0
Omega-6:Omega-3 Ratio	8.3:1
Fat Source	High oleic sunflower oil, soy oil, coconut oil, schizochytrium sp. oil
Carbohydrate (% of total energy)	40.6
Carbohydrate Source	Skim milk, lactose, scFOS, 2'-FL *
Total Cal:g Nitrogen Ratio	160:1
Nonprotein Cal:g Nitrogen Ratio	135:1
Water (g/L)	900
Osmolality (mOsm/kg water)	303
Renal Solute Load (mOsm/L)	279
Recommended Tube Size for Gravity/Pump Feeding (Fr)	N/A

* Not derived from human milk.

Preparation

Directions for Use:

- 1 Pour 180 mL of cold or warm water into clean cup.
- 1 Add 3 unpacked level scoops (31.2 grams) of powder.
- 1 Mix well.
- 1 If preparing in advance, refrigerate and use within 24 hours.
- 1 Once drinking begins, use within 1 hour or discard.
- 1 Store unopened and opened container at room temperature; avoid extreme temperatures.
- 1 Once opened, use contents within one month.

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