

**DESCRIPTION**

SMA® Althéra® is a hypoallergenic extensively hydrolysed, whey protein based powdered formula. An Infant Food For Special Medical Purposes. SMA® Althéra® is suitable as a sole source of nutrition 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 allergy.

**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), *Mortierella alpina* oil (ARA), oil from the microalgae *Schizochytrium* sp. (DHA), choline bitartrate, acidity regulator (E 330), vitamins (C, E, niacin, pantothenic acid, riboflavin, A, thiamin, B<sub>6</sub>, folic acid, K, D, biotin, B<sub>12</sub>), L-arginine, L-histidine, taurine, inositol, L-carnitine.

**ADMINISTRATION AND DOSAGE**

Age of infant	Quantity per feed		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 6 months**	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



Halal certified



Kosher certified



Suitable for vegetarians\*

\*Ingredients that are unsuitable for ovo-lacto-vegetarians have not been directly added to the recipe, however, we cannot guarantee the absence of cross contamination with non-vegetarian materials.

**IMPORTANT NOTICE**

We believe that breastfeeding is the ideal nutritional start for babies as breast milk provides a balanced diet and protection against illness for your baby. We fully support the World Health Organisation's recommendation of exclusive breastfeeding for the first six months of life followed by the introduction of adequate nutritious complementary foods along with sustained breastfeeding up to two years of age.

We also recognise that breastfeeding may not be an option due to certain medical conditions. Parents should only feed infant formula for special medical purposes under supervision of a healthcare professional after full consideration of all feeding options, including breastfeeding. Continued use has to be assessed by the healthcare professional in relation to the baby's progress bearing in mind any social and financial implications for the family.

Infant formula should always be prepared, used and stored as instructed on the label in order to avoid risks to a baby's health.

SMA® Althéra® is an infant food for special medical purposes and must be used under medical supervision.

For oral/enteral use only. Suitable as a sole source of nutrition from birth or supplementary feeding from 6 months and up to 3 years of age.

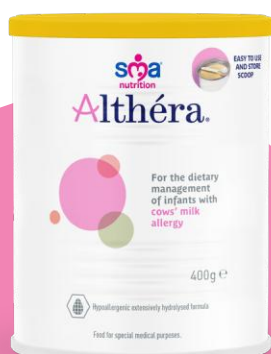
**CONTRAINDICATION**

Unsuitable 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 SMA® 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.



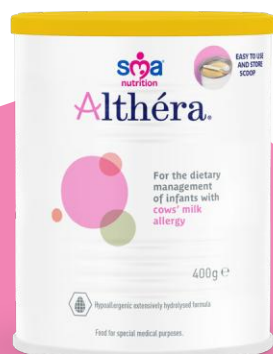
Add exact number of level scoops for age of baby (see feeding table), levelling off each scoop with the back of a clean dry knife. Store the scoop in suspension inside the tin and replace the lid.



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. Use within 3 weeks of opening.



## 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	1.85
Polyunsaturates g	4.4	0.58
a- linoleic acid mg	380	50
DHA mg	135	18
Linoleic acid mg	3700	488
ARA mg	135	18
Carbohydrate (44% kcal) g of which:	55.5	7.3
Sugars g	29	3.8
Lactose g	28	3.7
Protein (10% kcal) g	12.5	1.7
Salt g	0.49	0.064
<b>Minerals</b>		
Sodium mg/mmol	195/8.3	26/1.1
Potassium mg/mmol	610/16	81/2.1
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 (RE) µg	500	66
D µg	12	1.6
E mg	14	1.8
K µg	45	6.0
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	0.05
Folic acid µg	75	9.9
Folate µg DFE	125	16.5
B12 µg	1.4	0.19
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	145	19
Inositol mg	35	4.6

Osmolarity 260 mOsm/l  
 Osmolality 290 mOsm/kg  
 RE - Retinol Equivalent  
 NE - Niacin Equivalent  
 DFE - Dietary Folate Equivalent  
 DHA = Docosahexaenoic acid  
 ARA = Arachidonic acid

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