

Dr. Natasha's Infant Formula Shopping Guide 2022

Category or Generic Name	Brand Name	Primary Use
Traditional Milk-based	Enfamil Neuropro Enfamil Enspire Enfamil Infant Formula Similac 360 Total Care Similac Pro-Advance Similac Advance Gerber Good Start GentlePro Nestle Nan Pro 1 Milk-based generic	Milk-based, iron-fortified infant nutrition suitable for most infants. Available in powder and ready-to-feed forms.
Organic Milk-based	Enfamil Simply Organic Similac Organic Earth's Best Organic Happy Baby Organic Stage 1/2	Milk-based products, for families who prefer organic products.
Gentle/Sensitive Partially hydrolyzed	Enfamil Enspire Gentlease Enfamil Gentlease Enfamil Neuropro Gentlease Earth's Best Organic Gentle Gentle generic Enfamil Neuropro Sensitive Enfamil Reguline Similac Pro-Total Comfort Similac Pro-Sensitive Earth's Best Organic Sensitive Gerber Good Start SoothePro Similac 360 Total Care Sensitive Sensitive generic	Milk-based products with processed protein for easier digestion. Some brands with lower lactose.
A2	Enfamil Premium A2 Similac A2 Good Start Gentle Supreme Stage 1	Created with A2 milk protein (rather than the normal A1/A2 blend.)
Plant-based	Similac Isomil Enfamil Simply Plant-based Enfamil Prosobee Earth's Best soy-based powder Gerber Plant-Based Protein Soy generic	Vegan
Anti-reflux	Enfamil AR Similac for Spit-Up	Milk-based with added rice starch
Hypoallergenic Extensively hydrolyzed	Enfamil Nutramigen Similac Alimentum Gerber Good Start Extensive HA Hypoallergenic generic	For babies diagnosed with milk-protein/soy allergy. Lactose-free.
Elemental Amino-acid based	PurAmino Neocare Elecare Nutramigen AA Alfamino	For babies with severe food allergy or other medical conditions.
Preemie	Neosure Enfamil Neuropro Enficare	For NICU-graduates, as recommended by a doctor.
FDA-approved European style	Bobbie ByHeart	Newcomer "boutique" formulas made from whole milk products.
Toddler	Similac Go and Grow (milk-based) Similac Go and Grow Sensitive (milk-based) Pure Bliss by Similac (milk-based) Holle Toddler (European-style) Kabrita (Goat) Else (plant-based)	For babies 9-months and older.



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