



APTAMIL SENSAVIA FIRST INFANT MILK POWDER

DATA CARD

DESCRIPTION

Aptamil® Sensavia® First Infant Milk is based on partially hydrolysed milk protein, where the milk protein has been broken into smaller pieces. Containing our blend of Galacto- and Fructo-oligosaccharides (scGOS/lcFOS in a 9:1 ratio), Omega-3 long chain polyunsaturated fatty acids (LCPs) and nucleotides.

INDICATIONS

Aptamil® Sensavia® First Infant Milk is suitable from birth for combination or bottle-fed infants. It is nutritionally complete until 6 months and can be used to complement a weaning diet from 6-12 months.

CONTRA-INDICATIONS

Not suitable for infants with suspected or diagnosed cow's milk allergy. Not suitable for intravenous use, lactose intolerance, vegetarians or infants with fish allergy.

IMPORTANT NOTICE

Breastfeeding is best for babies. Aptamil® Sensavia® First Infant Milk should only be used on the advice of a doctor, midwife, health visitor, public health nurse, dietitian, pharmacist, or other professional responsible for maternal and child care.

When bottle feeding, do not allow prolonged or frequent contact of milk feeds with teeth as this increases the risk of tooth decay.

PACK FORMATS

Aptamil® Sensavia® First Infant Milk is available in powder and ready-to-feed formats. 800g packs are supplied in cases of 4; Aptamil® Sensavia® First Infant Milk is also available in 6x70ml starter packs ready to feed bottles with sterilised teats.

STORAGE

Store powder in a cool dry place. Do not refrigerate. Use powder within 4 weeks of opening.

SHELF LIFE

18 months. Best before date: see pack.

DIRECTIONS FOR USE

- Make up each feed as required.
- For hygiene reasons do not store made up feeds.
- Discard unfinished feeds as soon as possible and always within 2 hours.
- Do not heat feeds in a microwave: hot spots may occur and cause scalding.
- Never leave infants alone during feeding.
- Due to the characteristics of some ingredients in Aptamil® Sensavia® First Infant Milk, the milk can separate once prepared. If this occurs, shake the bottle vigorously to mix and use as normal.

FEEDING GUIDE

APPROX AGE	APPROX. WEIGHT		NO. OF FEEDS IN 24 HRS	NO. OF LEVEL SCOOPS PER FEED	QUANTITY OF WATER PER FEED	
	kg	lb			ml	fl.oz
Up to 2 weeks	3.5	7 3/4	6	3	90	3
2-4 weeks	3.9	8 1/2	5	4	120	4
4-8 weeks	4.7	10 1/2	5	5	150	5
8-12 weeks	5.4	12	5	6	180	6
3-4 months	6.2	13 3/4	5	6	180	6
4-5 months	6.9	15 1/4	5	7	210	7
5-6 months	7.6	16 3/4	5	7	210	7
7-12 months	-	-	3	7	210	7

Assumes weaning at 6 months. This information is provided as a guide only.

IMPORTANT: Always use the scoop provided; please note the colour of the scoop may change from time to time.

Scoop weight: 4.6g

PREPARATION

1. Wash hands and sterilise all utensils according to manufacturer's instructions. Boil 1 litre of freshly run water. Leave kettle to cool for 30 minutes and no longer. Measure the required amount of water (refer to feeding guide) into a sterilised bottle. Be careful of scalding. Do not use artificially softened or repeatedly boiled water.
2. Using the scoop provided, level off the powder with the built-in leveller. Do not press/heap the powder.
3. Add the correct measure of powder to the water. Adding too many or too few scoops can be harmful. Cap the bottle. Shake vertically and vigorously (for 10 seconds) until powder is dissolved. Remove cap and replace with a sterilised teat.
4. Cool under running tap. Check temperature of feed. Feed immediately.

INGREDIENTS

Lactose (from **milk**), Partially hydrolysed whey protein concentrate (from **milk**), Vegetable oils (Palm oil, Rapeseed oil, Coconut oil, Sunflower oil, Single cell oil), Galacto-oligosaccharides (GOS) (from **milk**), Emulsifiers (Citric acid ester of mono- & di-glycerides, **Soy** lecithin), Fructo-oligosaccharides (FOS), Potassium hydrogen phosphate, Calcium chloride, **Fish** oil, Vitamin C, Choline chloride, Taurine, Inositol, Ferrous sulphate, Zinc sulphate, Vitamin E, Uridine 5'-monophosphate sodium salt, Cytidine 5'-monophosphate, L-Carnitine, Adenosine 5' monophosphate, Inosine 5'-monophosphate sodium salt, Nicotinamide, Guanosine 5'-monophosphate sodium salt, Pantothenic acid, Biotin, Copper sulphate, Folic acid, Vitamin A, Riboflavin, Thiamin, Vitamin D₃, Vitamin B₆, Manganese sulphate, Potassium iodide, Sodium selenite, Vitamin K₁.

For allergens, see ingredients in **bold**.

