

# Alimentum

Extensively hydrolysed infant formula 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.

## 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.

## 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.

## 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).

## 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.

<sup>+</sup> Lactose content <10mg/100 kcal  
<sup>++</sup> Alimentum does contain milk ingredients. However, these are extensively hydrolysed.  
<sup>+++</sup> 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.

## 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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