

# Neocate® Syneo® Junior Mixing Chart

For Healthcare Professionals<sup>5</sup>

Approximate Household Measures\*  
Leveled and Unpacked

Approx. Dilution	Contact Nutricia for more comprehensive volume options at each concentration Refer to can label for full preparation instructions					Approximate Household Measures* Leveled and Unpacked	
	Water Volume <sup>‡</sup>		Neocate <sup>†</sup>			Approx. Final Volume <sup>‡</sup>	
Standard Mixing 1 kcal/mL	fl oz	mL	scoops	grams	kcal	fl oz	mL
3.2 g PE <sup>  </sup> /100 mL 600 mOsm/kg H <sub>2</sub> O ~85% Free Water 2.1E+06 CFUs <sup>  </sup> /100 mL	4.0	120	4	30.4	143	4.7	140
	7.0	210	7	53.2	250	8.3	250
	10.0	300	10	76.0	356	11.9	355
	21.0	630	21	160	749	24.9	750
	28.0	840	28	213	998	33.2	995
28 kcal/fl oz 0.93 kcal/mL 2.9 g PE <sup>  </sup> /100 mL Est'd 560 mOsm/kg H <sub>2</sub> O ~85% Free Water 2.0E+06 CFUs <sup>  </sup> /100 mL	7.5	225	7	53.2	250	8.8	265
	10.5	315	10	76.0	356	12.4	370
	15.0	450	14	106	499	17.6	530
	20.0	600	18	137	642	23.4	700
	29.0	870	27	205	962	34.1	1020
27 kcal/fl oz 0.90 kcal/mL 2.8 g PE <sup>  </sup> /100 mL Est'd 540 mOsm/kg H <sub>2</sub> O ~86% Free Water 1.9E+06 CFUs <sup>  </sup> /100 mL	3.5	105	3	22.8	107	4.1	120
	7.0	210	6	45.6	214	8.1	245
	14.0	420	12	91.2	428	16.2	485
	20.0	600	18	137	642	23.4	700
	27.0	810	24	182	855	31.5	945
26 kcal/fl oz 0.87 kcal/mL 2.7 g PE <sup>  </sup> /100 mL Est'd 520 mOsm/kg H <sub>2</sub> O ~86% Free Water 1.8E+06 CFUs <sup>  </sup> /100 mL	7.0	210	6	45.6	214	8.1	245
	9.0	270	8	60.8	285	10.5	315
	13.0	390	11	83.6	392	15.1	450
	19.0	570	16	122	570	22.0	660
	26.0	780	22	167	784	30.1	905
24 kcal/fl oz 0.80 kcal/mL 2.5 g PE <sup>  </sup> /100 mL Est'd 480 mOsm/kg H <sub>2</sub> O ~88% Free Water 1.7E+06 CFUs <sup>  </sup> /100 mL	9.0	270	7	53.2	250	10.3	310
	11.5	345	9	68.4	321	13.2	395
	14.5	435	11	83.6	392	16.6	495
	20.0	600	15	114	535	22.8	685
	26.0	780	20	152	713	29.7	890
22 kcal/fl oz 0.73 kcal/mL 2.3 g PE <sup>  </sup> /100 mL Est'd 440 mOsm/kg H <sub>2</sub> O ~88% Free Water 1.6E+06 CFUs <sup>  </sup> /100 mL	6.5	195	5	38.0	178	7.4	225
	10.0	300	7	53.2	250	11.3	340
	16.0	480	11	83.6	392	18.1	540
	20.0	600	14	106	499	22.6	680
	25.0	750	17	129	606	28.2	845
20 kcal/fl oz 0.67 kcal/mL 2.1 g PE <sup>  </sup> /100 mL Est'd 400 mOsm/kg H <sub>2</sub> O ~89% Free Water 1.4E+06 CFUs <sup>  </sup> /100 mL	8.0	240	5	38.0	178	8.9	270
	11.0	330	7	53.2	250	12.3	370
	13.0	390	8	60.8	285	14.5	435
	19.0	570	12	91.2	428	21.2	635
	24.0	720	15	114	535	26.8	805

\*Household measures are based on standard US, dry household measures. All measures are leveled and unpacked. These values are approximations only, whereas the scoops Nutricia provides are validated for use with Nutricia formulas. Nutricia North America recommends using a scale for greatest accuracy.

†Mixing is more accurate using weighed powder vs. scoops. Scoops should be leveled and unpacked. 1 level, unpacked scoop yields 7.6 grams powder and provides 35.6 kcal. 1 gram provides 4.69 kcal and displaces ~0.74 mL water.

‡This chart assumes 1 fl oz = 30 mL. Water volumes are exact, but final volume of prepared formula may vary slightly.

||PE = Approximate protein equivalent. Formulated to contain 6.87E+07 CFUs of *Bifidobacterium breve* M-16V per 1 gram of powder.

§For patient safety, Nutricia directs caregivers requesting mixing instructions at non-standard dilutions to their healthcare teams.



Last updated: February 17, 2026

For questions, contact:  
NutritionServices@Nutricia.com or  
(800) 365-7354

neocate.com/for-healthcare-professionals/

# Neocate® Syneo® Junior Mixing Chart

For Healthcare Professionals<sup>§</sup>

Approximate Household Measures\*  
Leveled and Unpacked



Approx. Concentration

Contact Nutricia for more comprehensive volume options at each concentration

Refer to can label for full preparation instructions

1) Wash hands thoroughly and clean the preparation area. 2) Pour the required amount of water (below 104°F/40°C) into container. 3) Add required amount of powder to water. 4) Stir, or cover and shake, until the powder has dissolved.



