

# HUMAN MILK FORTIFIER

A good option for adding essential nutrients to a preterm baby's feedings<sup>1</sup>

Breastmilk is best for preterm babies. In most cases, small preterm babies need more calories and nutrients than breastmilk can provide.<sup>1</sup>



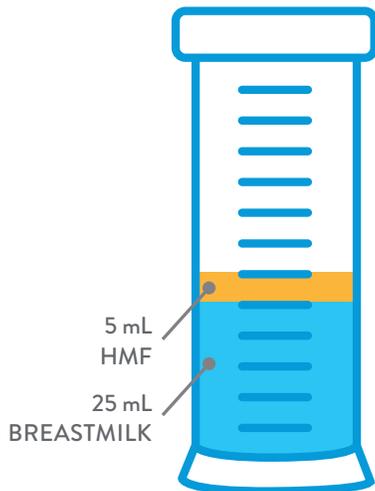
Since a preterm baby's tummy is tiny, the amount of milk they can drink is limited.



If your baby's doctor determines that more nutrients in a small volume are needed, they may recommend Human Milk Fortifier (HMF).

When added to breastmilk, HMF optimizes important nutrients for your preterm baby

## PRETERM MILK WITH HMF



## HMF ADDS

- ✓ Protein
- ✓ Vitamins
- ✓ Minerals
- ✓ Fat
- ✓ Carbohydrates

A little HMF provides a big benefit to your preterm baby.

## GROWTH & DEVELOPMENT



HEAD SIZE



BRAIN



BODY TISSUES & ORGANS



WEIGHT



LENGTH



BONES



HMF has been recommended by healthcare professionals and given safely to preterm infants for more than 30 years.



The calories and nutrients in HMF, when added to breastmilk, are essential to your preterm baby's growth & development.

Follow up with your baby's doctor to determine if your preterm baby could benefit from HMF.

Visit [anihi.org](https://www.anihi.org) or scan the QR code for a digital copy of this resource.

