



Aptamil Growing Up Milk 1-2 Years

Indications

Aptamil Growing Up Milk 1-2 years is designed to help meet the growing needs of toddlers aged 1-2 years. It can be a challenge to ensure toddlers get a healthy, balanced diet with all the nutrients they need in just the right amounts. Their diet can fall short of meeting the important nutritional requirements for this developmental stage.^{1,2} Two 150ml servings of Aptamil Growing Up Milk 1-2 Years a day help to provide a toddler's requirements of iron, zinc, iodine. It also includes vitamin D to support the normal function of the immune system and contains Galacto- and Fructo-oligosaccharides.

- I. Not suitable for intravenous use.
- II. Not suitable for cows' milk allergy or lactose intolerance.
- III. Not suitable for vegetarians.

Aptamil Growing Up Milk 1-2 Years is available in both powder and liquid formats: 800g are supplied in cases of 6; the product PIP code is 407-4142. Aptamil Growing Up Milk 1-2 Years ready to use is available in 1L cartons supplied in cases of 6, and 200ml cartons supplied in cases of 15, with a product PIP code of 315-8086.

All Aptamil products carry preparation instructions. Please see packaging for further information. Packs should be stored in a cool, dry place; do not refrigerate, and use contents within four weeks of opening. Ready to use cartons should also be stored in a cool, dry place. Once opened, unused milk in the carton needs to be resealed and can be stored in the fridge for up to 24 hours (200ml carton), or up to 72 hours (1L carton). Leftover milk in a beaker needs to be discarded within 2 hours.

Ingredients: powder

Lactose (from **milk**), Vegetable oils (Palm oil, Rapeseed oil, High oleic sunflower oil, Coconut oil, Sunflower oil), Whey products (Demineralised whey, Whey concentrate) (from **milk**), Skimmed **milk**, Maltodextrin, Galacto-oligosaccharides (GOS) (from **milk**), Calcium phosphate, Potassium citrate, Potassium hydrogen phosphate, Fructo-oligosaccharides (FOS), **Fish** oil, Magnesium citrate, Emulsifier (**Soy** lecithin), Potassium chloride, Vitamin C, Calcium carbonate, Sodium chloride, **Milk** flavouring, Sodium citrate, Ferrous sulphate, Magnesium chloride, Choline chloride, Inositol, Taurine, Zinc sulphate, Vitamin E, Pantothenic acid, L-carnitine, Nicotinamide, Riboflavin, Vitamin A, Vitamin D₃, Vitamin B₆, Thiamin, Copper sulphate, Potassium iodide, Folic acid, Vitamin K₁, Manganese sulphate, Sodium selenite, Biotin, Vitamin B₁₂.

Ingredients: liquids

Water, Skimmed **milk**, Galacto-oligosaccharides (GOS) (from **milk**), Lactose (from **milk**), Vegetable oils (Rapeseed oil, Sunflower oil), Emulsifier (mono - and diglycerides of fatty acids), Fructo-oligosaccharides (FOS), **Fish** oil, Calcium citrate, Acidity regulator (Citric acid), Vitamin C, Calcium hydroxide, Calcium phosphate, **Milk** flavouring, Potassium citrate, Sodium citrate, Ferrous lactate, Potassium hydroxide, Zinc sulphate, Vitamin E, Vitamin D₃, Magnesium hydrogen phosphate, Vitamin A, Vitamin B₁₂, Pantothenic acid, Potassium iodide, Riboflavin, Nicotinamide, Vitamin K₁, Biotin, Vitamin B₆, Thiamin, Folic acid.

Allergy advice: For allergens, see ingredients in **bold**.

PDS: 120653-001 & 1008620-01

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References: 1. Gregory JR *et al.* National diet and nutrition survey: children aged 1½ to 4½ years, London: HMSO, 1995.

2. Cowin I *et al.* J Hum Nutr Diet 2007;20:254-67.

Healthcare professional helpline

0800 996 1234 eln.nutricia.co.uk

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Early Life Nutrition



Aptamil Growing Up Milk 1-2 Years

Typical values	Units	Powder*			Liquid*	
		/100g	/100ml prepared feed	/100kcal	/100ml	/100kcal
Major Nutrients						
Energy	kJ	1856	273	420	209	418
	kcal	442	65	100	50	100
Fat	g	17.7	2.6	4.0	2.6	5.11
of which saturates	g	5.5	0.8	1.2	0.4	0.77
of which unsaturates	g	12.2	1.8	3.8	2.2	4.34
of which LCPs†	g	0.08	0.012	0.018	0.021	0.042
- Docosahexaenoic acid (DHA)	g	0.08	0.012	0.018	0.013	0.025
- Eicosapentaenoic acid (EPA)	g				0.008	0.017
Carbohydrate	g	60.2	8.9	13.6	4.9	9.71
of which sugars	g	48	7.1	10.9	4.7	9.34
of which lactose	g	44.9	6.6	10.2	4.3	8.48
Fibre	g	3.8	0.6	0.9	0.8	1.7
Protein	g	8.8	1.3	2.0	1.5	2.95
Salt	g	0.44	0.06	0.1	0.06	0.13
Vitamins						
Vitamin A	µg (RE)	462	68	105	67.1	134
Vitamin D ₃	µg	21	3.1	4.8	3.1	6.1
Vitamin E	mg	6.9	1.0	1.6	1.1	2.2
Vitamin K ₁	µg	41	6.1	9.4	5.1	10.1
Vitamin C	mg	102	15	23	15	30.3
Thiamin (B ₁)	mg	0.27	0.04	0.06	0.04	0.1
Riboflavin (B ₂)	mg	1.6	0.23	0.35	0.23	0.5
Niacin (B ₃)	mg	1.6	0.23	0.36	0.20	0.4
Pantothenic acid	mg	3.9	0.58	0.89	0.57	1.1
Vitamin B ₆	mg	0.41	0.06	0.09	0.06	0.1
Folic acid	µg	53	7.8	12	12	24
Vitamin B ₁₂	µg	2.7	0.4	0.62	0.41	0.8
Biotin	µg	8.1	1.2	1.8	1.3	2.6
Minerals						
Sodium	mg	176	26	40	26	51
Potassium	mg	1020	150	231	73.9	147.5
Chloride	mg	346	51	78	43.5	86.7
Calcium	mg	816	120	185	90	179
Phosphorus	mg	583	86	132	49	98
Magnesium	mg	68	10	15	5.5	11
Iron	mg	8.2	1.2	1.8	1.2	2.4
Zinc	mg	2.7	0.4	0.6	0.92	1.8
Iodine	µg	136	20	31	19.9	39.7
Others						
GOS/FOS [‡]	g		0.8		1.2	
Osmolarity	mOsmol/l		346			
Osmolality	mOsmol/kg water		388			
Potential renal solute load	mOsmol/l		166			
Scoop weight**			4.9g			
Standard dilution**			14.7%			

*Please note there are some nutritional differences between powder and liquid milks.

**Refers to powder.

[†]Long chain polyunsaturated fatty acids.

[‡]Galacto-oligosaccharides/Fructo-oligosaccharides.

Details correct as of August 2019.

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