

Suitable for:

SMA Gold Prem® 1 is a nutritionally complete formula designed for preterm babies weighing less than 1.8 kg. It is also suitable for those preterm babies requiring higher protein intakes.

Not suitable for:

1. Cows' milk protein intolerance/allergy.
2. Lactose intolerance.
3. Inborn errors of metabolism such as phenylketonuria, galactosaemia and galactokinase deficiency.

For information on suitability for use in Halal diets please contact the Careline on UK: 0800 081 81 80 or ROI: 1800 931 832

Shelf life:

SMA Gold Prem® 1 liquid has a shelf life of 9 months.



70 ml

INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

SMA GOLD PREM® 1

Preterm low birthweight formula



Contains fish oil as a new source of omega 3

IMPORTANT NOTICE: The World Health Organisation (WHO) has recommended that pregnant women and new mothers be informed on the benefits and superiority of breastfeeding – in particular the fact that it provides the best nutrition and protection from illness for babies. Mothers should be given guidance on the preparation for, and maintenance of, lactation, with special emphasis on the importance of a well-balanced diet both during pregnancy and after delivery. Unnecessary introduction of partial bottle-feeding or other foods and drinks should be discouraged since it will have a negative effect on breastfeeding. Similarly, mothers should be warned of the difficulty of reversing a decision not to breastfeed. Before advising a mother to use an infant formula, she should be advised of the social and financial implications of her decision: for example, if a baby is exclusively bottle-fed, more than one can (400 g) per week will be needed, so the family circumstances and costs should be kept in mind. Mothers should be reminded that breast milk is not only the best, but also the most economical food for babies. If a decision to use a formula is taken, it is important to give instructions on correct preparation methods, emphasising that unboiled water, unsterilised bottles or incorrect dilution can all lead to illness. **This product must be used under medical supervision.** SMA Gold Prem® 1 is a special formula intended for the dietary management of preterm low birthweight babies who are not solely fed breast milk. It is suitable for use as the sole source of nutrition for preterm babies from birth. SMA Gold Prem® 1 is not intended for use with older preterm babies, for whom a special catch-up formula such as SMA Gold Prem® 2 is more appropriate.



UK 0800 081 81 80
www.smahcp.co.uk
ROI 1800 931 832
www.smahcp.ie

SMA® Nutrition, 1 City Place, Gatwick, RH6 0PA
 In the Republic of Ireland: SMA® Nutrition, 3030 Lake Drive, Citywest Business Campus, Dublin 24, Ireland



Nutritional information for SMA Gold Prem® 1

	Units	Per 100 ml	Per 100 kcal
Energy			
	kJ	335	419
	kcal	80	100
Fat	g	4	5
of which, saturates	g	1.6	1.9
of which, unsaturates	g	2.1	2.6
Carbohydrate	g	8.1	10.2
of which, sugars	g	5.8	7.3
of which, lactose	g	5.7	7.1
Protein	g	2.9	3.6
Salt* (= Sodium x 2.5)	g	0.14	0.175
Vitamins			
Vitamin A	µg	330	412
Vitamin D	µg	3.4	4.3
Vitamin E	mg	3.7	4.6
Vitamin K	µg	6.3	7.9
Vitamin C	mg	17	21
Thiamin	mg	0.1	0.13
Riboflavin	mg	0.2	0.25
Niacin	mg	1.4	1.8
Vitamin B₆	mg	0.08	0.1
Folate (DFE)**	µg	65.5	81.8
Vitamin B₁₂	µg	0.19	0.23
Biotin	µg	4.2	5.3
Pantothenic acid	mg	0.7	0.9
Minerals			
Sodium	mg	56	70
Potassium	mg	115	144
Chloride	mg	72	89
Calcium	mg	119	148
Phosphorus	mg	78	98
Magnesium	mg	7.5	9.4
Iron	mg	1.63	2.04
Zinc	mg	1.15	1.44
Copper	mg	0.09	0.11
Manganese	mg	0.01	0.014
Fluoride	mg	≤0.01	≤0.01
Selenium	µg	4.8	6
Chromium	µg	≤2.5	≤3.1
Molybdenum	µg	≤3.1	≤3.9
Iodine	µg	30	37
Others			
Taurine	mg	7	8.7
Choline	mg	22	27
Inositol	mg	22	28
L-Carnitine	mg	3	3.8
Omega 3			
α-linolenic acid (ALA) [†]	mg	62	78
Docosahexaenoic acid (DHA) ^{††}	mg	20	25
Omega 6			
Linoleic acid (LA) [†]	mg	732	914
Arachidonic acid (AA) ^{††}	mg	20	25
MCT (Medium-chain triglycerides)	g	0.5	0.68

