

# Regular Infant Formulas List

There is an ongoing shortage of regular infant formula. Health Canada has allowed the importation of formula brands that are usually not available in Canada. These products may start to be available in late May 2023. They are a nutritious and safe alternative if you cannot find your usual brand.

The following is a list of stage 1 (step 1) regular infant formulas approved for retail sale in Canada, including the imported formula brands. This list may not include all infant formulas available.

Formulas in each category will provide the same basic nutrients your baby needs to grow. Some will also contain extra ingredients such as omega-3 fats or prebiotics. Stage 2 formulas (for 6+ months) are not necessary and usually more expensive. You can usually switch formulas within each category without consulting a health care provider.

## Stage 1 Formulas (0-12 months)

### Standard Cow's Milk Formulas

Earth's Best Organic with Iron	Kirkland Signature Omega + (US formulation) *	President's Choice Omega+
Enfamil		Similac Step 1
Enfamil A+	Modilac Précision 1 *	Similac Lower Iron
Enfamil A+ Premium	Parent's Choice Iron Fortified	Similac Advance Step 1
Enfamil NeuroPro	Parent's Choice Lower Iron	Similac Advance
Enfamil NeuroPro (US formulation) *	Parent's Choice Omega+	(Irish formulation)*
Kendamil Classic *	Parent's Choice Omega+ (US formulation) *	Similac Advance (US formulation) *
Kendamil Goat (standard goat's milk formula) *	Parent's Choice Organic	Similac Pro-Advance Step 1
Kendamil Organic *	Parent's Choice Advantage	Simply Kids Iron-Fortified
Kirkland Signature Omega+	President's Choice with Iron	Simply Kids Lower Iron
	President's Choice Lower Iron	

## Modified Cow's Milk Formulas

### Partially Hydrolyzed Formulas

Good Start 1  
Good Start Organic

Good Start Plus 1

Good Start Plus 1  
(US formulation)\*

### Partially Hydrolyzed and Lactose Reduced Formulas

Good Start Soothe  
Good Start Soothe  
(US formulation) \*

Enfamil A+ Gentlease

Enfamil A+ Lactose Free

Enfamil A+ Serenity

Kirkland Signature for  
Babies Sensitive to Lactose

Kirkland Signature for  
Babies Sensitive to Lactose  
(US formulation) \*

Parent's Choice Gentle+

Parent's Choice Gentle+  
(US formulation) \*

Parent's Choice Sensitivity

President's Choice Sensitive  
to Lactose

President's Choice Gentle  
Modilac Expert Rice  
(rice formula) \*

Similac Sensitive Lactose  
Sensitivity

Similac Total Comfort

Similac Total Comfort  
(US formulation) \*

## Soy Formulas

Enfamil A+ Soy

Good Start Alsoy

Similac Isomil

*\* Imported formula brands usually not available in Canada*

You may have questions about switching formula. Your child may have food allergies or special needs. If this is the case, you can speak to:

- Your baby's health care provider such as a doctor or nurse practitioner
- A dietitian at some Healthy Baby programs, a primary care dietitian or by calling Dial-a-Dietitian Manitoba at **1-877-830-2892** or **204-788-8248** in Winnipeg
- Health Links-Info Santé at **1-888-315-9257** or **204-788-8200** in Winnipeg