



MIXING GUIDE



- Wash your hands, surfaces, and utensils
- Measure required amount of water into a clean container



- Add prescribed amount of Essential Care Jr. to container
- Weigh prescribed amount in grams using scales
- Scoops should be level and unpacked



- Cover container and shake well until the powder is fully dissolved
- Use within 1 hour or discard

IMPORTANT: Follow the prescribed mixing instructions provided by your health care professional

Prescribed Formula Concentration: _____ kcal/mL Prescribed Total Volume: _____ mL/day

Formula Concentration	Amount of water		Amount of Essential Care Jr. Powder		Approximate Final Volume*	
	mL	scoops	grams**	kcal	mL	
1.0 kcal/mL	mL	scoops	grams**	kcal	mL	
	150	4	38.8	180	180	
	225	6	58.2	271	270	
	300	8	77.6	361	360	
	600	16	155.2	722	720	
1.2 kcal/mL	mL	scoops	grams**	kcal	mL	
	120	4	38.8	180	150	
	210	7	67.9	316	263	
	285	9	87.3	406	353	
	600	19	184.3	857	743	
1.3 kcal/mL	mL	scoops	grams**	kcal	mL	
	105	4	38.8	180	135	
	210	8	77.6	361	270	
	315	12	116.4	541	405	
	600	23	223.1	1038	773	
1.5 kcal/mL	mL	scoops	grams**	kcal	mL	
	135	6	58.2	271	180	
	225	10	97	451	300	
	315	14	135.8	632	420	
	615	27	261.8	1218	818	
	900	40	388	1804	1200	

* Please refer to total volume in mL for a more accurate estimate. Total volume in fl oz is measured as an approximate estimate.

** Estimated grams for Unflavored Essential Care Jr. When using this mixing guide for Vanilla, White Chocolate and Citrus, total estimated grams will vary slightly. Please refer to estimated grams per scoop and kcal per gram listed below for variations in flavors.

Accuracy of dilution varies with use of scoops. Powder can be weighed for a more accurate estimate. Please note that final volumes are an estimation based on displacement of powder and not an exact number. Dilutions > 1.0kcal/mL should be determined by your health care provider.

One level unpacked scoop of Unflavored formula yields 9.7 grams of powder (Vanilla: 9.5 g, White Chocolate and Citrus: 9.1 g). Each gram of powder provides 4.65 kcal (Vanilla, White Chocolate, and Citrus: 4.76 kcal) and displaces ~0.773 mL of water.