

Infant Formulas – Summary Sheet

For Health Professional Use Only

Infant formulas available for retail sale in Canada

Standard Cow's Milk Formulas		Modified Cow's Milk Formulas	
Stage 1	Enfamil Enfamil A+ DHA, prebio (GOS, PDX) Enfamil A+ Premium DHA, prebio (GOS, PDX, 2'-FL) Kirkland Omega+ DHA, prebio (GOS) Similac Step 1 Similac Lower Iron iron 6.6 mg/L Similac Advance Step 1 DHA, prebio (GOS) Similac Pro-Advance Step 1 DHA, prebio (FOS, 2'-FL)	pHW	Good Start 1 Good Start Plus 1 DHA, prebio (2'-FL) - concentrate & RTF only Good Start Plus 1 DHA, prebio (2'-FL), probio (B. lactis) - powder only
	pHWC		Good Start Soothe DHA, prebio (2'-FL), probio (L. reuteri) Similac Total Comfort DHA
		Lactose reduced	Enfamil A+ Gentlease DHA Enfamil A+ Serenity DHA, prebio (GOS, PDX)
	Lactose-free		Enfamil A+ Lactose Free DHA Kirkland for Babies Sensitive to Lactose DHA Similac Sensitive Lactose Sensitivity
Formulas for Use Under Medical Supervision			
PDPF	Enfamil A+ EnfaCare DHA Similac Neosure DHA	GER	Enfamil A+ Spit Up DHA, prebio (GOS, PDX)
eHC	Nutramigen A+ DHA Nutramigen A+ LGG DHA, probio (LGG) Pregestimil A+ DHA, increased MCT Similac Alimentum DHA, increased MCT	aa	Puramino A+ DHA Neocate DHA & ARA DHA
Stage 2	Standard Cow's Milk Formulas Enfamil 2 Enfamil A+ 2 DHA, prebio (GOS, PDX) Similac Step 2 Similac Advance Step 2 DHA, prebio (GOS) Similac Pro-Advance Step 2 DHA, prebio (FOS, 2'-FL)	pHW	Modified Cow's Milk Formulas Good Start 2 Good Start Plus 2 DHA, prebio (2'-FL) - concentrate & RTF only Good Start Plus 2 DHA, prebio (2'-FL), probio (B. lactis) – powder only
	Imported Formulas		
Starting in 2022, Health Canada allowed the temporary importation and sale of certain infant formulas to mitigate infant formula shortages. Newly approved products are not reflected on this Summary Sheet but are starting to appear in retail stores and pharmacies. View more information and an up-to-date list of approved formulas .			

Legend Hyperlinks lead to more information	2'-FL: 2'-fucosyllactose	GOS: galacto-oligosaccharide	PDX: polydextrose
	aa: amino acid-based	LGG: Lactocaseibacillus (formerly Lactobacillus) rhamnosus GG	pHW: partially hydrolyzed whey
	B. lactis: Bifidobacterium lactis BB-12	L. reuteri: Lactobacillus reuteri DSM 17938 (aka Limosilactobacillus reuteri)	pHWC: partially hydrolyzed whey & casein
	DHA: omega-3 fatty acid	MCT: medium chain triglycerides	prebio: prebiotic
	eHC: extensively hydrolyzed casein	PDPF: post-discharge preterm formula	probio: probiotic
	FOS: fructo-oligosaccharide		Stage 1: birth-12 months
GER: gastroesophageal reflux		Stage 2: 6+ months	



Exclusive breastfeeding for the first six months, and continued for up to two years or longer, is recommended for the healthy growth and development of infants and toddlers¹ and for the benefits to the individual who is lactating.² As per the [AHS Breastfeeding Policy](#)³ health professionals must support parents and their families to make informed feeding decisions. For breastfeeding parents who partially feed or do not feed breastmilk*, infant formula provides infants with adequate nutrition and is the most suitable breastmilk substitute until 9–12 months of age.¹

The **purpose of this summary sheet** is to support health professionals in helping clients choose an appropriate infant formula. It lists infant formulas available for retail sale in Canada by category. All reasonable efforts were made to ensure the accuracy of product information through manufacturer websites, representatives, and product labels in Edmonton, AB stores. For information on infant formula ingredients and indications for use, see [Infant Formulas – Ingredients and Indications](#).

If clients have **challenges accessing an appropriate infant formula**, advise them of the following:

- Inquire with store manager or pharmacist about availability. Some locations keep infant formula behind the counter.
- Investigate online availability.
- Contact the infant formula manufacturer directly: [Abbott](#) (Similac), [Mead Johnson](#) (Enfamil, Nutramigen, Pregestimil, Puramino), [Perrigo](#) (Kirkland, [Good Start](#)), [Nutricia](#) (Neocate).
- If an infant formula substitution is needed, another formula in the same category can typically be used. There is no evidence that a new formula needs to be introduced gradually.^{4,5}

Clients **accessing income support** programs through the Government of Alberta may be eligible for funding to cover the cost of specialized infant formulas. Refer to [PEAS | Formula Coverage](#) for information on which formulas may be covered by these programs. Find instructions on how to help eligible clients apply for coverage through [Funding Options for Special Diets and Nutrition Products](#).

Clients **residing on a reserve** and **accessing income support** are eligible for **non-prescription** infant formula coverage. For details on this benefit, contact the client's First Nation Band Administration office to speak with the Social Director.

Prescription infant formula costs may be covered by **Non-Insured Health Benefits**. For details on eligibility, refer to [Appendix I: Nutritional products formulary](#).

References

1. Health Canada, Canadian Paediatric Society, Dietitians of Canada, Breastfeeding Committee for Canada. Nutrition for healthy term infants: recommendations from birth to six months [Internet]. 2015 [cited 2023 Mar 20]. Available from: <https://www.canada.ca/en/health-canada/services/food-nutrition/healthy-eating/infant-feeding/nutrition-healthy-term-infants-recommendations-birth-six-months.html>
2. Victora CG, Bahl R, Barros AJD, Franca GVA, Horton S, Krasevec J, et al. Breastfeeding in the 21st century: Epidemiology, mechanisms, and lifelong effect. *Lancet*. 2016;387(10017):475–90.
3. Alberta Health Services. Breastfeeding policy [Internet]. Alberta; 2023 [cited 2023 Mar 20]. p. 1–5. Available from: <https://extranet.ahsnet.ca/teams/policydocuments/1/clp-ahs-bf-hcs-302.pdf>
4. Store Brand Formula by Perrigo. New clinical research shows need for baby formula education. Switching baby formula is safe; watering down formula or reducing feedings is dangerous [Internet]. 2012 [cited 2023 Jun 13]. Available from: <https://www.storebrandformula.com/media/baby-formula-education.aspx>
5. Enfamil. Considerations when changing formulas [Internet]. 2023 [cited 2023 Jun 13]. Available from: <https://www.enfamil.ca/blogs/feeding-issue-centre/changing-formulas>

* Some clients may not identify with the term breastmilk and/or breastfeeding, and may instead identify with terms such as chest milk or human milk, and/or chestfeeding, body feeding³ or nursing. In all circumstances, care providers shall utilize client-and family-centred care to be responsive to the self-identified gender, pronouns, and terminology of the families they support.³