1 scoop <sup>†</sup>	7.6 g
1 tsp (5 mL)	3.0 g
1 Tbsp (15 mL)	8.9 g
¼ cup (60 mL)	35.8 g
⅓ cup (80 mL)	47.7 g
½ cup (120 mL)	71.5 g
1 cup (240 mL)	143 g

Standard Mixing 1 kcal/mL	Water Volume <sup>‡</sup>		Neocate <sup>†</sup>			Approx. Final Volume <sup>‡</sup>	
	fl oz	mL	scoops	grams	kcal	fl oz	mL
3.2 g PE <sup>  </sup> /100 mL 600 mOsm/kg H <sub>2</sub> O ~85% Free Water 2.1E+06 CFUs <sup>  </sup> /100 mL	4.0	120	4	30.4	143	4.7	140
	7.0	210	7	53.2	250	8.3	250
	10.0	300	10	76.0	356	11.9	355
	21.0	630	21	160	749	24.9	750
	28.0	840	28	213	998	33.2	995
<b>32 kcal/fl oz</b> 1.07 kcal/mL 3.4 g PE <sup>  </sup> /100 mL Est'd 640 mOsm/kg H <sub>2</sub> O ~83% Free Water 2.3E+06 CFUs <sup>  </sup> /100 mL	7.5	225	8	60.8	285	9.0	270
	11.0	330	12	91.2	428	13.2	395
	15.0	450	16	122	570	18.0	540
	20.0	600	22	167	784	24.1	725
	29.0	870	31	236	1105	34.8	1045
<b>34 kcal/fl oz</b> 1.13 kcal/mL 3.6 g PE <sup>  </sup> /100 mL Est'd 680 mOsm/kg H <sub>2</sub> O ~83% Free Water 2.4E+06 CFUs <sup>  </sup> /100 mL	3.5	105	4	30.4	143	4.2	125
	7.0	210	8	60.8	285	8.5	255
	14.0	420	16	122	570	17.0	510
	20.0	600	23	175	820	24.3	730
	27.0	810	31	236	1105	32.8	985
<b>36 kcal/fl oz</b> 1.20 kcal/mL 3.8 g PE <sup>  </sup> /100 mL Est'd 720 mOsm/kg H <sub>2</sub> O ~81% Free Water 2.6E+06 CFUs <sup>  </sup> /100 mL	6.5	195	8	60.8	285	8.0	240
	9.5	285	12	91.2	428	11.7	350
	13.0	390	16	122	570	16.0	480
	19.0	570	24	182	855	23.5	705
	26.0	780	32	243	1141	32.0	960
<b>38 kcal/fl oz</b> 1.27 kcal/mL 4.0 g PE <sup>  </sup> /100 mL Est'd 760 mOsm/kg H <sub>2</sub> O ~80% Free Water 2.7E+06 CFUs <sup>  </sup> /100 mL	9.0	270	12	91.2	428	11.2	335
	11.5	345	15	114	535	14.3	430
	14.5	435	19	144	677	18.1	540
	20.0	600	27	205	962	25.1	750
	26.0	780	35	266	1248	32.6	975
<b>40 kcal/fl oz</b> 1.33 kcal/mL 4.2 g PE <sup>  </sup> /100 mL Est'd 800 mOsm/kg H <sub>2</sub> O ~79% Free Water 2.8E+06 CFUs <sup>  </sup> /100 mL	5.0	150	7	53.2	250	6.3	190
	10.0	300	14	106	499	12.6	380
	15.0	450	21	160	749	18.9	570
	20.0	600	28	213	998	25.2	755
	25.0	750	36	274	1283	31.7	950
<b>45 kcal/fl oz</b> 1.50 kcal/mL 4.7 g PE <sup>  </sup> /100 mL Est'd 900 mOsm/kg H <sub>2</sub> O ~76% Free Water 3.2E+06 CFUs <sup>  </sup> /100 mL	8.0	240	13	98.8	463	10.4	315
	11.0	330	18	137	642	14.4	430
	13.0	390	22	167	784	17.1	515
	19.0	570	31	236	1105	24.8	745
	24.0	720	40	304	1426	31.5	945

Last updated: February 17, 2026

\*Household measures are based on standard US, dry household measures. All measures are level and unpacked. These values are approximations only, whereas the scoops Nutricia provides are validated for use with Nutricia formulas. Nutricia North America recommends using a scale for greatest accuracy.

†Mixing is more accurate using weighed powder vs. scoops. Scoops should be level and unpacked. 1 level, unpacked scoop yields 7.6 grams powder and provides 35.6 kcal. 1 gram provides 4.69 kcal and displaces ~0.74 mL water.

‡This chart assumes 1 fl oz = 30 mL. Water volumes are exact, but final volume of prepared formula may vary slightly.

||PE = Approximate protein equivalent. Formulated to contain 6.87E+07 CFUs of *Bifidobacterium breve* M-16V per 1 gram of powder.

§For patient safety, Nutricia directs caregivers requesting mixing instructions at non-standard dilutions to their healthcare teams.

For questions, contact:  
NutritionServices@Nutricia.com or (800)  
365-7354  
[neocate.com/for-healthcare-professionals/](http://neocate.com/for-healthcare-professionals/)

