



# APTAMIL® LACTOSE FREE FIRST INFANT MILK

## INDICATIONS

Aptamil® Lactose Free First Infant Milk is a nutritionally complete, lactose free breastmilk substitute. Suitable as sole source of nutrition from birth to 6 months and as part of a weaning diet from 6 to 12 months. Contains DHA, as required by the legislation for all infant formula.

## CONTRA-INDICATIONS

- i. Not suitable for intravenous use.
- ii. Not suitable for infants with galactosaemia and cows' milk allergy
- iii. Not suitable for vegetarians.

## IMPORTANT NOTICE

Breastfeeding is best for babies. Aptamil® Lactose Free 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 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® Lactose Free First Infant Milk is available in a powder format. 400g tins are supplied in cases of 12; the product PIP code is 386-7439.

## PREPARATION AND STORAGE

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

## INGREDIENTS

Glucose syrup, Vegetable oils (Palm oil, Coconut oil, Rapeseed oil, High oleic sunflower oil, Sunflower oil), Calcium caseinate (from **milk**), Maltodextrin, Calcium phosphate, Sodium citrate, Potassium hydrogen phosphate, **Fish** oil, Potassium citrate, Magnesium chloride, Potassium chloride, L-Cysteine, Choline chloride, Oil from Mortierella Alpina, Emulsifier (**Soy** lecithin), Vitamin C, Potassium hydroxide, Inositol, Taurine, L-Tryptophan, L-Carnitine, Ferrous sulphate, Zinc sulphate, Vitamin E, Uridine 5'-monophosphate sodium salt, Cytidine 5'-monophosphate, Pantothenic acid, Adenosine 5'-monophosphate, Inosine 5'-monophosphate sodium salt, Nicotinamide, Guanosine 5'-monophosphate sodium salt, Copper sulphate, Riboflavin, Vitamin A, Thiamin, Vitamin B<sub>6</sub>, Potassium iodide, Folic acid, Manganese sulphate, Sodium selenite, Vitamin K<sub>1</sub>, Biotin, Vitamin D<sub>3</sub>, Vitamin B<sub>12</sub>.

## ALLERGY ADVICE

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

## DIETARY INFORMATION

Halal certified

PDS: 123320.01\_V2

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



# APTAMIL® LACTOSE FREE FIRST INFANT MILK

TYPICAL VALUES	UNITS	Per 100g powder	Per 100ml prepared feed	Per 100kcal prepared feed
Energy	kJ	2104	276	419
		502	66	100
Fat	g	25.6	3.4	5.1
of which, saturates	g	11.5	1.5	2.3
of which, mono-unsaturates	g	9.7	1.3	1.9
of which, polyunsaturates	g	4.4	0.6	0.9
of which, LCPS <sup>†</sup>	g	0.31	0.04	0.06
- Arachidonic acid (AA)	g	0.13	0.017	0.026
- Docosahexaenoic acid (DHA)	g	0.13	0.017	0.026
<b>Carbohydrate</b>	g	58.1	7.6	11.6
of which, sugars	g	9.1	1.2	1.8
of which, lactose	g	<0.05	<0.007	<0.01
of which, polyols	g	0.055	0.007	0.011
- Inositol	g	0.055	0.007	0.011
Fibre	g	0	0	0
Protein	g	10.1	1.3	2.0
of which, whey	g	0	0	0
of which, casein	g	9.9	1.3	2.0

## VITAMINS

Vitamin A	µg	440	58	88
Vitamin D <sub>3</sub>	µg	11.0	1.4	2.2
Vitamin E	mg TE	8.9	1.2	1.8
Vitamin K <sub>1</sub>	µg	34	4.4	6.7
Vitamin C	mg	70	9.3	14
Thiamin (B <sub>1</sub> )	mg	0.50	0.07	0.10
Riboflavin (B <sub>2</sub> )	mg	1.1	0.14	0.21
Niacin (B <sub>3</sub> )	mg	3.3	0.43	0.65
Vitamin B <sub>6</sub>	mg	0.351	0.046	0.070
Folate	µg	105	14	21
Vitamin B <sub>12</sub>	µg	1.3	0.17	0.25
Biotin	µg	13	1.6	2.5
Pantothenic acid	mg	4.02	0.53	0.80

## MINERALS

Sodium	mg	168	22.1	33.4
Potassium	mg	611	80	122
Chloride	mg	387	51	77
Calcium	mg	519	68	103
Phosphorus	mg	371	49	74
Magnesium	mg	42	5.6	8.4
Iron	mg	5.4	0.71	1.1
Zinc	mg	3.7	0.48	0.73
Copper	mg	0.398	0.052	0.079
Manganese	mg	0.054	0.007	0.011
Fluoride	mg	≤0.045	≤0.006	≤0.009
Selenium	µg	23	3.0	4.6
Iodine	µg	96	13	19

## OTHERS

L-Carnitine	mg	16	2.1	3.2
Choline	mg	170	22	34
Taurine	mg	41	5.4	8.1
Nucleotides	mg	18	2.3	3.5
Osmolarity	mOsmol/l		170	
Osmolality	mOsmol/kg H <sub>2</sub> O		190	
Potential renal solute load	mOsmol/l		135	
Scoop weight			4.4g	
Standard dilution			13.1%	

FATTY ACID COMPOSITION	g/100g Fatty acids	
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## SATURATED

Butyric acid	C4:0	0.01
Caproic acid	C6:0	0.19
Caprylic acid	C8:0	2.05
Capric acid	C10:0	1.54
Lauric acid	C12:0	12.0
Myristic acid	C14:0	4.94
Palmitic acid	C16:0	18.5
Stearic acid	C18:0	3.38
Arachidic acid	C20:0	0.31
Behenic acid	C22:0	0.30
Lignoceric acid	C24:0	0.09

## UNSATURATED

Palmitoleic acid	C16:1 (n-7)	0.21
Oleic acid	C18:1 (n-9)	37.2
Linoleic acid (LA)	C18:2 (n-6)	14.0
Alpha-linolenic acid (ALA)	C18:3 (n-3)	1.72
Gamma-linolenic acid (GLA)	C18:3 (n-6)	0.04
Stearidonic acid (STA)	C18:4 (n-3)	0.02
Eicosaenoic acid	C20:1 (n-9)	0.38
Dihomo-gamma-linolenic acid	C20:3 (n-6)	0.04
Arachidonic acid (AA)	C20:4 (n-6)	0.53
Eicosapentaenoic acid (EPA)	C20:5 (n-3)	0.11
Erucic acid	C22:1 (n-9)	0.07
Docosapentaenoic acid	C22:5 (n-3)	0.02
Docosahexaenoic acid (DHA)	C22:6 (n-3)	0.53
Nervonic acid	C24:1 (n-9)	0.05
LA:ALA		8.1:1

AMINO ACID COMPOSITION	g/100g Protein
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L-alanine	3.3
L-arginine	3.8
L-aspartic acid	7.5
L-cysteine	2.3
L-glutamic acid	23.9
Glycine	2.1
L-histidine	2.9
L-isoleucine	5.1
L-leucine	10.1
L-lysine	8.6
L-methionine	3.1
L-phenylalanine	5.4
L-proline	11.7
L-serine	6.4
L-threonine	4.6
L-tryptophan	1.6
L-tyrosine	5.7
L-valine	6.6

<sup>†</sup>Long chain polyunsaturated fatty acids.

Details correct as of January 2020.