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TYPICAL VALUES	UNITS	POWDER		
		/100g	/100ml prepared feed	/100kcal
MAJOR NUTRIENTS				
ENERGY	kJ	2020	275	420
		kcal	483	66
PROTEIN	g	11.0	1.5	2.3
of which, whey	g	11.0	1.5	2.3
CARBOHYDRATE	g	52.5	7.2	10.9
of which, sugars	g	51.9	7.1	10.7
of which, lactose	g	50.1	6.9	10.4
FAT	g	24.6	3.4	5.1
of which, saturates	g	11.7	1.6	2.4
of which, unsaturates	g	12.9	1.8	2.7
of which, LCPs†	g	0.15	0.020	0.031
of which, arachidonic acid (AA)	g	0.08	0.011	0.017
of which, docosahexaenoic acid (DHA)	g	0.05	0.006	0.010
FIBRE	g	4.1	0.6	0.9
SALT	g	0.45	0.06	0.095
VITAMINS				
Vitamin A	µg RE	364	50	75
Vitamin D ₃	µg	8.8	1.2	1.8
Vitamin E	mg α-TE	7.4	1.0	1.5
Vitamin K ₁	µg	32	4.4	6.7
Vitamin C	mg	67	9.1	14
Thiamin (B ₁)	mg	0.37	0.05	0.08
Riboflavin (B ₂)	mg	0.73	0.10	0.15
Niacin (B ₃)	mg	3.1	0.43	0.65
Pantothenic acid	mg	2.57	0.35	0.53
Vitamin B ₆	mg	0.30	0.040	0.061
Folic acid	µg	61	8.4	13
Vitamin B ₁₂	µg	0.58	0.08	0.12
Biotin	µg	13	1.8	2.7
MINERALS				
Sodium	mg	181	25	38
Potassium	mg	530	73	110
Chloride	mg	302	41	63
Calcium	mg	339	46	70
Phosphorus	mg	190	26	39
Magnesium	mg	37	5.1	7.6
Iron	mg	3.9	0.53	0.80
Zinc	mg	3.7	0.50	0.76
Copper	mg	0.293	0.040	0.061
Manganese	mg	0.055	0.008	0.011
Fluoride	mg	<0.040	<0.006	<0.008
Selenium	µg	12	1.7	2.5
Iodine	µg	88	12	18
OTHERS				
L-carnitine	mg	7.9	1.1	1.6
Choline	mg	73	10	15
Inositol	mg	30	4.1	6.2
Taurine	mg	39	5.3	8.0
Nucleotides	mg	24	3.2	4.9
GOS/FOS ^o	g	5.8	0.8	1.2
Osmolality	mOsmol/kg H ₂ O		360	
Osmolarity	mOsmol/L		320	
Potential renal solute load	mOsmol/L		135	
Scoop weight	g		4.6	
Standard dilution	%		13.7	

FATTY ACID COMPOSITION	G/100G FATTY ACIDS	
SATURATED		
Butyric acid	C4:0	0.07
Caproic acid	C6:0	0.21
Caprylic acid	C8:0	1.89
Capric acid	C10:0	1.46
Lauric acid	C12:0	11.0
Myristic acid	C14:0	4.97
Palmitic acid	C16:0	19.5
Stearic acid	C18:0	5.89
Arachidic acid	C20:0	0.48
Behenic acid	C22:0	0.25
Lignoceric acid	C24:0	0.07

UNSATURATED		
Palmitoleic acid	C16:1 (n-7)	0.20
Oleic acid	C18:1 (n-9)	35.4
Linoleic acid	C18:2 (n-6)	13.1
Alpha-linolenic acid	C18:3 (n-3)	2.42
Gamma-linolenic acid	C18:3 (n-6)	0.02
Stearidonic acid	C18:4 (n-3)	0.00
Eicosaenoic acid	C20:1 (n-9)	0.46
Dihomo-gamma-linolenic acid	C20:3 (n-6)	0.03
Arachidonic acid	C20:4 (n-6)	0.35
Eicosapentaenoic acid	C20:5 (n-3)	0.04
Erucic acid	C22:1 (n-9)	0.10
Docosapentaenoic acid	C22:5 (n-3)	0.01
Docosahexaenoic acid	C22:6 (n-3)	0.20
Nervoic acid	C24:1 (n-9)	0.06
LA:ALA		5.4

AMINO ACID COMPOSITION	G/100G PROTEIN
L-alanine	5.1
L-arginine	2.8
L-aspartic acid	11.6
L-cysteine	2.9
L-glutamic acid	18.7
Glycine	1.9
L-histidine	2.1
L-isoleucine	5.5
L-leucine	12.2
L-lysine	10.3
L-methionine	2.3
L-phenylalanine	3.6
L-proline	5.4
L-serine	4.8
L-threonine	5.8
L-tryptophan	1.9
L-tyrosine	3.5
L-valine	5.1

†Long chain polyunsaturated fatty acids.

^oGalacto-oligosaccharides/Fructo-oligosaccharides.

Details correct as of June 2019.

Healthcare professional helpline

0800 996 1234

Healthcare professional website
eln.nutricia.co.uk