



## APTAMIL® COMFORT

### INDICATIONS

Aptamil® Comfort is a food for special medical purposes for the dietary management of colic and constipation. It contains oligosaccharides (GOS/FOS), reduced lactose, partially hydrolysed whey protein and a fat blend with beta-palmitate. It is nutritionally complete, suitable as a sole source of nutrition from birth and as part of a weaning diet from 6 months to 12 months.

### CONTRA-INDICATIONS

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

### IMPORTANT NOTICE

Breastfeeding is best for babies. Aptamil® Comfort is a food for special medical purposes for the dietary management of colic and constipation. It should only be used under medical supervision, after full consideration of the feeding options available including breastfeeding. Suitable for use as the sole source of nutrition for infants from birth and as part of a balanced diet from 6-12 months. For enteral use only.

When bottle feeding do not allow prolonged or frequent contact of milk feeds with babies' teeth as this increases the risk of tooth decay. It's important babies' teeth are cleaned after the last feed at night.

### PACK FORMATS

Aptamil® Comfort is available in a powder format. 800g EaZypacks are supplied in cases of 4; the product PIP code is 407-4290.

### PREPARATION AND STORAGE

All Aptamil® products carry preparation instructions. Please see packaging for further information. EaZypacks should be stored in a cool, dry place; do not refrigerate, and use contents within four weeks of opening.

### IMPORTANT FEEDING ADVICE

Aptamil® Comfort has a thicker texture than most other milks, therefore we recommend using a variable flow teat or a single hole teat with medium or fast flow.

Due to Aptamil® Comfort's blend of ingredients, you may notice a change in babies' stool consistency and colour. This is completely normal.

### INGREDIENTS

Whey protein hydrolysate (from **milk**), Vegetable oils (Palm oil, Rapeseed oil, Sunflower oil, High oleic sunflower oil, Coconut oil), Glucose syrup, Galacto-oligosaccharides (GOS) (from **milk**), Maltodextrin, Potato starch, Maize starch, Lactose (from **milk**), Fructo-oligosaccharides (FOS), **Fish** oil, Potassium dihydrogen phosphate, Calcium phosphate, Calcium chloride, Choline chloride, Oil from Mortierella Alpina, Magnesium hydrogen phosphate, Potassium chloride, Sodium chloride, Vitamin C, Inositol, Taurine, Ferrous sulphate, L-Carnitine, Zinc sulphate, Uridine 5'-monophosphate sodium salt, Vitamin E, Cytidine 5'-monophosphate, Pantothenic acid, Adenosine 5'-monophosphate, Inosine 5'-monophosphate sodium salt, Nicotinamide, Guanosine 5'-monophosphate sodium salt, Copper sulphate, Riboflavin, Emulsifier (**Soy** lecithin), Vitamin A, Thiamin, Vitamin B<sub>6</sub>, Potassium iodide, Folic acid, Antioxidant (Ascorbyl palmitate), Manganese sulphate, Sodium selenite, Vitamin K<sub>1</sub>, Vitamin D<sub>3</sub>, Biotin, Vitamin B<sub>12</sub>.

