Suitable for:

LITTLE STEPS® First Infant Milk is an alternative to breast milk when baby is not breastfed. Breastfeeding provides the best start for your baby, but if you decide to combination feed or bottle-feed, **LITTLE STEPS® First Infant Milk** is nutritionally complete and contains Omega 3 (DHA)*.

Not suitable for:

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

Shelf life:

LITTLE STEPS® First Infant Milk has a shelf life of 24 months.

800 g

INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

DATACARD
LITTLE STEPS®
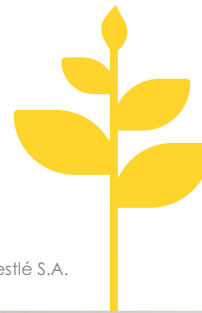## FIRST INFANT MILK

From birth onwards

● **Breast milk substitute**

● **Halal Certified**

IMPORTANT NOTICE: We believe that breastfeeding is the ideal nutritional start for babies and we fully support the World Health Organization's recommendation of exclusive breastfeeding for the first six months of life followed by the introduction of adequate nutritious complementary foods along with continued breastfeeding up to two years of age. We also recognise that breastfeeding is not always an option for parents. We recommend that healthcare professionals inform parents about the advantages of breastfeeding. If parents choose not to breastfeed, healthcare professionals should inform parents that such a decision can be difficult to reverse and that the introduction of partial bottle-feeding will reduce the supply of breast milk. Parents should consider the social and financial implications of the use of infant formula. As babies grow at different rates, healthcare professionals should advise on the appropriate time for a baby to begin eating complementary foods. Infant formula and complementary foods should always be prepared, used and stored as instructed on the label in order to avoid risks to a baby's health. The product be used only on the advice of independent persons having qualifications in medicine, nutrition, pharmacy, or other professionals responsible for maternal and child care.

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sma nutrition careline

UK 0800 081 81 80
www.smahcp.co.uk

ROI 1800 931 832
www.smahcp.ie

SMA® Nutrition, 1 City Place, Gatwick, RH6 0PA
In the Republic of Ireland: SMA® Nutrition, 3030 Lake Drive, Citywest Business Campus, Dublin 24, Ireland

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INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

Nutrition information for LITTLE STEPS® First Infant Milk (Information based on powder only)

	Units	Per 100 ml	Per 100 kcal	Per 100 g powder
Energy	kJ	281	418	2073
	kcal	67	100	496
Fat	g	3.2	4.7	23.5
of which, saturates	g	0.3	0.4	2.1
of which, unsaturates	g	2.7	4.0	19.6
Carbohydrate	g	8.2	12.1	60.1
of which, sugars	g	8.2	12.1	60.1
of which, lactose	g	8.2	12.1	60.1
Protein	g	1.5	2.2	10.9
Vitamins				
Vitamin A	µg	61	91	450
Vitamin D	µg	1.5	2.2	11.1
Vitamin E	mg	1.7	2.5	12.4
Vitamin K	µg	4.7	7.1	35
Vitamin C	mg	11.5	17.2	85
Thiamin	mg	0.07	0.1	0.48
Riboflavin	mg	0.2	0.3	1.3
Niacin	mg	0.52	0.77	3.8
Vitamin B$_6$	mg	0.04	0.07	0.3
Folate (DFE)**	µg	21.7	32.3	160
Vitamin B$_{12}$	µg	0.2	0.3	1.5
Biotin	µg	1.7	2.5	13
Pantothenic acid	mg	0.5	0.8	4
Minerals				
Sodium	mg	20	30	150
Potassium	mg	90	133	660
Chloride	mg	52	77	380
Calcium	mg	45	67	330
Phosphorus	mg	28	42	210
Magnesium	mg	5.4	8	40
Iron	mg	0.31	0.46	2.3
Zinc	mg	0.54	0.81	4
Copper	mg	0.05	0.08	0.4
Manganese	mg	0.02	0.03	0.13
Fluoride	mg	≤ 0.01	≤ 0.01	≤ 0.06
Selenium	µg	3.7	5.4	27
Iodine	µg	14	21	105
Others				
Taurine	mg	4.3	6.5	32
Choline	mg	21.7	32.3	160
Inositol	mg	10.6	15.7	78
L-carnitine	mg	1.3	1.9	9.5
Omega 3				
α-linolenic acid (ALA)	mg	44	66	325
Docosahexaenoic acid (DHA)*	mg	17	25	125
Omega 6				
Linoleic acid (LA)	mg	488	727	3600
Arachidonic acid (AA)	mg	17	25	125

Theoretical fatty acid profile of LITTLE STEPS® First Infant Milk (Information based on powder only)

Fatty Acid		Units	Per 100 ml
Saturated			
Myristic	C14:0	mg	4
Palmitic	C16:0	mg	149
Stearic	C18:0	mg	85
Arachidic	C20:0	mg	9
Behenic	C22:0	mg	23
Lignoceric	C24:0	mg	13
Total saturated		g	0.3
Unsaturated/Monounsaturated			
Palmitoleic	C16:1	mg	1
Oleic	C18:1	mg	2015
Gondoic	C20:1	mg	12
Erucic	C22:1	mg	6
Total monounsaturated		g	2
Polyunsaturated			
Linoleic	C18:2	mg	488
Linolenic	C18:3	mg	44
Dihoma Gamma Linolenic	C20:3	mg	2
Docosapentaenoic	C22:5	mg	3
Arachidonic	C20:4	mg	17
Docosahexaenoic	C22:6	mg	17
Total polyunsaturated		g	0.6
Linoleic:linolenic ratio			11.1

Theoretical amino acid profile of LITTLE STEPS® First Infant Milk (Information based on powder only)

Amino Acid	mg per 100 ml
Essential & Semi-Essential Amino Acids	
Arginine	42
Cystine	25
Histidine	33
Isoleucine	73
Leucine	152
Lysine	129
Methionine	33
Phenylalanine	61
Threonine	68
Tryptophan	26
Tyrosine	57
Valine	80
Other Amino Acids	
Aspartic acid	133
Serine	73
Glutamic acid	278
Proline	107
Glycine	19
Alanine	57

LITTLE STEPS® First Infant Milk Ingredients

Powder (800 g): **Milk** proteins, skimmed **milk**, vegetable oils (sunflower, rapeseed), lactose (**milk**), minerals (calcium citrate, potassium citrate, potassium hydroxide, potassium chloride, magnesium chloride, sodium chloride, sodium phosphate, ferrous sulphate, zinc sulphate, copper sulphate, manganese sulphate, potassium iodide, sodium selenate), DHA (Oil from the microalgae *Schizochytrium sp.*), AA *(Mortierella alpina oil)*, emulsifier (soya lecithin), vitamins (vitamin C, vitamin E, niacin, pantothenic acid, thiamin, vitamin A, riboflavin, vitamin B$_6$, folic acid, vitamin K, vitamin D, biotin, vitamin B$_{12}$), choline bitartrate, taurine, inositol, acidity regulator (citric acid), antioxidants (tocopherol-rich extract, ascorbyl palmitate), L-carnitine.

Scoop size: 4.5 g
Whey:Casein ratio: 60:40
Potential Renal Solute Load: 140 mOsm/L (powder)
Reconstitution rate: 13.5 g powder/100 ml water
Lactose: 60 g/100 g powder
Osmolality: 346 mOsm/kg H$_2$0 (powder)

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*Contains DHA (as required by legislation for all infant formula
**DFE - Dietary Folate Equivalent: 1 µg DFE = 1 µg food folate = 0,6 µg folic acid from formula.