

DOLFIN



Supplement Dosing Charts

TABLE 1: GIVING THE SUPPLEMENT BEFORE A BREASTFEED: IN 1 FEED PER DAY

Amount of supplement needed per day and per feed based on the weight of your child, if you give the supplement before **1 feed per day**

Weight category	Child's weight (in kg)	Number of scoops of supplement per day	If given in 1 feed per day, number of scoops of supplement per feed	Minimum volume of milk for mixing supplement (ml)
	Weight between ... and ... kg			
1	1.0-1.99	1	1	3
2	2.0-2.99	2	2	6
3	3.0-3.99	3	3	9
4	4.0-4.99	4	4	12
5	5.0-5.99	5	5	15
6	6.0-6.99	6	6	18
7	7.0-7.99	7	7	21
8	8.0-8.99	8	8	24
9	9.0-9.99	9	9	27
10	10.0-10.99	10	10	30
11	11.0-11.99	11	11	33
12+	12 kg or more	12	12	36

General rule: 1 scoop of supplement needs to be dissolved in at least 3 ml expressed breast milk or infant formula.

TABLE 2: GIVING THE SUPPLEMENT BEFORE A BREASTFEED: IN 2 FEEDS PER DAY

*Amount of supplement needed per day and per feed based on the weight of your child, if you give the supplement before **2 feeds per day***

Weight category	Child's weight (in kg)	Number of scoops with supplement per day	Number of scoops with supplement per feed (if spread across 2 feeds per day)		Minimum volume of milk for mixing supplement (ml)	
			Feed 1	Feed 2	Feed 1	Feed 2
	Weight between ... and ... kg					
2	2.0-2.99	2	1	1	3	3
3	3.0-3.99	3	2	1	6	3
4	4.0-4.99	4	2	2	6	6
5	5.0-5.99	5	3	2	9	6
6	6.0-6.99	6	3	3	9	9
7	7.0-7.99	7	4	3	12	9
8	8.0-8.99	8	4	4	12	12
9	9.0-9.99	9	5	4	15	12
10	10.0-10.99	10	5	5	15	15
11	11.0-11.99	11	6	5	18	15
12+	12 kg or more	12	6	6	18	18

General rule: 1 scoop of supplement needs to be dissolved in at least 3 ml expressed breast milk or infant formula.

TABLE 3: GIVING THE SUPPLEMENT BEFORE A BREASTFEED: IN 3 FEEDS PER DAY

*Amount of supplement needed per day and per feed based on the weight of your child, if you give the supplement before **3 feeds per day***

Weight category	Child's weight (in kg)	Number of scoops with supplement per day	Number of scoops with supplement per feed (if spread across 3 feeds per day)			Minimum volume of milk for mixing supplement (ml)		
			Feed 1	Feed 2	Feed 3	Feed 1	Feed 2	Feed 3
	Weight between ... and ... kg							
3	3.0-3.99	3	1	1	1	3	3	3
4	4.0-4.99	4	2	1	1	6	3	3
5	5.0-5.99	5	2	2	1	6	6	3
6	6.0-6.99	6	3	2	1	9	6	3
7	7.0-7.99	7	3	2	2	9	6	6
8	8.0-8.99	8	3	3	2	9	9	6
9	9.0-9.99	9	3	3	3	9	9	9
10	10.0-10.99	10	4	4	2	12	12	6
11	11.0-11.99	11	4	4	3	12	12	9
12+	12 kg or more	12	4	4	4	12	12	12

General rule: 1 scoop of supplement needs to be dissolved in at least 3 ml expressed breast milk or infant formula.

TABLE 4: GIVING THE SUPPLEMENT BEFORE A BREASTFEED: IN 4 FEEDS PER DAY

*Amount of supplement needed per day and per feed based on the weight of your child, if you give the supplement before **4 feeds per day***

Weight category	Child's weight (in kg)	Number of scoops with supplement per day	Number of scoops with supplement per feed (if spread across 4 feeds per day)				Minimum volume of milk for mixing supplement (ml)			
			Feed 1	Feed 2	Feed 3	Feed 4	Feed 1	Feed 2	Feed 3	Feed 4
	Weight between ... and ... kg									
4	4.0-4.99	4	1	1	1	1	3	3	3	3
5	5.0-5.99	5	2	1	1	1	6	3	3	3
6	6.0-6.99	6	2	2	1	1	6	6	3	3
7	7.0-7.99	7	3	2	1	1	9	6	3	3
8	8.0-8.99	8	3	2	2	1	9	6	6	3
9	9.0-9.99	9	3	2	2	2	9	6	6	6
10	10.0-10.99	10	3	3	2	2	9	9	6	6
11	11.0-11.99	11	3	3	3	2	9	9	9	6
12+	12 kg or more	12	3	3	3	3	9	9	9	9

General rule: 1 scoop of supplement needs to be dissolved in at least 3 ml expressed breast milk or infant formula.

Giving the supplement with a feed (i.e. using a supplemental nursing system, bottle, nasogastric tube or gastrostomy)

The following tables show the amount of supplement needed per day and per feed based on the weight of your child when given with 1, 2, 3 or 4 feeds.