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Theoretical fatty acid profile of SMA Gold Prem® 1

Fatty Acid		Units	Per 100 ml
Saturated			
Caprylic	C8:0	mg	0.339
Capric	C10:0	mg	0.242
Lauric	C12:0	mg	0.315
Myristic	C14:0	mg	0.118
Palmitic	C16:0	mg	0.486
Stearic	C18:0	mg	0.107
Arachidic	C20:0	mg	0.004
Behenic	C22:0	mg	0.007
Total saturated		g	1.6
Unsaturated/Monounsaturated			
Palmitoleic	C16:1	mg	0.008
Oleic	C18:1	mg	1.213
Total monounsaturated		g	1.2
Polyunsaturated			
Linoleic	C18:2	mg	732
Linolenic	C18:3	mg	62
Arachidonic	C20:4	mg	20
Docosahexaenoic	C22:6	mg	20
Total polyunsaturated		g	0.85
Linoleic:linolenic ratio			11.8:1

Theoretical amino acid profile of SMA Gold Prem® 1

Amino Acid	mg per 100 ml
Essential & Semi-Essential Amino Acids	
Arginine	114
Cystine	90
Glycine	52
Histidine	116
Isoleucine	160
Leucine	379
Lysine	301
Methionine	71
Phenylalanine	104
Proline	126
Threonine	151
Tryptophan	64
Tyrosine	111
Valine	149
Other Amino Acids	
Glutamic acid	498
Aspartic acid	338
Serine	117
Alanine	141

mmol information of SMA Gold Prem® 1

Nutrient	per 100 ml (mmol)
mmol Information	
Calcium	3
Phosphate	2.5
Magnesium	0.31
Iron	0.03
Zinc	0.02
Sodium	2.4
Potassium	2.9
Chloride	2

SMA Gold Prem® 1 ingredients

Liquid (70 ml): Water, lactose (**milk**), vegetable oils including structured vegetable oil (sunflower, palm, coconut, rapeseed), partially hydrolysed whey protein (**milk**), maltodextrin, medium chain triglycerides, calcium phosphate, long chain polyunsaturated fatty acids (DHA (**fish** oil), AA), potassium chloride, L-histidine, magnesium chloride, acidity regulators (phosphoric and citric acid), choline bitartrate, L-arginine, potassium phosphate, vitamin C, inositol, taurine, vitamin E, ferrous sulphate, L-carnitine, zinc sulphate, niacin, antioxidants (tocopherol rich extract, ascorbyl palmitate), pantothenic acid, vitamin A, copper sulphate, riboflavin, thiamin, vitamin B₆, folic acid, potassium iodide, manganese sulphate, vitamin K, sodium selenate, biotin, vitamin D, vitamin B₁₂.

Whey:Casein Ratio: 100:0

Potential Renal Solute Load: 264 mOsm/l

Lactose: 5.7 g/100 ml

Osmolality: 367 mOsm/kg H₂O

Osmolarity: 323 mOsm/L

* Salt is calculated as sodium x 2.5.

**DFE - Dietary Folate Equivalent:

1 µg DFE = 1 µg food folate = 0.6 µg folic acid from formula.

[†] Beneficial effect of essential fatty acids is obtained with a daily intake of 10 g of linoleic acid and 2 g of α-linolenic acid.

^{††} LCPs: Long Chain Polyunsaturates.