

Infant Formulae and Follow-on Formulae Listing

In the absence of evidence for claims this list is provided for information purposes, and is not to be seen as an endorsement.

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Standard Infant Formulae and Follow-on Formulae

As infant formulae are not necessary for most babies beyond 12 months this list does not cover those marketed for older children – the so-called ‘toddler milks’

“Follow on” formulae are not necessary and it is preferable to stay on whey dominant milks.

Manufacturer and name of formula	Sold as suitable from:	Notes
Cow & Gate Premium	Birth	Whey dominant.
SMA First	Birth	Whey dominant
Nutricia Aptamil First	Birth	Whey dominant
HiPP Organic	Birth	Organic whey dominant
Heinz Nurture Newborn	Birth	Whey dominant
Cow & Gate Plus	Birth	Casein dominant
SMA Extra Hungry	Birth	Casein dominant
Nutricia Aptamil Hungry	Birth	Casein dominant
Heinz Nurture Hungry	Birth	Casein dominant
Cow & Gate Step-Up	6 months	Casein dominant follow on formula
SMA Follow On	6 months	Casein dominant follow on formula
Nutricia Aptamil Follow On	6 months	Casein dominant follow on formula
HiPP Organic Follow On	6 months	Organic casein dominant follow on formula
Heinz Nurture Follow On	6 months	Casein dominant follow on formula
Cow & Gate Next Steps	9 months	Thicker follow on formula
HiPP Organic Growing Up	10 months	Organic follow on formula

The Scientific Advisory Committee on Nutrition produced a report on “Good Night Milks” and its conclusions are extremely clear. See link below for full report

http://www.sacn.gov.uk/pdfs/final_sacn_statement_on_good_night_milks.pdf

The Committee was unable to identify any published scientific evidence to support a claim that “Good Night Milks” offer nutritional or other health advantage over the use of infant or follow-on formula. The Committee is concerned that the use of these products to “settle” babies at night could promote poor dental hygiene. The Committee does not agree with HiPP Organic’s statement that their product is suitable for young children as an alternative to the evening meal.

Non-Standard Infant Formulae and Follow-on Formulae

Brand Name	Use	How the formula has been modified
<p>Off-the-shelf Specialist Formulae</p> <p>This section refers to new formulae which have been introduced recently that are slightly modified for babies with minor digestive problems. They contain partially hydrolysed protein, modified fat and thickeners.</p> <p>The evidence for their use is based on limited research studies of small numbers of infants: some parents report positive results.</p>		
Aptamil Comfort	Aimed at babies with colic and constipation.	100% whey based formula; lactose is reduced to 40% with the other 60% being from glucose; partially hydrolysed proteins; modified fat blend intended to produce less solid stools; added thickeners. Interestingly it prefers to be made up with hotter water, so the manufacturers recommend that water is left for no more than 15 minutes after boiling before mixing with the powdered formula.
Cow and Gate Comfort	Aimed at babies with colic, mild reflux, constipation and gassy episodes.	100% whey based formula; reduced (to 40% of sugars) lactose formula; partially hydrolysed Cow & Gate recommend this is not used in conjunction with other milks, and that it is tried for at least 2 weeks consistently to see any effect. The 100% whey basis means baby will most likely produce softer stools on this type of formula than on a whey dominant or indeed casein dominant formula, and its vegetable fat blend, which is intended to mimic the fats in breast milk, may, say Cow and Gate, lead to green stools. It comes in an infant formula form, and a follow-on form.
Heinz Nurture Gentle	Aimed at babies suffering from colic, constipation, and other common feeding disorders.	Partially hydrolysed (they describe it as 'acidified') formula made with 50% whey and 50% casein. It has a fat blend which may give softer stools. It comes in an infant formula form, ('Newborn') and a follow-on milk form ('Follow-On').
<p>Formulae for Lactose Intolerance and Cows' Milk Protein Sensitivity</p> <p>See "Guidelines for Formula Fed Babies with suspected Lactose Intolerance, suspected Cows' Milk Protein Allergy and suspected Cows Milk Protein Sensitivity"</p> <p>These are being developed - contact infant.feeding@northlancs.nhs.uk for a copy.</p>		

Thickened Formulae

Thickeners can be added to standard formulas for infants with Gastro-Oesophageal Reflux, or GORD. However, two formulas have added constituents that thicken them on reaching the stomach. Formulae specifically designed for those with GORD, include:

SMA Staydown	For babies with significant reflux	Available at the pharmacy and on prescription. Thickened with an pre-cooked corn starch that thickens on contact with stomach acid. This allows the feed to flow smoothly through a normal teat.
Enfamil AR	For babies with reflux	Available on prescription only, for babies who suffer from reflux and possetting (AR stands for Anti Reflux), which Mead Johnson say tends to be a transient thing which will go after 4-6 weeks, and so this therapy isn't necessary long term. They advocate staying on the formula no longer than 6 weeks before returning to the child's previous formula. It uses rice starch as a thickener which means that it needs cooler water to be made up effectively, as too-hot water will mean the rice starch thickens in the bottle rather than baby's tummy - this means that the guidelines for safe preparation of formula cannot be followed with this formula

High energy

Regular infant formula varies from 67 to 70 kcal per 100ml and mature breastmilk is usually found within that range as well.

