

## Guide 1: Hypoallergenic Formulas and Volume Guide

### Red Amber Green (RAG) rating:

**Green** – Prescribe first-line for mild-moderate CMA. If an eHF is not tolerated/accepted for within 4 weeks, stop and trial an alternative eHF.

**Amber** – Consider if symptoms did not resolve after at least 4 weeks on green product/s (eHF/s) or if strict criteria for AAF are met, which would likely require referral to secondary care.

**Red** – Do NOT prescribe in primary care without a written request with justification and regular review from a dietitian.

Product	Age range	Price per tin/box	Notes
<b>First-line for mild-moderate CMA: Extensively hydrolysed formulas (eHF)</b>			
<b>Aptamil Pepti 1<sup>®k</sup></b> (400g/800g) <b>Aptamil Pepti 2<sup>®k</sup></b> (400g/800g) (Nutricia)	Birth to 6 months 6 months to 2 years	£10.98	Whey-based and contains lactose - may be more palatable for infants who have started weaning Contains prebiotic oligosaccharides
<b>Aptamil Pepti Syneo<sup>®</sup></b> (400g/800g) (Nutricia)	From birth	£10.98	Contains prebiotic oligosaccharides and probiotics Preparation instructions differ to other milk formulas <sup>3</sup> . Not suitable for premature or immunocompromised infants
<b>SMA Althera<sup>®h</sup></b> (400g) (Nestle)	Birth to 3 years	£11.04	Whey-based and contains lactose - may be more palatable for infants who have started weaning
<b>Nutramigen 1 with LGG<sup>®1</sup></b> (400g) <b>Nutramigen 2 with LGG<sup>®1</sup></b> (400g) (Mead Johnson)	Birth to 6 months 6 months to 2 years	£12.92	Casein-based and lactose-free <sup>2</sup> Contains probiotics - preparation instructions differ to other milk formulas <sup>3</sup> . Not suitable for premature or immunocompromised infants
<b>Second-line for mild-moderate CMA/ First-line for severe CMA: Amino acid formula (AAF)</b>			
<b>Nutramigen Puramino<sup>®h,k</sup></b> (400g) (Mead Johnson)	From birth	£22.98	Contains 33% MCT
<b>Neocate LCP<sup>®h,k</sup></b> (400g) (Nutricia)	From birth	£25.56	Contains 19% MCT
<b>Neocate Syneo<sup>®h,k</sup></b> (400g) (Nutricia)	From birth	£25.56	Contains 33% MCT Contains prebiotic oligosaccharides and probiotics Preparation instructions differ to other milk formulas <sup>3</sup> . Not suitable for premature or immunocompromised infants.
<b>SMA Alfamino<sup>®h</sup></b> (400g) (Nestle)	Birth to 3 years	£25.73	Contains 24% MCT and structured lipids. Caution if giving fat soluble vitamin drops in addition, due to vitamin A content.
<b>Notes</b>			
<sup>h</sup> Certified Halal and vegetarian.			
<sup>k</sup> Certified Kosher.			
<sup>1</sup> Contains soya oil which is very highly refined and does not routinely cause symptoms.			
<sup>2</sup> For infants with severe diarrhoea, lactose free eHF is recommended.			
<sup>3</sup> Formulas containing probiotics should be prepared with boiled water cooled down to room temperature (not 70°C). Note: This is currently not in line with Department of Health guidance on safe preparation of infant formula and parents should be made aware of the risk of infection.			
<b>Products NOT to be prescribed in primary care without a written request with justification and regular review from a dietitian</b>			
<b>Nutramigen 3 with LGG<sup>®1</sup></b> (400g) (Mead Johnson)	From 1 year	£12.92	Casein-based and lactose-free <sup>2</sup> Contains probiotics - preparation instructions differ to other milk formulas <sup>3</sup> . Not suitable for premature or immunocompromised infants.
<b>Aptamil Pepti-Junior<sup>®</sup></b> (450g) (Nutricia)	From birth	£18.65	Whey-based low-lactose eHF containing 50% MCT
<b>Neocate Junior<sup>®h,k</sup></b> (400g) (Nutricia)	1 to 10 years	£39.61	High calorie (1kcal/ml at standard concentration) amino acid-based feed/supplement
<b>Neocate Spoon<sup>®h,k</sup></b> (15x37g sachet) (Nutricia)	From 6 months	£58.95	Amino acid-based powder containing vitamins and minerals that mixes with water to form an unflavoured spoonable consistency

### Exclusively formula-fed infants: Recommended monthly (28 days) volumes to prescribe based on age

Age	General Advice	Formula quantity
0-3 months	If exclusively formula fed, 150ml/kg/day of formula is required	10 x 400g (4000g)
4-6 months		13 x 400g (5200g)
7-9 months	Early weaning stage. Less formula as solid food intake increases. 120ml/kg/day of formula is required	10 x 400g (4000g)
10-12 months	Advanced weaning stage. Less formula as solid food intake increases	8 x 400g (3200g)
12+ months	Prescription should be <b>stopped</b> at 12 months and if cows milk allergy persists, replace with appropriate shop bought plant-based alternatives or foods as part of a balanced toddler diet	

### Mixed-fed infants: Recommended monthly (28 days) volumes to prescribe based on formula intake over 24 hours

oz/day	ml/day	Formula quantity	400g tins (all hypoallergenic formulas)	800g tins (Aptamil Pepti <sup>®</sup> 1 & 2)
10oz	300ml	1600g	4	2
14oz	400ml	2000g	5	3
17oz	500ml	2400g	6	3
20oz	600ml	2800g	7	4
24oz	700ml	3200g	8	4
27oz	800ml	3600g	9	5
30oz	900ml	4000g	10	5
33oz	1000ml	4400g	11	6
36oz	1100ml	4800g	12	6

Disclaimer: The product information and prices on this leaflet is correct as of October 2024. It is recommended that healthcare professionals always refer to the manufacturer's guidance regarding allergens and special diets.

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Review date: August 2025 (or sooner if evidence or practice changes)

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