

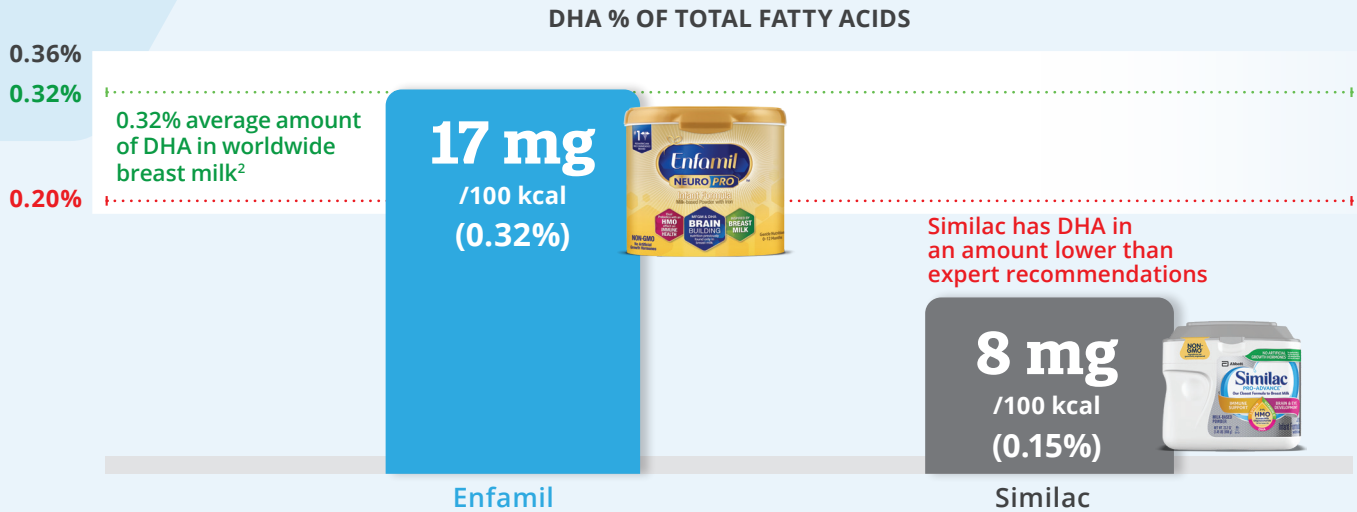


# DHA matters

DHA is an omega-3 fatty acid important for brain development

## The World Health Organization is clear: Infant diets should have 0.20-0.36% DHA\*<sup>1</sup>

Enfamil<sup>®</sup> has 0.32% DHA — equal to the worldwide average amount of DHA in breast milk.<sup>1,2</sup>  
*Similac<sup>®</sup> has only 0.15% DHA.*



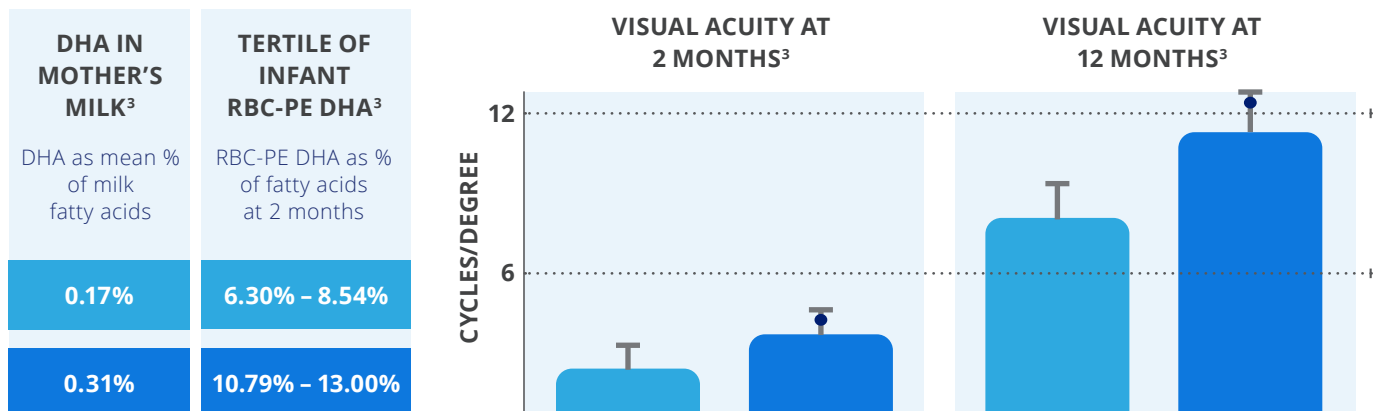
Enfamil NeuroPro<sup>™</sup> Infant has not been shown superior to Similac Pro-Advance<sup>®</sup> in promoting brain and eye development for infants.

