

What is Breast Milk Fortifier?

Information for parents

Breastmilk is Best

Breastmilk is considered to be especially good for premature babies because it provides important non-nutritional components such as antibodies, enzymes, hormones and growth factors.

.... But it may not be enough for premature babies

Studies have shown that premature babies fed on human breast milk alone do not grow as well as those on fortified breast milk.

This is because breast milk does not contain enough of the energy, protein, vitamins, minerals and salts needed by rapidly growing premature infants.

Adding a breast milk fortifier, in the form of a powder mixed with the breast milk, provides additional energy, protein, vitamins, minerals and salts needed to help your baby grow.

Usually we add breast milk fortifier to mother's breast milk in babies under 1800g once they are on full milk feeds.

What is breast milk fortifier?

Breast milk fortifiers are made from processed cows' milk protein with added nutritional supplements. The protein from the cows' milk is broken down (hydrolysed) into small fragments. This makes it easy to dissolve and also means that the fortifier does not contain whole proteins, which makes it extremely unlikely that the baby will develop cows' milk allergy.

A few very small babies have difficulty tolerating the high mineral content of the fortifier. Occasionally we will stop the fortifier or use it at half strength for a short period of time. Usually tolerance improves after a few days and full fortifier can be introduced again.

How is it used?

1 sachet of fortifier is added to 50ml breast milk, just before the feed.

Shake vigorously for 1-2 minutes before use.

Once fortifier is added, the breast milk should be used as soon as possible. It should not be used after 24 hours.

Fortifier may be stopped when the baby reaches about 2.5kg. This means that your baby may be on fortifier until s/he goes home.

What is Breast Milk Fortifier?

All of these nutrients are already present in breast milk.

Breast Milk fortifiers add extra.

Nutritional Composition of Breast Milk Fortifier

	Energy		
	Protein		
	Fat		
	Carbohydrate		
Vitamins	Vitamin A	Minerals	Calcium
	Vitamin D		Phosphorus
	Vitamin E		Magnesium
	Vitamin K		Zinc
	Thiamine (Vitamin B1)		Manganese
	Riboflavin (Vitamin B2)		Copper
	Vitamin B6	Electrolytes	Sodium
	Vitamin B12		Potassium
	Niacin		Chloride
	Folic Acid		
	Pantothenic Acid		
	Biotin		
	Vitamin C		

This leaflet provides a guide only. If you have concerns or want more information about your baby, ask the doctor or nurse providing your baby's care.