

NutriHope® Fibre Moderate Energy formula 1.25 kcal / ml preparation				NutriHope® Fibre High Energy formula 1.5 kcal / ml preparation			
Number of levelled scoops	Powder (g)	Volume of water (ml)	Reconstituted formula (ml)	Number of levelled scoops	Powder (g)	Volume of water (ml)	Reconstituted formula (ml)
1	22	70	85	1	22	50	65
2	44	130	155	2	44	110	140
3	66	200	240	3	66	160	200
4	88	270	320	4	88	220	275
5	110	340	400	5	110	270	340
6	132	400	480	6	132	320	400
7	154	470	560	7	154	380	475
8	176	540	645	8	176	430	540
9	198	610	725	9	198	480	600
10	220	680	810	10	220	540	675
11	242	750	890	11	242	590	740
12	264	810	965	12	264	650	810
13	286	880	1050	13	286	700	875
14	308	950	1130	14	308	750	940
15	330	1020	1215	15	330	800	1000
16	352	1080	1285	16	352	860	1075
17	374	1150	1370	17	374	910	1140
18	396	1220	1450	18	396	970	1215
19	418	1290	1535	19	418	1020	1275
20	440	1350	1610	20	440	1070	1340
21	462	1420	1690	21	462	1130	1410
22	484	1490	1775	22	484	1180	1475
23	506	1560	1860	23	506	1240	1550
24	528	1630	1940	24	528	1290	1610
25	550	1690	2010	25	550	1340	1675
26	572	1760	2095	26	572	1400	1750
27	594	1830	2180	27	594	1450	1815
28	616	1900	2260	28	616	1500	1875
29	638	1960	2335	29	638	1560	1950
30	660	2030	2415	30	660	1610	2015
31	682	2100	2590	31	682	1670	2085
32	704	2170	2585	32	704	1720	2150
33	726	2230	2655	33	726	1770	2215
34	748	2300	2740	34	748	1830	2290
35	770	2370	2820	35	770	1880	2350
36	800	2500	3000	36	800	2000	2500

*1 scoop = 22 g of powder