

	Per 100g as sold	Per 100ml (standard 13.2% dilution)
General		
Energy kJ/ kcal	2118/506	280/67
Fat g (46% kcal) of which:	26	3.4
saturates g	10	1.3
monounsaturates g	9.6	1.3
polyunsaturates g	4.3	0.57
Carbohydrate g (44% kcal) of which:	55.5	7.3
sugars g	30	4.0
lactose g	29	3.8
Protein g (10% kcal)	12.5	1.7
Salt = Na (g) x 2.5 g	0.38	0.050
Vitamins		
A µg	600	79
D µg	9.0	1.2
K µg	55	7.3
C mg	101	13
Thiamin mg	0.50	0.066
Riboflavin mg	1.4	0.18
B6 mg	0.40	0.053
Niacin mg/mg NE	6.5/11	0.86/1.5
Folic acid µg	76	10
B12 µg	1.5	0.20
Pantothenic acid mg	3.2	0.42
Biotin µg	12	1.6
E mg α-TE	11	1.5
Minerals		
Sodium mg/mmol	150/6.5	20/0.86
Chloride mg/mmol	300/8.5	40/1.1
Potassium mg/mmol	530/13.5	70/1.8
Calcium mg/mmol	500/12	66/1.7
Phosphorus mg	320	42
Phosphate mmol	10	1.4
Magnesium mg/mmol	42/1.8	5.5/0.23
Iron mg	5.5	0.73
Zinc mg	5.0	0.66
Copper mg	0.42	0.055
Iodine µg	81	11
Selenium µg	15	2.0
Manganese mg	0.036	0.0048

	Per 100g as sold	Per 100ml (standard 13.2% dilution)
Other		
MCT g	3.0	0.4
α-Linolenic acid mg	400	53
Linoleic acid mg	3800	502
DHA mg	56	7.4
ARA mg	56	7.4
Taurine mg	40	5.3
L-Carnitine mg	8.1	1.1
Choline mg	50	6.6
Inositol mg	35	4.6
Osmolarity	252 mOsm/L	
Potential Renal Solute Load	148.74 mOsm/L	

NE - Niacin Equivalent
TE - Tocopherol Equivalent

Description

Althéra® is a hypoallergenic nutritionally complete powdered formula containing extensively hydrolysed whey protein, carbohydrate, fat, vitamins, minerals, trace elements and long-chain polyunsaturated fatty acids (LCPs); Arachidonic acid (ARA) and Docosahexaenoic acid (DHA). Packed under a protective atmosphere.



Presentation

450g tin (with a 4.4g scoop).

Indications

ACBS approved, prescribable on FP10 (GP10 in Scotland). Althéra® is for complete nutritional support from birth or supplementary feeding from 6 months and up to 3 years of age for the dietary management of cows' milk allergy and/or multiple food protein allergies.

Ingredients

Lactose (Milk), Maltodextrin, Vegetable Oils (Palm, Rapeseed, Coconut, Sunflower), Enzymatically Hydrolysed Whey Protein (Milk), Minerals (Calcium Glycerophosphate, Magnesium Chloride, Calcium Chloride, Potassium Phosphate, Sodium Phosphate, Calcium Phosphate, Potassium Chloride, Potassium Citrate, Ferrous Sulphate, Zinc Sulphate, Copper Sulphate, Potassium Iodide, Sodium Selenate, Sodium Chloride), Emulsifier (E472c), Vitamins (C, E, Niacin, Pantothenic Acid, B2, A, B1, B6, K1, Folic Acid, D3, B12, Biotin), Cryptocodium Cohii Oil (DHA), Mortierella Alpina Oil (ARA), Choline Bitartrate, Taurine, L-Histidine, Myo Inositol, L-Carnitine.

Administration and Dosage

Feeding Table	Quantity per meal		Meals per day
	Water (ml)	No. of scoops*	
Age of Infant			
1-2 weeks	90	3	6
3-4 weeks	120	4	5
2nd month	150	5	5
3-4 months	180	6	5
5-6 months	210	7	5
From 5th (7th) month**	210	7	3-4

* Note: Use only the enclosed scoop.

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

Preparation Guidelines

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.



1. Wash hands well.
2. Wash bottle, teat and cap.
3. Sterilise equipment (by boiling for 5 minutes or with a cold water sterilising solution).
4. Boil drinking (tap) water. Allow to cool for no more than 30 minutes.
5. Pour exact amount of water (see feeding table), into the sterilised bottle, carefully to avoid scalds, the water is hot.
6. Add exact number of level scoops for age of baby.
7. 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.
8. Close tin tightly after each use and store in a cool dry place.

Shelf life

Shelf life of 24 months from date of manufacture.
Use within 3 weeks of opening.

Precautions

A food for special medical purposes. Must only be used under strict medical supervision and after full consideration of the feeding options available, including breastfeeding. Breastmilk is best for babies.

For oral/enteral use only.

Important feeding information

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.



Easy to store scoop is an innovative and unique tin design with a separate storage compartment for the scoop - bringing **added safety, hygiene and convenience** to caregivers and patients.

