

# Alimentum

Extensively hydrolysed infant formula with 2'-fucosyllactose (2'-FL) human milk oligosaccharide (HMO), for special medical purposes.

FOR HEALTHCARE PROFESSIONAL USE ONLY

## PRESENTATION

- Presented in a 400 g tin with a scoop and resealable lid.
- Powdered, for reconstitution with water.

## FEATURES AND USES

Food for special medical purposes, for use under medical supervision. Suitable as a sole source of nutrition. For older infants and for children, Alimentum can be fed from a cup or mixed with cereal or other solid foods, as advised by a healthcare professional.

Contains 2'-FL (2'-fucosyllactose) human milk oligosaccharide (HMO), not sourced from human milk. HMOs are a diverse group of bioactive, non-digestible carbohydrates and the third most abundant solid component of breast milk.<sup>1,2</sup> Breastmilk contains many distinct HMOs, which have a positive effect on gut microbiota and play an important role systemically in supporting the developing immune system.<sup>1,2-4</sup>

## COMMUNITY USE—PRESCRIPTIONS

Can be prescribed on a FP10 (GP10 in Scotland) for infants and children with:

- Cow's milk protein allergy
- Other conditions where an extensively hydrolysed formula is indicated

All prescriptions should be endorsed ACBS (Advisory Committee on Borderline Substances).

## IMPORTANT NOTICE

Breast milk is best for infants and is recommended for as long as possible during infancy. Infant formulas for special medical purposes should be used only on the advice of a healthcare professional.

## STORAGE

- Store unopened at room temperature.
- Opened tins should be resealed using the lid provided and stored in a cool, dry place (not the refrigerator).
- Use within 3 weeks of opening.
- It is recommended that each feed is prepared as required.
- If storage is necessary, the feed should be covered and cooled quickly under cold running water. Prepared feeds should be kept in a refrigerator at 2-4°C (35-40°F) and used within 24 hours. Feeds should be stored at the back of the refrigerator, not in the door.

## PRECAUTIONS

- Breast feeding is best for babies. Professional advice should be followed on the need for infant formulas and how they should be used (e.g. volume and frequency of feeds).
- Whilst they are made under hygienic conditions, powdered infant formulas are not sterile. Proper hygiene, preparation, use and storage are important when preparing infant formula. Failure to follow the preparation instructions could make the baby ill.
- Carers should not make any additions to the feed without consulting their pharmacist or dietitian.
- Babies should never be left alone at feeding times.
- Never use a microwave to prepare or warm formula. Serious burns can result.
- Good dental hygiene is important for babies and toddlers. Do not use a feeding bottle as a comforter and move baby to a trainer cup from 6 months if possible.

## CONTRA-INDICATIONS

- FOR ENTERAL USE ONLY.

## PREPARATION GUIDE

- Thoroughly wash and rinse all equipment to be used in preparing the feed. Sterilise all utensils according to manufacturers' instructions or boil for 10 minutes.
- Boil fresh tap water (not bottled water) and allow to cool for no more than 30 minutes. Do not use artificially softened water or repeatedly boiled water.
- Wash your hands and clean the surface you are going to use.
- Pour the correct amount of warm, previously boiled water into the sterilised feeding bottle.
- Fill the scoop with Alimentum powder, levelling with the back of a clean, dry, knife. Do not pack down in scoop.
- Add one scoop of Alimentum to each 30 ml of water. Only use the scoop provided. A level scoop contains 4.2 g powder.
- Place lid on bottle and shake gently until completely dissolved.
- Fit a sterilised teat on bottle and test the temperature (drops of formula should feel lukewarm on the inside of your wrist). If necessary, add cap and cool by holding under cold running water.
- Discard prepared formula left in the bottle or cup within one hour after feeding begins.

## INGREDIENTS

Maltodextrin, vegetable oils (high oleic safflower oil, MCT oil from palm kernel oil and coconut oil in varying proportions, soy oil), casein hydrolysate (**milk** protein), sucrose, minerals (calcium citrate, calcium phosphate, potassium citrate, magnesium chloride, sodium chloride, potassium phosphate, ferrous sulphate, potassium chloride, zinc sulphate, cupric sulphate, manganese sulphate, potassium iodide, sodium molybdate, sodium selenite, chromium chloride), emulsifier: E1450, thickener: E415, arachidonic acid (ARA) from *M. alpina* oil, docosahexaenoic acid (DHA) from *C. cohnii* oil, L-tyrosine, L-cystine, vitamins (C, E, niacinamide, calcium pantothenate, vitamin A palmitate, B<sub>2</sub>, B<sub>1</sub>, B<sub>6</sub>, folic acid, K<sub>1</sub>, biotin, D<sub>3</sub>, B<sub>12</sub>), 2'-fucosyllactose (2'-FL) (oligosaccharide derived from **lactose**<sup>+</sup>), choline chloride, L-tryptophan, taurine, myo-inositol, antioxidants (E304, E306), L carnitine.