TABLE 5: GIVING THE SUPPLEMENT WITH A FEED: IN 1 FEED PER DAY

Amount of supplement per day, based on the weight of your child, if you give the supplement in **1 feed per day**

Weight category	Child's weight (in kg)	Number of scoops of supplement per day	If given in 1 feed per day, number of scoops of supplement per feed	Minimum volume of milk for mixing supplement (ml)
	Weight between ... and ... kg			
1	1.0-1.99	1	1	15
2	2.0-2.99	2	2	30
3	3.0-3.99	3	3	45
4	4.0-4.99	4	4	60
5	5.0-5.99	5	5	75
6	6.0-6.99	6	6	90
7	7.0-7.99	7	7	105
8	8.0-8.99	8	8	120
9	9.0-9.99	9	9	135
10	10.0-10.99	10	10	150
11	11.0-11.99	11	11	165
12+	12 kg or more	12	12	180

General rule: 1 scoop of supplement needs to be dissolved in at least 15 ml expressed breast milk or infant formula.

TABLE 6: GIVING THE SUPPLEMENT WITH A FEED: IN 2 FEEDS PER DAY

Amount of supplement needed per day and per feed based on the weight of your child, if you spread the supplement across **2 feeds per day**

Weight category	Child's weight (in kg)	Number of scoops with supplement per day	Number of scoops with supplement per feed (if spread across 2 feeds per day)		Minimum volume of milk for mixing supplement (ml)	
			Feed 1	Feed 2	Feed 1	Feed 2
	Weight between ... and ... kg					
2	2.0-2.99	2	1	1	15	15
3	3.0-3.99	3	2	1	30	15
4	4.0-4.99	4	2	2	30	30
5	5.0-5.99	5	3	2	45	30
6	6.0-6.99	6	3	3	45	45
7	7.0-7.99	7	4	3	60	45
8	8.0-8.99	8	4	4	60	60
9	9.0-9.99	9	5	4	75	60
10	10.0-10.99	10	5	5	75	75
11	11.0-11.99	11	6	5	90	75
12+	12 kg or more	12	6	6	90	90

General rule: 1 scoop of supplement needs to be dissolved in at least 15 ml expressed breast milk or infant formula.

TABLE 7: GIVING THE SUPPLEMENT WITH A FEED: IN 3 FEEDS PER DAY

*Amount of supplement needed per day and per feed based on the weight of your child, if you give the supplement across **3 feeds per day***

Weight category	Child's weight (in kg)	Number of scoops with supplement per day	Number of scoops with supplement per feed (if spread across 3 feeds per day)			Minimum volume of milk for mixing supplement (ml)		
			Feed 1	Feed 2	Feed 3	Feed 1	Feed 2	Feed 3
	Weight between ... and ... kg							
2	2.0-2.99	2	1	1	None	15	15	None
3	3.0-3.99	3	1	1	1	15	15	15
4	4.0-4.99	4	2	1	1	30	15	15
5	5.0-5.99	5	2	2	1	30	30	15
6	6.0-6.99	6	3	2	1	45	30	15
7	7.0-7.99	7	3	2	2	45	30	30
8	8.0-8.99	8	3	3	2	45	45	30
9	9.0-9.99	9	3	3	3	45	45	45
10	10.0-10.99	10	4	4	2	60	60	30
11	11.0-11.99	11	4	4	3	60	60	45
12+	12 kg or more	12	4	4	4	60	60	60

General rule: 1 scoop of supplement needs to be dissolved in at least 15 ml expressed breast milk or infant formula.

TABLE 8: GIVING THE SUPPLEMENT WITH A FEED: IN 4 FEEDS PER DAY

*Amount of supplement needed per day and per feed based on the weight of your child, if you spread the supplement across **4 feeds per day***

Weight category	Child's weight (in kg)	Number of scoops with supplement per day	Number of scoops with supplement per feed (if spread across 4 feeds per day)				Minimum volume of milk for mixing supplement (ml)			
			Feed 1	Feed 2	Feed 3	Feed 4	Feed 1	Feed 2	Feed 3	Feed 4
2	2.0-2.99	2	1	1	None	None	15	15	None	None
3	3.0-3.99	3	1	1	1	None	15	15	15	None
4	4.0-4.99	4	1	1	1	1	15	15	15	15
5	5.0-5.99	5	2	1	1	1	30	15	15	15
6	6.0-6.99	6	2	2	1	1	30	30	15	15
7	7.0-7.99	7	3	2	1	1	45	30	15	15
8	8.0-8.99	8	3	2	2	1	45	30	30	15
9	9.0-9.99	9	3	2	2	2	45	30	30	30
10	10.0-10.99	10	3	3	2	2	45	45	30	30
11	11.0-11.99	11	3	3	3	2	45	45	45	30
12+	12 kg or more	12	3	3	3	3	45	45	45	45

General rule: 1 scoop of supplement needs to be dissolved in at least 15 ml expressed breast milk or infant formula.

Local contacts

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This study is being organised by the National Perinatal Epidemiology Unit (NPEU) CTU at the University of Oxford. The Unit is dedicated to improving the care provided to women and their families during pregnancy, childbirth and the period after birth, as well as the care provided to the newborn. www.npeu.ox.ac.uk

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