SMA High Energy	For babies with faltering growth	Prescription only, high calorie, nutrient-dense formula. 91 kcal / 100ml
Infatrini, made by Nutricia	For babies with faltering growth	Prescription only, high calorie, nutrient-dense formula. 100 kcal / 100ml

Soy Formulae

The Chief Medical Officer recently reiterated his advice that soya-based infant formulas should not be used as the first choice for the management of infants with proven cow's milk sensitivity, lactose intolerance, galactokinase deficiency and galactosaemia. Soya-based formulas have a high phytoestrogen content, which could pose a risk to the long-term reproductive health of infants, according to a 2003 report from the Committee on Toxicity (COT), an independent scientific committee that advises the Department of Health and other government agencies. Furthermore, the Scientific Advisory Committee on Nutrition (SACN), another independent advisory body, has advised that there is no particular health benefit associated with the consumption of soya-based infant formula by infants who are healthy (no clinically diagnosed conditions). SACN also advised there is no unique clinical condition that particularly requires the use of soya-based infant formulas. As an alternative to soya-based products, more appropriate hydrolysed protein formulas are available and can be prescribed. Soya-based formulas should only be used in exceptional circumstances to ensure adequate nutrition. For example, they may be given to infants of vegan parents who are not breast-feeding or infants who find alternatives unacceptable.

They are all marketed as suitable for babies who are intolerant to cows' milk proteins, lactose, galactose and sucrose.

Cow & Gate InfaSoy * SMA Wysoy Heinz Nurture Soya * Abbot Nutrition Isomil * Mead Johnson Enfamil ProSobee

Prescription Only Partially hydrolysed formulae

The protein in these formulas is 100 per cent whey protein that has been hydrolysed or broken down into smaller particles and peptide chains.

These formulas are promoted for allergy prevention, but note the Cochrane Review on formulas containing hydrolysed protein for prevention of allergy and food intolerance in infants, whose conclusion was:

- 'Infant formulas have been designed to try to lower their chances of developing allergy or food intolerance. These include hydrolysed cow's and soy milk formulas. Hydrolysed formulas break down the milk proteins into smaller, potentially less allergy producing proteins.]
- The review of trials found there is no evidence to support feeding with a hydrolysed formula to prevent allergy in preference to exclusive breastfeeding.
- In infants at high risk for allergy who are unable to be completely breastfed there is limited evidence that feeding with a hydrolysed formula compared to a cow's milk formula reduces allergies in babies and children including cow's milk allergy
- Concerns regarding the quality of the evidence and consistence of the results indicate further studies are needed.'
- Osborn DA & Sinn J. Formulas containing hydrolysed protein for prevention of allergy and food intolerance in infants (Review).

The Cochrane Library 2007, Issue 1. Published by John Wiley & Sons Ltd. (April 2007).

Extensively hydrolysed formulas (see below) may be more suitable, particularly for babies whose mothers have eczema. Infants at risk of allergic disease are those with an atopic family history, that is, a mother, father or sibling with asthma, eczema, hayfever or food allergy. They are not suitable for babies with allergy or intolerance to cows' milk protein as the partially hydrolysed protein could cause an allergic reaction. They are:

- Nan HA1 – Nestle
- Nan HA2 (from six months) – Nestle

Formulae for Premature and low birth weight babies

Specialist formulas for very low weight preterm babies in hospital are not available outside the hospital. They are formulated for pre-term babies and contain higher levels of some nutrients than the standard formulas. In particular they are higher in iron and vitamin D to meet the higher requirements of pre-term babies. They include:

- Nutricia Aptamil Preterm
- Cow & Gate Nutriprem 1
- Nestle Pre-Nan
- SMA Nutrition Gold Prem

Before discharge pre-term babies will be changed to post-discharge formula:

- Cow & Gate Nutriprem 2
- SMA Nutrition Gold Prem 2

Goats Milk Formula

The UK Department of Health **does not recommend the use of Goats Milk Formula** for infants (under 1 year of age)

The composition of infant formula and follow-on formula is governed by **European legislation**. The current legislation specifically states the criteria for infant formulas and follow-on formulas to be based on cows' milk protein, hydrolysed protein or soya protein.

In 2005, the European Commission asked the European Food Safety Authority (EFSA) to review its assessment of the suitability of the use of goats' milk protein in infant formulas, as further information had been made available by a manufacturer. EFSA reviewed the dossier of additional information and concluded that the available scientific data was insufficient to establish the nutritional adequacy and nutritional safety of goats' milk protein as a protein source in infant and follow-on formula. This was due to flaws in the methodology, including insufficient sample size, restriction to anthropometric parameters only, absence of a breast-fed reference group and non-adherence to the study's protocol. EFSA also concluded that there was no convincing data, either in the literature or submitted, to support the belief that the incidence of allergic reactions is lower when feeding goats' milk based formula compared to cows' milk based formula.

The Department recommends the use infant formula and follow-on formula based on cows' milk protein or hydrolysed protein or soya protein on the advice of health professionals. In light of EFSA's opinion, the Department advises health professionals not to recommend the use of infant milks based on goats' milk protein.

Some parents may believe that infant milk based on goats' milk protein is a suitable alternative for babies who they perceive as being intolerant to cows' milk formulae. However, the protein in goats' milk is very similar to that found in cows' milk and most babies who react to cows' milk protein will also react to goats' milk protein. Goats' milk protein can induce allergic reactions and is not a suitable milk source for a cows' milk allergic infant as there is the potential for cross allergenicity. Infants with proven cows' milk protein intolerance can be prescribed an extensively hydrolysed infant formula.

Formula derived from goats' milk is also unsuitable for babies who are lactose intolerant as it contains similar levels of lactose to cows' milk based infant formulas.

Also see this warning from UNICEF Baby Friendly UK http://www.babyfriendly.org.uk/items/item_detail.asp?item=13

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