

Nutrition information

	Per 100g as sold	Per 100ml (standard 13.2% dilution)
General		
Energy kcal/kJ	506/2118	67/280
Fat g (46% kcal) of which:	26	3.4
saturates g	10	1.3
monounsaturates g	9.6	1.3
polyunsaturates g	4.3	0.57
Carbohydrate g (44% kcal) of which:	55.5	7.3
sugars g	30	4.0
lactose g	29	3.8
Protein g (10% kcal)	12.5	1.7
Salt = Na (g) x 2.5	0.38	0.050
Vitamins		
A mcg (RE)	600	79
D mcg	9	1.2
E mg α -TE	11	1.5
K mcg	55	7.3
C mg	101	13
Thiamin mg	0.50	0.066
Riboflavin mg	1.4	0.18
Niacin mg/mg NE	6.5/11	0.86/1.5
B6 mg	0.40	0.053
Folic acid mcg	76	10
B12 mcg	1.5	0.20
Biotin mcg	12	1.6
Pantothenic acid mg	3.2	0.42
Minerals		
Sodium mg/mmol	150/6.5	20/0.86
Potassium mg/mmol	530/13.5	70/1.8
Chloride mg/mmol	300/8.5	40/1.1
Calcium mg/mmol	500/12	66/1.7
Phosphorus/phosphate mg/mmol	320/10	42/1.4
Magnesium mg/mmol	42/1.8	5.5/0.23
Iron mg	5.5	0.73
Zinc mg	5.0	0.66
Copper mg	0.42	0.055
Manganese mg	0.036	0.0048
Selenium mcg	15	2.0
Iodine mcg	81	11

Nutrition information (continued)

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Other		
MCT g	3.0	0.4
α -Linolenic acid mg	400	53
Linoleic acid mg	3800	502
DHA mg	56	7.4
ARA mg	56	7.4
Taurine mg	40	5.3
L-Carnitine mg	8.1	1.1
Choline mg	50	6.6
Inositol mg	35	4.6
Osmolarity	252 mOsm/L	
Potential Renal Solute Load	148 mOsm/L	

Description

A food for special medical purposes.

Althéra is a hypoallergenic nutritionally complete powdered formula containing extensively hydrolysed whey protein, carbohydrate, fat, vitamins, minerals, trace elements and the long-chain polyunsaturated fatty acids (LCPs); Arachidonic acid (ARA) and Docosahexaenoic acid (DHA).



Presentation

450g tin (with a 4.4g scoop).

Indications

ACBS approved. Althéra is for complete nutritional support from birth or supplementary feeding from 6 months and up to 3 years of age for the dietary management of cows' milk allergy and/or multiple food protein allergies.

Ingredients

Lactose (Milk), Maltodextrin, Vegetable Oils (Palm, Rapeseed, Coconut, Sunflower), Enzymatically Hydrolysed Whey Protein (Milk), Minerals (Calcium Glycerophosphate, Magnesium Chloride, Calcium Chloride, Potassium Phosphate, Sodium Phosphate, Calcium Phosphate, Potassium Chloride, Potassium Citrate, Ferrous Sulphate, Zinc Sulphate, Copper Sulphate, Potassium Iodide, Sodium Selenate, Sodium Chloride), Emulsifier (E472c), Vitamins (C, E, Niacin, Pantothenic Acid, B2, A, B1, B6, K1, Folic Acid, D3, B12, Biotin), Cryptecodinium Cohii Oil (DHA), Mortierella Alpina Oil (ARA), Choline Bitartrate, Taurine, L-Histidine, Myo Inositol, L-Carnitine.

Administration and Dosage

Feeding Table

Age of infant	Quantity per meal		Meals per day
	Water (ml)	No. of scoops**	
1-2 weeks	90	3	6
3-4 weeks	120	4	5
2nd month	150	5	5
3-4 months	180	6	5
5-6 months	210	7	5
From 5th (7th) month	210	7	3-4

* Scoop size: 4.4g

Preparation Guidelines

For bottle fed infants:

The standard dilution of 13.2% is made by adding 1 level scoop of Althéra (approx 4.4g) to 30ml of water (approx 1 fluid oz.).

1. Wash hands before preparation.
2. Wash bottle, teat and cap.
3. Boil for 5 min. Leave covered until use.
4. Boil drinking water for 5 min; allow to cool.
5. Pour exact amount of lukewarm water into bottle.
6. Add exact number of level scoops for age of baby.
7. Shake bottle until powder fully dissolved.
8. Close tin tightly after each use and store in a cool dry place.

Shelf life and storage

Shelf life of 24 months from the date of manufacture. Unopened store Althéra in a cool, dry place. Once opened use within 3 weeks.

Precautions

Breastmilk is best for babies. Before you decide to use this formula, consult your healthcare professional for advice. Althéra is for use under medical supervision.

Suitable from birth to 3 years of age.

For oral/enteral use only.

Important feeding information

Only prepare one bottle at a time.

Feed immediately and follow the instructions exactly.

Do not keep unfinished bottle, discard the contents.

Always hold baby while feeding.

Leaving baby unattended may cause choking.