\* As recommended by Food and Agriculture Organization of the United Nations/World Health Organization (FAO/WHO): >0.2% to 0.36% of total fatty acids.<sup>1</sup>

† Average amount of DHA in breast milk worldwide is 0.32% ± 0.22% (mean ± standard deviation of total fatty acids) based on an analysis of 65 studies of 2474 women.<sup>2</sup>

## DHA matters for visual development

In a study of breastfed infants, DHA at 0.31% of total fatty acids was associated with greater visual acuity at 12 months.<sup>‡3</sup>



‡ Based on the Teller Acuity Card Procedure. Among children fed breast milk with DHA levels in the lowest tertile (mean of 0.17%), the mean cycles/degree (and standard deviation in octaves) was 8.0 (+ 0.30) versus 11.0 (+ 0.47) cycles/degree in infants fed breast milk in the highest tertile of DHA (mean of 0.31%) ( $P < 0.05$ ).

# DHA matters for cognitive development

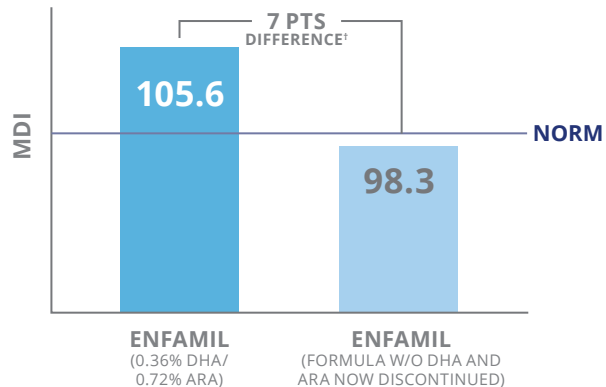
In a study, Enfamil® has DHA in an amount clinically demonstrated to improve cognitive development.

In a study by Birch, et al, Enfamil® LIPIL® with 0.36% DHA led to a



**Mental Development Index (MDI) score vs Enfamil without DHA\*4**

**ENFAMIL LIPIL**  
(MEAN SCORE ON MDI AT 18 MONTHS)



Enfamil has not been shown superior to Similac® in promoting cognitive development in infants.

\* Based on the Bayley Scale of Infant Development, second edition. The mean (and standard error) score in infants fed Enfamil Lipil was 5.6 (2.7) versus -1.7 (1.94) in the infants in the control group who were fed Enfamil without DHA and ARA, now discontinued ( $P < 0.05$ ).

†  $P < 0.05$  without DHA and ARA, now discontinued. Adapted from Birch et al. From a randomized clinical study of 56 formula-fed infants.

MDI = Mental Development Index of the Bayley Scales of Infant Development

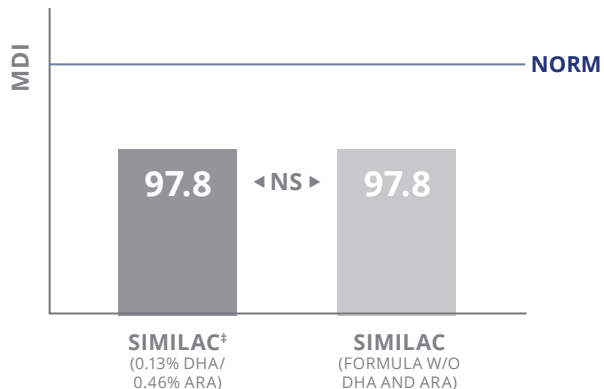
In a separate study, DHA at 0.13% showed no improvement in cognitive development.

In a study by Auestad et al, Similac® Advance® with 0.13% DHA led to a



**in Mental Development Index (MDI) score vs formula without DHA<sup>‡</sup>**

**SIMILAC ADVANCE**  
(MEAN SCORE ON MDI AT 12 MONTHS)



‡ Fish DHA (0.13%) + fungal ARA (0.46%). Adapted from Auestad et al. From a randomized study of 239 formula-fed infants and 165 breastfed infants.

NS = not significant



**Educate parents about DHA and recommend Enfamil®**

**References:** 1. Food and Agriculture Organization of the United Nations. Fats and fatty acids in human nutrition: report of an expert consultation. <http://www.fao.org/docrep/013/i1953e/i1953e00.pdf>. FAO Food and Nutrition paper 91. Published November 2010. Accessed December 10, 2020. 2. Brenna JT, Varamini B, Jensen RG, Diersen-Schade DA, Boettcher JA, Arterburn LM. Docosahexaenoic and arachidonic acid concentrations in human breast milk worldwide. *Am J Clin Nutr.* 2007;85(6):1457-1464. 3. Innis SM, Gilley J, Werker J. Are human milk long-chain polyunsaturated fatty acids related to visual and neural development in breast-fed term infants? *J Pediatr.* 2001;139(4):532-538. doi:10.1067/mpd.2001.118429. 4. Birch EE, Garfield S, Hoffman DR, Uauy R, Birch DG. A randomized controlled trial of early dietary supply of long-chain polyunsaturated fatty acids and mental development in term infants. *Dev Med Child Neurol.* 2000;42(3):174-181. 5. Auestad N, Halter R, Hall RT, et al. Growth and development in term infants fed long-chain polyunsaturated fatty acids: a double-masked, randomized, parallel, prospective, multivariate study. *Pediatrics.* 2001;108(2):372-381.

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