

# The Only Organic Lactose Free Formula



## Comparison to Similac® Sensitive™

Nutrients	5 fl oz	Baby's Only Organic® Lactose Free Toddler	Similac® Sensitive™ Infant
Energy	cal	100	100
Protein	g	2.1	2.1
Fat (Lipids)	g	5.4	5.4
Carbohydrate	g	10.7	11.1
Water	g	140	133
<b>Fatty Acids</b>			
Linoleic (LA)	mg	1000	1000
Linolenic (ALA)	mg	128	Unknown
<b>Vitamins</b>			
Vitamin A	IU	300	300
Vitamin D	IU	75	60
Vitamin E	IU	2	3
Vitamin K1	mcg	8.5	8
Thiamin (B1)	mcg	100	100
Riboflavin (B2)	mcg	100	150
Vitamin B6	mcg	60	60
Vitamin B12	mcg	0.2	0.25
Niacin	mcg	1100	1050
Folic Acid	mcg	15	15
Pantothenic Acid	mcg	450	450
Biotin	mcg	3	4.4
Vitamin C	mg	20	9
Choline	mg	12	16
Inositol	mg	5	4.3
<b>Minerals</b>			
Calcium	mg	84	84
Phosphorus	mg	56	56
Magnesium	mg	6	6
Iron	mg	1.8	1.8
Zinc	mg	0.7	0.75
Manganese	mcg	21	5
Copper	mcg	70	90
Iodine	mcg	10	9
Selenium	mcg	2.5	1.8
Sodium	mg	30	30
Potassium	mg	120	107
Chloride	mg	80	65

Similac is a registered trademark of Abbott Laboratories.

Nature's One® believes breast milk is the best organic option for a baby's first year of life. After breast milk, parents can continue providing organic nutrition with Baby's Only Organic® toddler formula. Comparable to leading brands, Baby's Only Organic® meets the nutritional requirements as defined in the FDA's Infant Formula Act. This formula is intended for a baby 12-months and older unless directed by a healthcare professional. Nature's One® recommends that parents present a leading brand comparison chart to their doctor before changing an infant's diet.

## Baby's Only Organic® Offers Three Formulations

**Organic Lactose Free Formula:** This milk-based formula is intended for babies who are lactose intolerant and offers an alternative to parents who wish to avoid soy protein† in their baby's diet.

**Organic Dairy Formula:** Healthcare professionals often recommend dairy formula as it naturally contains protein and carbohydrates most similar to breast milk.

**Organic Soy Formula:** This soy-based formula is lactose and dairy free and appropriate when parents prefer a vegetarian diet.

† Dairy and Lactose Free Formulas contain milk & soy ingredients.

Scan this for nutritional  
comparison to leading  
brands so you can present  
it to your baby's doctor.



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