

**Suitable for:**

**SMA LF® Lactose Free Infant Milk**

is a nutritionally complete formula, which is suitable as a sole source of nutrition for infants up to 6 months of age or as part of a mixed weaning diet. It may be used in older children and adults with lactose intolerance as part of a lactose free diet. It is designed for the dietary management of primary and secondary lactose intolerance in infants and young children.

**SMA LF® Lactose Free Infant Milk** is a lactose free formula, based on infant milk from which the lactose has been removed.

**Not suitable for:**

1. Cows' milk protein intolerance/allergy.
2. Inborn errors of metabolism such as phenylketonuria, galactosaemia and galactokinase deficiency.

**Shelf life:**

**SMA LF® Lactose Free Infant Milk** powder has a shelf life of 24 months.



400 g

**INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY**

**SMA LF® LACTOSE FREE INFANT MILK**

**From birth onwards data card**



- Halal Certified
- Available on prescription

**IMPORTANT NOTICE:** The World Health Organisation (WHO) has recommended that pregnant women and new mothers be informed on the benefits and superiority of breastfeeding – in particular the fact that it provides the best nutrition and protection from illness for babies. Mothers should be given guidance on the preparation for, and maintenance of, lactation, with special emphasis on the importance of a well-balanced diet both during pregnancy and after delivery. Unnecessary introduction of partial bottle-feeding or other foods and drinks should be discouraged since it will have a negative effect on breastfeeding. Similarly, mothers should be warned of the difficulty of reversing a decision not to breastfeed. Before advising a mother to use an infant formula, she should be advised of the social and financial implications of her decision: for example, if a baby is exclusively bottle-fed, more than one can (400 g) per week will be needed, so the family circumstances and costs should be kept in mind. Mothers should be reminded that breast milk is not only the best, but also the most economical food for babies. If a decision to use a formula is taken, it is important to give instructions on correct preparation methods, emphasising that unboiled water, unsterilised bottles or incorrect dilution can all lead to illness. **SMA LF®** is a lactose-free milk based formula for babies and young children who are intolerant to lactose or sucrose, or who are experiencing symptoms such as diarrhoea, tummy ache or wind caused by temporary lactose intolerance. It is suitable as the sole source of nutrition up to 6 months of age, and in conjunction with solid food up to 18 months of age.



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[www.smahcp.ie](http://www.smahcp.ie)

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 In the Republic of Ireland: SMA® Nutrition, 3030 Lake Drive, Citywest Business Campus, Dublin 24, Ireland



## INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

### Nutritional information for SMA LF® Lactose Free Infant Milk

	Units	Per 100 ml	Per 100 kcal	Per 100 g powder
<b>Energy</b>				
	kJ	280	418	2105
	kcal	67	100	503
<b>Fat</b>	g	3.4	5.1	25.5
of which, saturates	g	0.3	0.5	2.4
of which, unsaturates	g	2.8	4.1	20.7
<b>Carbohydrate</b>	g	7.6	11.3	56.7
of which, sugars	g	1.1	1.6	8.0
of which, lactose	mg	≤7	≤10	≤50
<b>Protein</b>	g	1.6	2.3	11.7
of which, casein	g	0.60	0.89	4.5
of which, whey	g	0.91	1.35	6.8
<b>Salt*</b> (= Sodium x 2.5)	g	0.06	0.09	0.5
<b>Vitamins</b>				
<b>Vitamin A</b>	µg	53	80	400
<b>Vitamin D</b>	µg	1.5	2.2	11.2
<b>Vitamin E</b>	mg	2.1	3.2	16
<b>Vitamin K</b>	µg	6	8.9	45
<b>Vitamin C</b>	mg	12	18	90
<b>Thiamin</b>	mg	0.06	0.10	0.48
<b>Riboflavin</b>	mg	0.07	0.10	0.5
<b>Niacin</b>	mg	0.49	0.74	3.7
<b>Vitamin B<sub>6</sub></b>	mg	0.03	0.05	0.24
<b>Folate (DFE)**</b>	µg	22.6	33.8	170
<b>Vitamin B<sub>12</sub></b>	µg	0.21	0.32	1.6
<b>Biotin</b>	µg	1.33	2.0	10
<b>Pantothenic acid</b>	mg	0.32	0.48	2.4
<b>Minerals</b>				
<b>Sodium</b>	mg	24	36	180
<b>Potassium</b>	mg	83	123	620
<b>Chloride</b>	mg	54	81	405
<b>Calcium</b>	mg	42	63	317
<b>Phosphorus</b>	mg	24	36	180
<b>Magnesium</b>	mg	5.6	8.3	42
<b>Iron</b>	mg	0.7	1.0	5.2
<b>Zinc</b>	mg	0.46	0.68	3.4
<b>Copper</b>	mg	0.05	0.08	0.4
<b>Manganese</b>	mg	0.02	0.03	0.14
<b>Fluoride</b>	mg	≤0.01	≤0.01	≤0.6
<b>Selenium</b>	µg	3.3	5.0	25
<b>Molybdenum</b>	µg	≤9.4	≤14	≤70.4
<b>Iodine</b>	µg	13	20	100
<b>Others</b>				
<b>Taurine</b>	mg	4.5	6.8	34
<b>Choline</b>	mg	23	33.8	170
<b>Inositol</b>	mg	5.2	7.8	39
<b>L-Carnitine</b>	mg	1.2	1.8	9
<b>Nucleotides</b>	mg	2.3	3.4	17
<b>Omega 3</b>				
α-linolenic acid (ALA)	mg	40	60	300
Docosahexaenoic acid (DHA) <sup>†</sup>	mg	19	28	140
<b>Omega 6</b>				
Linoleic acid (LA)	mg	533	795	4000
Arachidonic acid (AA) <sup>†</sup>	mg	19	28	140

