The protein content of some fortifiers might be insufficient to increase protein concentrations to recommended intake levels if the volume of enteral feeds is limited.

LOE 2

The optimal time to start fortification is not clear, but early fortification seems to be as safe as delayed fortification may reduce cumulative nutrient deficiencies, and positively influence bone metabolism.

LOE 2+

There is variation in the nutrient content of commercially available fortifiers and this may affect growth and health outcomes.

LOE 2

Adjusted and target fortification strategies may be employed to compensate for variation in human milk macronutrient composition, but the optimal strategy is uncertain. DHM may require higher levels of fortification compared to MOM.

LOE 2+

Fortifiers derived from human milk may have advantages but there are insufficient data from adequately powered studies to conclusively determine an impact on NEC.

LOE 2+