## GENERAL INFORMATION

General information based on standard concentration of 12.8% w/v

Energy density	0.68 kcal/ml
Energy distribution:	
Protein	11.0%
Carbohydrate	39.1%
Fat	49.9%
Fibre	trace

Potential renal solute load	167 mOsm/L
Osmolarity	261 mOsm/L
Osmolality	290 mOsm/kg H <sub>2</sub> O
Gluten free?	✓
Clinically lactose free?	✓ <sup>+</sup>
Milk free?	✗ <sup>++</sup>
Suitable for vegetarian and vegan diets?	✗ <sup>+++</sup>
Suitable for Halal and Kosher diets?	✗

For further free-from information, please contact the Freephone Nutrition Helpline on 0800 252882.

+ Lactose content <10mg/100 kcal  
++ Alimentum does contain milk ingredients. However, these are extensively hydrolysed.  
+++ Vitamin D is synthesised from cholesterol, extracted from the grease in wool sheared from live sheep. Protein hydrolysate is obtained using enzymes from animal sources.

### References:

1. Triantis V, *et al.* Immunological effects of human milk oligosaccharides. *Front Pediatr* 2018;6:190.
2. Castany-Munoz E, *et al.* Building a beneficial microbiome from birth. *Adv Nutr* 2016;7(2):323-330.
3. Bode L. Human milk oligosaccharides: every baby needs a sugar mama. *Glycobiology* 2012;22(9):1147-1162.
4. Stepans MB, *et al.* Early consumption of human milk oligosaccharides is inversely related to subsequent risk of respiratory and enteric disease in infants. *Breastfeed Med* 2006;1(4):207-215.

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## NUTRITION INFORMATION

	units	per 100 g	per 100 ml*
<b>Energy</b>	kJ	2196	283
	kcal	525	67.6
Fat	g	29.1	3.75
- of which saturates	g	10.7	1.38
- of which MCT**	g	9.72	1.2
- of which linoleic acid	mg	4199	541
- of which linolenic acid	mg	409	53
- of which arachidonic acid (ARA)	mg	131	16.9
- of which docosahexaenoic acid	mg	131	16.9
Carbohydrate	g	51.2	6.60
- of which sugars	g	11.6	1.49
Fibre (2'-FL)	g	0.15	0.02
Protein (nitrogen)	g	14.4 (2.31)	1.86 (0.30)
Salt	g	0.58	0.08
<b>Vitamins</b>			
Vitamin A (RE)	µg	473	61
Vitamin D <sub>3</sub>	µg	13.1	1.69
Vitamin E	mg	10.5	1.4
Vitamin K <sub>1</sub>	µg	68.2	8.8
Vitamin C	mg	65.6	8.5
Thiamin (vitamin B <sub>1</sub> )	mg	0.39	0.05
Riboflavin (vitamin B <sub>2</sub> )	mg	0.53	0.07
Niacin	mg	5.51	0.71
Vitamin B <sub>6</sub>	mg	0.32	0.04
Folic acid	µg	79	10
Vitamin B <sub>12</sub>	µg	1.57	0.20
Pantothenic acid	mg	3.94	0.51
Biotin	µg	23.6	3.0
<b>Minerals</b>			
Sodium	mg (mmol)	231 (10.0)	30 (1.30)
Potassium	mg (mmol)	551 (14.1)	71 (1.82)
Chloride	mg (mmol)	420 (11.8)	54 (1.52)
Calcium	mg (mmol)	551 (13.8)	71 (1.78)
Phosphorus (phosphate)	mg (mmol)	341 (10.9)	44 (1.41)
Magnesium	mg (mmol)	39.4 (1.64)	5.1 (0.21)
Iron	mg	9.45	1.22
Zinc	mg	3.94	0.51
Copper	mg	0.39	0.05
Manganese	mg	0.13	0.02
Iodine	µg	100	13
Selenium	µg	21.0	2.70
Chromium	µg	25.0	3.22
Molybdenum	µg	25.0	3.22
Choline	mg	157.7	20.3
L-carnitine	mg	7.9	1.0
Taurine	mg	31.5	4.1
Inositol	mg	26.3	3.4
Water	g	1.50	-