### Theoretical fatty acid profile of SMA LF® Lactose Free Infant Milk

Fatty Acid		Units	Per 100 ml
<b>Saturated</b>			
<b>Myristic</b>	C14:0	mg	3
<b>Palmitic</b>	C16:0	mg	158
<b>Margaric acid</b>	C17:0	mg	1
<b>Stearic</b>	C18:0	mg	129
<b>Arachidic</b>	C20:0	mg	1
<b>Behenic</b>	C22:0	mg	2
<b>Lignoceric acid</b>	C24:0	mg	1
<b>Total saturated</b>		g	0.3
<b>Monounsaturated</b>			
<b>Palmitoleic</b>	C16:1	mg	3
<b>Oleic</b>	C18:1	mg	2134
<b>Eicosenoic acid</b>	C20:1	mg	1
<b>Total monounsaturated</b>		g	2.1
<b>Polyunsaturated</b>			
<b>Linoleic</b>	C18:2	mg	533
<b>Linolenic</b>	C18:3	mg	40
<b>Arachidonic</b>	C20:4	mg	19
<b>Docosahexaenoic</b>	C22:6	mg	19
<b>Total polyunsaturated</b>		g	0.6
<b>Linoleic:linolenic ratio</b>			13.3:1

### Theoretical amino acid profile of SMA LF® Lactose Free Infant Milk

Amino Acid	mg per 100 ml
<b>Essential &amp; Semi-Essential Amino Acids</b>	
<b>Arginine</b>	53
<b>Cystine</b>	25
<b>Histidine</b>	37
<b>Isoleucine</b>	84
<b>Leucine</b>	149
<b>Lysine</b>	131
<b>Methionine</b>	34
<b>Phenylalanine</b>	80
<b>Threonine</b>	80
<b>Tryptophan</b>	27
<b>Tyrosine</b>	60
<b>Valine</b>	97
<b>Other Amino Acids</b>	
<b>Aspartic acid</b>	137
<b>Serine</b>	74
<b>Glutamic acid</b>	285
<b>Proline</b>	83
<b>Glycine</b>	28
<b>Alanine</b>	60

### mmol information for SMA LF® Lactose Free Infant Milk

Nutrient	Per 100 g powder (mmol)	Per 100 ml (mmol)
<b>Calcium</b>	7.9	1.1
<b>Phosphate</b>	5.8	0.8
<b>Magnesium</b>	1.8	0.2
<b>Iron</b>	0.09	0.01
<b>Zinc</b>	0.05	0.007
<b>Sodium</b>	7.8	1.0
<b>Potassium</b>	15.9	2.1
<b>Chloride</b>	11.6	1.5

## SMA LF® Lactose Free Infant Milk ingredients

**Powder (400 g):** Glucose syrup, vegetable oils (sunflower, rapeseed), **milk** proteins, long chain polyunsaturated fatty acids (DHA (**fish** oil), AA), potassium chloride, emulsifier (**soya** lecithin), calcium citrate, sodium citrate, sodium phosphate, choline bitartrate, acidity regulator (citric acid), L-phenylalanine, vitamin C, L-histidine, magnesium oxide, taurine, L-tryptophan, potassium citrate, ferrous sulphate, inositol, nucleotides (cytidine-, disodium uridine-, adenosine-, disodium guanosine-5'-monophosphate), antioxidants (tocopherol-rich extract, ascorbyl palmitate), L-carnitine, zinc sulphate, vitamin E, niacin, pantothenic acid, copper sulphate, thiamin, vitamin A, riboflavin, vitamin B<sub>6</sub>, manganese sulphate, potassium iodide, folic acid, sodium selenate, vitamin K, vitamin D, biotin, vitamin B<sub>12</sub>.

**Scoop size:** 4.4 g

**Whey:Casein ratio:** 60:40

**Potential Renal Solute Load:** 146 mOsm/l (powder)

**Reconstitution rate:** 13.3 g powder/100 ml water

**Lactose:** ≤0.05 g/100 g powder (Clinically Lactose Free)

**Osmolality:** 184 mOsm/Kg H<sub>2</sub>O (powder)

**Osmolarity:** 166 mOsm/L (powder)

\*Salt is calculated as sodium x 2.5. Sodium is present for nutritional purposes.

\*\*DFE = Dietary Folate Equivalent: 1 µg DFE = 1 µg food folate = 0.6 µg folic acid from formula.

†LCPs= Long Chain Polyunsaturates.

