

**DESCRIPTION**

Althéra® is a hypoallergenic extensively hydrolysed, whey protein based powdered formula. An Infant Food For Special Medical Purposes. Althéra® is for complete nutritional support from birth or supplementary feeding from 6 months and up to 3 years of age.

**PRESENTATION**

400g tin with a 4.4g scoop.

**INDICATIONS**

ACBS approved, prescribable on FP10 (GP10 in Scotland). For the dietary management of infants with cows' milk protein allergy and/or multiple food protein allergies.

**INGREDIENTS**

Lactose, maltodextrin, vegetable oils (sunflower, rapeseed, coconut), hydrolysed whey protein (milk), minerals (calcium glycerophosphate, potassium phosphate, magnesium chloride, calcium chloride, sodium chloride, potassium chloride, ferrous sulphate, sodium phosphate, zinc sulphate, potassium citrate, copper sulphate, manganese sulphate, potassium iodide, sodium selenate), emulsifier (E 472 c), Cryptocodinium Cohii oil (DHA), Mortierella Alpina oil (ARA), choline bitartrate, acidity regulator (E 330), vitamins (C, E, niacin, pantothenic acid, riboflavin, A, thiamin, B6, folic acid, K, D, biotin, B12), L-Arginine, L-Histidine, taurine, inositol, L-Carnitine.

**ADMINISTRATION AND DOSAGE**

Age of infant	Quantity per meal		Feeds per day
	Water (ml)	No. of scoops*	
1-2 weeks	90	3	6
3-4 weeks	120	4	5
2 <sup>nd</sup> month	150	5	5
3-4 months	180	6	5
5-6 months	210	7	5
From 7th month**	210	7	3-4

\*Note: Use only the enclosed scoop (4.4g).

\*\*A healthcare professional should be consulted before introducing other food to a baby's diet.

**SHELF LIFE AND STORAGE**

24 months from date of manufacture. Store unopened in a cool, dry place.

Once opened, reseal and store in a cool, dry place and use within 3 weeks.



Suitable for children from birth to 3 years of age



Gluten Free

**IMPORTANT NOTICE**

Mothers should be encouraged to continue breastfeeding even when their infants have cows' milk protein allergy. This usually requires qualified dietary counselling to completely exclude all sources of cows' milk protein from the mothers' diet. If a decision to use a special formula intended for infants 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. Food for Special Medical Purposes intended for infants must be used under medical supervision. For oral/enteral use only. Complete nutritional support from birth or supplementary feeding from 6 months and up to 3 years of age

**CONTRAINDICATION**

Not suitable for galactosaemia, glucose-galactose malabsorption, lactose intolerance.

**PRECAUTIONS**

Do not add any extra powder or water to make feeds stronger or weaker. Using too much or too little powder can make a baby ill. We recommend preparing each feed in individual bottles when required, feed immediately. If there is any unfinished infant milk left after feeding, throw it away.

Always hold the baby while feeding. Never leave the baby alone during feeding as there is a risk they might choke.



**PREPARATION INSTRUCTIONS**

The standard dilution of 13.2% is made by adding 1 level scoop of Althéra® (approx 4.4g) to 30ml of water (approx 1 fluid oz). Incorrect storage, handling, preparation and feeding can eventually lead to adverse effects for the health of a baby.



Wash hands well.



Wash bottle, teat and cap thoroughly.



Sterilise equipment (by boiling for 5 minutes or with a cold water sterilising solution).



Boil drinking (tap) water. Allow to cool for no more than 30 minutes.



Pour exact amount of water (see feeding table), into the sterilised bottle, carefully to avoid scalds, the water is hot.



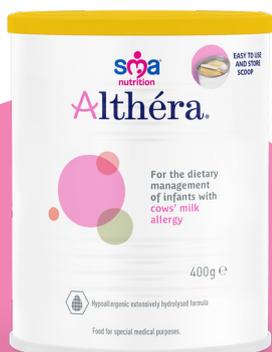
Add exact number of level scoops for age of baby (see feeding table), levelling off each scoop with the back of a clean dry knife. Store the scoop in suspension inside the tin and replace the lid.



Place the sterilised teat and cap on the bottle and shake well until powder is fully dissolved. Cool bottle under cold running water until lukewarm. Test the temperature by shaking a few drops onto the inside of your wrist.



Close tin tightly after each use and store in a cool, dry place.



**NUTRITION INFORMATION**

Typical values	Per 100g	Per 100ml (standard 13.2% dilution)
Energy kJ/ kcal	2118/506	280/67
Fat (46% kcal) g of which:	26	3.4
Saturates g	6.0	0.79
Monounsaturates g	14	1.8
Polyunsaturates g	4.4	0.58
a- linoleic acid mg	380	50
DHA mg	130	17
Linoleic acid mg	3700	490
ARA mg	130	17
Carbohydrate (44% kcal) g of which:	55	7.3
Sugars g	29	3.8
Lactose g	28	3.7
Protein (10% kcal) g	12	1.6
Salt g	0.48	0.063
<b>Minerals</b>		
Sodium mg/mmol	190/8.3	25/1.1
Potassium mg/mmol	610/16	80/2.1
Chloride mg/mmol	400/11	53/1.5
Calcium mg/mmol	530/13	70/1.7
Phosphorus mg	350	46
Phosphate mmol	11	1.5
Magnesium mg/mmol	45/1.9	5.9/0.24
Iron mg	5.0	0.66
Zinc mg	5.0	0.66
Copper mg	0.41	0.054
Manganese mg	0.068	0.009
Fluoride mg	<1.0	-
Selenium µg	25	3.3
Chromium µg	<51	-
Molybdenum µg	<71	-
Iodine µg	122	16
<b>Vitamins</b>		
A µg	500	66
D µg	12	1.6
E mg	14	1.8
K µg	45	5.9
C mg	80	11
Thiamin mg	0.51	0.067
Riboflavin mg	1.0	0.13
Niacin mg/mg NE	7.0/12	0.92/1.6
B6 mg	0.40	0.053
Folic acid µg	75	9.9
Folate µg DFE	120	16
B12 µg	1.4	0.18
Biotin µg	12	1.6
Pantothenic acid mg	3.3	0.44
<b>Other nutrients</b>		
Taurine mg	40	5.3
L-Carnitine mg	8.5	1.1
Choline mg	140	18
Inositol mg	35	4.6

Osmolarity 273 mOsm/l  
 Osmolality 305 mOsm/kg  
 NE – Niacin Equivalent  
 DFE – Dietary Folate Equivalent  
 DHA = Docosahexaenoic acid  
 ARA = Arachidonic acid

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