Similac Alimentum

Extensively hydrolysed infant formula for special medical purposes

PRESENTATION

- Presented in a 400 g tin with a scoop and resealable lid.
- Powdered, for reconstitution with water.

IMPORTANT NOTICE

Breast milk is best for infants and is recommended for as long as possible during infancy. Infant formulas for special medical purposes should be used only on the advice of a healthcare professional.

USES

Food for Special Medical Purposes, for use under medical supervision. Suitable as a sole source of nutrition for the oral or enteral feeding of infants (see below for details). For older infants and for children, Similac Alimentum can be fed from a cup or mixed with cereal or other solid foods, as advised by a healthcare professional.

COMMUNITY USE—PRESCRIPTIONS

Can be prescribed on a FP10 (GP10 in Scotland) for infants and children with:

- Cows milk protein allergy
- Other conditions where an extensively hydrolysed formula is indicated

All prescriptions should be endorsed ACBS (Advisory Committee on Borderline Substances).

STORAGE

- Store unopened at room temperature.
- Opened tins should be resealed using the lid provided and stored in a cool, dry place (not the refrigerator).
- Use within 3 weeks of opening.
- It is recommended that each feed is prepared as required.
- If storage is necessary, the feed should be covered and cooled quickly under cold running water. Prepared feeds should be kept in a refrigerator at 2-4°C (35-40°F) and used within 24 hours. Feeds should be stored at the back of the refrigerator, not in the door.

PRECAUTIONS

- Breast feeding is best for babies. Professional advice should be followed on the need for infant formulas and how they should be used (e.g. volume and frequency of feeds).
- Whilst they are made under hygienic conditions, powdered infant formulas are not sterile. Proper hygiene, handling and storage are important when preparing infant formula. Failure to follow the preparation instructions could make the baby ill.
- Carers should not make any additions to the feed without consulting their pharmacist or dietitian.
- Babies should never be left alone at feeding times.
- Never use a microwave to prepare or warm formula. Serious burns can result.
- Good dental hygiene is important for babies and toddlers. Do not use a feeding bottle as a comforter and move baby to a trainer cup from 6 months if possible.

CONTRA-INDICATIONS

- For enteral use only.
- Not for use in galactosaemia.

PREPARATION GUIDE

- Thoroughly wash and rinse all equipment to be used in preparing the feed. Sterilise all utensils according to manufacturers' instructions or boil for 10 minutes.
- Boil fresh tap water (not bottled water) and allow to cool for no more than 30 minutes. Do not use artificially softened water or repeatedly boiled water.
- Wash your hands and clean the surface you are going to use.
- Pour the correct amount of warm, previously boiled water into the sterilised feeding bottle.
- Fill the scoop with Similac Alimentum powder, levelling with the back of a clean, dry, knife. Do not pack down in scoop.
- **Add one scoop of Similac Alimentum to each 30 ml of water. Only use the scoop provided. A level scoop contains 4.2 g powder.**
- Place lid on bottle and shake gently until completely dissolved.
- Fit a sterilised teat on bottle and test the temperature (drops of formula should feel lukewarm on the inside of your wrist). If necessary, add cap and cool by holding under cold running water.
- Discard prepared formula left in the bottle or cup within one hour after feeding begins.

INGREDIENTS

Maltodextrin, vegetable oils (high oleic safflower oil, medium chain triglycerides (MCT) oil, soy oil), casein hydrolysate powder (milk protein), sucrose, emulsifier: E1450 (modified corn starch), calcium citrate, potassium citrate, calcium phosphate tribasic, thickener: E415 (xanthan gum), L-tyrosine, arachidonic acid (AA), magnesium chloride, sodium chloride, L-cystine, ascorbic acid, potassium phosphate, docosahexaenoic acid (DHA), L-tryptophan, choline chloride, ferrous sulphate, taurine, potassium chloride, m-inositol, antioxidants: E304, E306, zinc sulphate, dl-alpha-tocopheryl acetate, L-carnitine, niacinamide, calcium pantothenate, copper sulphate, vitamin A palmitate, riboflavin (vitamin B_2), thiamin (vitamin B_1), vitamin B_6 (pyridoxine hydrochloride), potassium iodide, folic acid, vitamin K_1, biotin, sodium selenite, vitamin D_3, vitamin B_{12}.

GENERAL INFORMATION (as fed)

Energy density	0.68 kcal/ml
Energy distribution:	
Protein	11.0%
Carbohydrate	39.2%
Fat	49.8%
Fibre	0%
Potential renal solute load	182 mOsm/L
Osmolarity	245 mOsm/L
Osmolality	274 mOsm/kg H_2O
Gluten free?	✓
Clinically lactose free?	✓
Milk free?	×[1]
Suitable for vegetarians?	×[2]

For suitability for other diets and free-from information, please contact the Freephone Nutrition Helpline on 0800 252882.

1. Similac Alimentum does contain milk ingredients. However, these are extensively hydrolysed.
2. Vitamin D is synthesised from cholesterol, extracted from the grease in wool sheared from live sheep. Protein hydrolysate is obtained using enzymes from animal sources.