### ALLERGY ADVICE

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

### DIETARY INFORMATION

Halal certified

PDS: 122612.01\_V2

Nutricia Ltd, White Horse Business Park, Trowbridge, Wiltshire, BA14 0XQ



This information is intended for healthcare professional use only

# DATA CARD

## APTAMIL® COMFORT

TYPICAL VALUES	UNITS	Per 100g powder	Per 100ml	Per 100kcal
<b>ENERGY</b>				
	kJ	2015	276	418
	kcal	482	66	100
<b>Fat</b>	g	25.0	3.4	5.2
of which, saturates	g	10.6	1.4	2.2
of which, mono-unsaturates	g	10.2	1.4	2.1
of which, polyunsaturates	g	4.2	0.6	0.9
of which, LCPs <sup>1</sup>	g	0.29	0.038	0.058
- Arachidonic acid (AA)	g	0.12	0.017	0.025
- Docosahexaenoic acid (DHA)	g	0.12	0.017	0.025
<b>Carbohydrate</b>	g	51.1	7.0	10.6
of which, sugars	g	23.8	3.3	4.9
of which, lactose	g	19.7	2.70	4.08
of which, polyols	g	0.115	0.016	0.024
- Inositol	g	0.062	0.0085	0.013
of which, starch	g	10.2	1.4	2.1
<b>Fibre</b>	g	4.1	0.6	0.9
of which, GOS <sup>2</sup>	g	3.5	0.48	0.73
of which, FOS <sup>3</sup>	g	0.584	0.08	0.121
<b>Protein</b> †	g	11.1	1.5	2.3
of which, whey	g	11.0	1.5	2.3
of which, casein	g	0	0	0
<b>Salt</b>	g	0.51	0.07	0.11
<b>VITAMINS</b>				
Vitamin A	µg	423	58	88
Vitamin D <sub>3</sub>	µg	12	1.7	2.5
Vitamin E	mg TE	12	1.7	2.5
Vitamin K <sub>1</sub>	µg	36	4.9	7.5
Vitamin C	mg	67	9.1	14
Thiamin (B <sub>1</sub> )	mg	0.44	0.06	0.09
Riboflavin (B <sub>2</sub> )	mg	1.0	0.14	0.21
Niacin (B <sub>3</sub> )	mg	3.2	0.43	0.66
Vitamin B <sub>6</sub>	mg	0.31	0.04	0.06
Folate	µg	102	14.0	21.3
Vitamin B <sub>12</sub>	µg	0.60	0.08	0.12
Biotin	µg	12	1.7	2.5
Pantothenic acid	mg	4.2	0.57	0.86
<b>MINERALS</b>				
Sodium	mg/mmol	204 / 8.9	28.0 / 1.2	42.4 / 1.8
Potassium	mg/mmol	590 / 15.1	81 / 2.1	122 / 3.1
Chloride	mg/mmol	372 / 10.6	51 / 1.5	77 / 2.2
Calcium	mg/mmol	431 / 10.8	59 / 1.5	89 / 2.2
Phosphorus	mg	239	33	50
Phosphate	mmol	7.7	1.1	1.6
Magnesium	mg/mmol	37 / 1.5	5.1 / 0.2	7.7 / 0.3
Iron	mg	5.3	0.73	1.1
Zinc	mg	3.5	0.48	0.73
Copper	mg	0.371	0.051	0.077
Manganese	mg	0.043	0.006	0.009
Fluoride	mg	≤0.043	≤0.006	≤0.009
Selenium	µg	22	3.0	4.5
Chromium	µg	≤43	≤6.0	≤9.0
Molybdenum	µg	≤43	≤6.0	≤9.0
Iodine	µg	92	13	19
<b>OTHERS</b>				
L-Carnitine	mg	15	2.1	3.2
Choline	mg	182	25	38
Taurine	mg	39	5.4	8.1
Non-caloric carbohydrate (GOS <sup>2</sup> )	g	1.7	0.2	0.3
Nucleotides	mg	17	2.3	3.5
Osmolarity	mOsmol/l		220	
Osmolality	mOsmol/kg H <sub>2</sub> O		250	
Potential renal solute load	mOsmol/l		144	
Scoop weight			4.6g	
Standard dilution			13.71%	

FATTY ACID COMPOSITION	g/100g Fatty acids	
<b>SATURATED</b>		
Butyric acid	C4:0	0.07
Caproic acid	C6:0	0.05
Caprylic acid	C8:0	1.09
Capric acid	C10:0	1.03
Lauric acid	C12:0	11.9
Myristic acid	C14:0	4.61
Palmitic acid	C16:0	18.7
Stearic acid	C18:0	3.74
Arachidic acid	C20:0	0.03
Behenic acid	C22:0	0.03
Lignoceric acid	C24:0	0.02
<b>UNSATURATED</b>		
Palmitoleic acid	C16:1 (n-7)	0.14
Oleic acid	C18:1 (n-9)	40.7
Linoleic acid (LA)	C18:2 (n-6)	13.9
Alpha-linolenic acid (ALA)	C18:3 (n-3)	1.64
Gamma-linolenic acid (GLA)	C18:3 (n-6)	0.04
Stearidonic acid (STA)	C18:4 (n-3)	0.02
Eicosanoic acid	C20:1 (n-9)	0.04
Dihomo-gamma-linolenic acid	C20:3 (n-6)	0.04
Arachidonic acid (AA)	C20:4 (n-6)	0.51
Eicosapentaenoic acid (EPA)	C20:5 (n-3)	0.11
Erucic acid	C22:1 (n-9)	0.10
Docosapentaenoic acid	C22:5 (n-3)	0.02
Docosahexaenoic acid (DHA)	C22:6 (n-3)	0.51
Nervonic acid	C24:1 (n-9)	0.01
LA:ALA		8.42:1

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	5.4
L-leucine	12.1
L-lysine	10.3
L-methionine	2.3
L-phenylalanine	3.6
L-proline	5.4
L-serine	4.8
L-threonine	5.7
L-tryptophan	1.9
L-tyrosine	3.4
L-valine	5.1

<sup>1</sup>Long chain polyunsaturated fatty acids. <sup>2</sup>Galacto-oligosaccharides/<sup>3</sup>Fructo-oligosaccharides.

†Partially hydrolysed cow's milk protein

**Details correct as of October 2019.**