\*standard dilution is one level scoop (enclosed in tin) of powder for each 30 ml (1fl oz) water  
\*\*medium-chain triglycerides (C6:0 - C12:0)

## PROTEIN & AMINO ACIDS

	g/100 g protein	g/100 g powder	g/100 ml*
<b>Protein source</b>			
Extensively hydrolysed casein	100	14.4	1.86
<b>Amino acids</b>			
<b>- Essential</b>			
Histidine	2.69	0.40	0.05
Isoleucine	5.76	0.85	0.11
Leucine	9.23	1.36	0.18
Lysine	7.88	1.16	0.15
Methionine	2.72	0.40	0.05
Phenylalanine	4.57	0.67	0.09
Threonine	4.58	0.68	0.09
Tryptophan	1.70	0.25	0.03
Valine	6.86	1.01	0.13
Arginine	4.49	0.66	0.09
<b>- Non-essential</b>			
Alanine	3.90	0.58	0.07
Aspartic acid	8.15	1.20	0.16
Cystine	1.77	0.26	0.03
Glutamic acid	20.2	2.98	0.38
Glycine	2.71	0.40	0.05
Proline	9.78	1.44	0.19
Serine	5.66	0.83	0.11
Tyrosine	3.18	0.47	0.06
Non-protein calorie: N	202 :1		
Casein : whey	100 : 0		

## CARBOHYDRATES

	% total carbohydrates	g/100 g powder	g/100 ml*
<b>Carbohydrate source</b>			
Maltodextrin	76.6	39.2	5.06
Sucrose	20.2	10.3	1.33
Modified corn starch (E1450)	3.2	1.64	0.21

## FIBRE

	% total fibre	g/100 g powder	g/100 ml*
<b>Fibre source</b>			
2'-FL oligosaccharide powder	100	0.15	0.02

## FAT & FATTY ACIDS

<b>Fat source</b>	% total fatty acids	g/100 g powder	g/100 ml*	
High oleic safflower oil	43.4	12.6	1.63	
Medium chain triglyceride vegetable oil	33.0	9.6	1.24	
Soy oil	20.7	6.03	0.78	
Arachidonic acid (AA)-rich oil	1.47	0.43	0.06	
Docosahexaenoic acid (DHA)-rich oil	1.37	0.40	0.05	
<b>Fatty acids ***</b>	g/100 g fat	g/100 g	g/100 ml*	
<b>- Essential</b>				
Linoleic acid	C18:2	15.2	4.46	0.57
Linolenic acid (gamma)	C18:3	0.04	0.01	trace
Linolenic acid (alpha)	C18:3	1.46	0.43	0.06
Homo gamma linolenic acid	C20:3	0.05	0.01	trace
<b>- Polyunsaturated</b>				
Hexadecatrienoic acid	C16:3	0.02	0.01	trace
Arachidonic acid (AA)	C20:4	0.56	0.17	0.02
Docosahexaenoic acid	C22:6			trace
<b>- Monounsaturated</b>				
Palmitoleic acid	C16:1	0.09	0.03	trace
Oleic acid	C18:1	37.6	11.0	1.42
Eicosenoic acid	C20:1	0.23	0.07	trace
Erucic acid	C22:1	0.01	trace	trace
Nervonic acid	C24:1	0.07	0.02	trace
<b>- Saturated</b>				
Caproic acid	C6:0	0.02	trace	trace
Caprylic acid	C8:0	17.7	5.18	0.67
Capric acid	C10:0	13.8	4.05	0.52
Lauric acid	C12:0	0.14	0.04	trace
Myristic acid	C14:0	0.22	0.07	trace
Palmitic acid	C16:0	4.51	1.32	0.17
Margaric acid	C17:0	0.03	0.01	trace
Stearic acid	C18:0	1.79	0.52	0.07
Arachidic acid	C20:0	0.25	0.07	0.01
Behenic acid	C22:0	0.21	0.06	trace
Lignoceric acid	C24:0	0.12	0.03	trace
P/S ratio	0.46			
n6 : n3	10.4 : 1			

\*\*\* other fatty acids at trace levels in powder

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