Version 1

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NUTRITION INFORMATION

	units	per 100 g powder	per 100 ml
Energy	kJ	2196	283
	kcal	525	67.6
Protein (nitrogen)	g	14.44 (2.31)	1.86 (0.30)
Carbohydrate	g	51.4	6.62
- of which sugars	g	11.7	1.50
Fat	g	29.1	3.75
- of which saturates	g	11.9	1.53
Fibre	g	0	0
Vitamins			
Vitamin A (RE)	µg	473	61
Vitamin D	µg	7.87	1.01
Vitamin E (α TE)	mg	7.1	0.9
Vitamin K	µg	42.0	5.4
Vitamin C	mg	65.6	8.5
Folacin (folic acid)	µg	79	10
Thiamin (vitamin B_1)	µg	394	51
Riboflavin (vitamin B_2)	µg	525	68
Vitamin B_6	µg	315	41
Vitamin B_{12}	µg	1.57	0.20
Niacin (NE)	mg	5.51	0.71
Pantothenic acid	mg	3.94	0.51
Biotin	µg	23.6	3.0
Minerals			
Sodium	mg (mmol)	231 (10.0)	30 (1.30)
Potassium	mg (mmol)	551 (14.1)	71 (1.82)
Chloride	mg (mmol)	420 (11.8)	54 (1.52)
Calcium	mg (mmol)	551 (13.8)	71 (1.78)
Phosphorus (phosphate)	mg (mmol)	341 (10.9)	44 (1.41)
Magnesium	mg (mmol)	39.4 (1.64)	5.1 (0.21)
Iron	mg	9.45	1.22
Zinc	mg	3.94	0.51
Manganese	µg	42	5
Copper	µg	394	51
Iodine	µg	79	10
Selenium	µg	10.5	1.35
Choline	mg	78.7	10.1
Taurine	mg	31.5	4.1
L-carnitine	mg	7.9	1.0
Inositol	mg	26.3	3.4
Water	g	1.50	-

PROTEIN & AMINO ACIDS

	g/100 g protein	g/100 g powder	g/100 ml
Protein source			
Extensively hydrolysed casein	100	14.44	1.86
Amino acids			
- Essential			
Histidine	2.62	0.39	0.05
Isoleucine	5.58	0.82	0.11
Leucine	10.2	1.50	0.19
Lysine	7.50	1.11	0.14
Methionine	2.87	0.42	0.05
Phenylalanine	4.35	0.64	0.08
Threonine	4.21	0.62	0.08
Tryptophan	1.60	0.24	0.03
Valine	6.81	1.00	0.13
Arginine	3.40	0.50	0.07
- Non-essential			
Alanine	3.46	0.51	0.07
Aspartic acid	7.55	1.11	0.14
Cystine	1.46	0.22	0.03
Glutamic acid	20.7	3.05	0.39
Glycine	2.41	0.35	0.05
Proline	9.72	1.43	0.18
Serine	5.61	0.83	0.11
Tyrosine	2.64	0.39	0.05
Non-protein calorie: N	202 :1		
Casein : whey	100 : 0		

CARBOHYDRATES

	% total carbohydrates	g/100 g powder	g/100 ml
Carbohydrate source			
Maltodextrin	77	39.6	5.10
Sucrose	20	10.3	1.32
Modified corn starch (E1450)	3	1.54	0.20

FAT & FATTY ACIDS

Fat source		% total fatty acids	g/100 g powder	g/100 ml
High oleic safflower oil		37.3	10.84	1.40
Medium chain triglyceride vegetable oil		33.2	9.65	1.25
Soy oil		27.9	8.11	1.05
Arachidonic acid (AA)-rich oil		1.1	0.32	0.04
Docosahexaenoic acid (DHA)-rich oil		0.5	0.15	0.02
Fatty acids *		g/100 g fat	g/100 g	g/ 100 ml
- Essential				
Linoleic acid	C18:2	20.6	5.98	0.77
Linolenic acid (gamma)	C18:3	1.78	0.52	0.07
Linolenic acid (alpha)	C18:3	0.03	0.01	trace
Homo gamma linolenic acid	C20:3	0.03	0.01	trace
- Polyunsaturated				
Hexadecatetraenoic acid	C16:4	0.03	0.01	trace
Arachidonic acid (AA)	C20:4	0.42	0.12	0.02
Docosahexaenoic acid (DHA)	C22:6	0.21	0.06	trace
- Monounsaturated				
Palmitoleic acid	C16:1	0.07	0.02	trace
Oleic acid	C18:1	33.9	9.87	1.27
Gadoleic acid	C20:1	0.18	0.05	trace
Erucic acid	C22:1	0.04	0.01	trace
Nervonic acid	C24:1	0.07	0.02	trace
- Saturated				
Caproic acid	C6:0	0.01	trace	trace
Caprylic acid	C8:0	19.9	5.78	0.75
Capric acid	C10:0	13.5	3.92	0.51
Lauric acid	C12:0	0.10	0.03	trace
Myristic acid	C14:0	0.11	0.03	trace
Palmitic acid	C16:0	4.91	1.43	0.18
Margaric acid	C17:0	0.04	0.01	trace
Stearic acid	C18:0	1.85	0.54	0.07
Arachidic acid	C20:0	0.25	0.07	0.01
Behenic acid	C22:0	0.22	0.07	0.01
Lignoceric acid	C24:0	0.11	0.03	trace
P/S ratio	0.66			
n6 : n3	10.5 : 1			

* other fatty acids at trace levels in powder

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