

TRUST NUTRICIA'S COMPLETE ALLERGY RANGE FOR THE EFFECTIVE MANAGEMENT OF COW'S MILK ALLERGY



This information is intended for Healthcare Professionals only.

IMPORTANT NOTICE: Breastfeeding is best. The Aptamil Pepti range and Neocate range are foods for special medical purposes. They should only be used under medical supervision, after full consideration of the feeding options available including breastfeeding. Aptamil Pepti 1, Pepti 2 and Pepti Syneo are used for the dietary management of cows' milk allergy. Aptamil Pepti 1 and Pepti Syneo are suitable for use as the sole source of nutrition for infants from birth, and/or as part of a balanced diet from 6-12 months. Aptamil Pepti 2 is suitable for use for infants from 6 months as part of a balanced diet and as a principal source of nourishment with other foods for children. Neocate Syneo, LCP and Spoon are used for or the dietary management of Cow's Milk Allergy, Multiple Food Protein Allergies and other conditions where an amino acid based formula is recommended. Neocate Syneo and LCP are suitable for use as the sole source of nutrition for infants under one year of age. Neocate Spoon is not suitable as a sole source of nutrition. Refer to label for details.

SYNEO synbiotic blend: *Bifidobacterium breve* M-16V (probiotic) & short and long-chain galacto- and/or fructo-oligosaccharides (prebiotic).
Accurate at time of publication: January 2024.

IDENTIFYING COW'S MILK ALLERGY (CMA)

CMA is an allergic reaction to the **protein in cow's milk**, which can affect both formula-fed and breastfed infants. CMA is the most common food allergy in infants and young children, affecting **2-5% of infants**¹⁻⁵. CMA can present either as an immediate (immunoglobulin E or IgE-mediated) allergy where reactions usually occur within a few minutes and up to two hours of consumption, or as a delayed (non-IgE-mediated) allergy where symptoms take longer than two hours and up to several days to appear. Some infants may also have a mixture of the two.

Around half of CMA cases seen in the UK may present with delayed reactions⁶, frequently with gastrointestinal symptoms, making it challenging to diagnose¹.

Recognising common symptoms and following relevant CMA guidelines¹³⁻⁴, can support a timely diagnosis and appropriate management.

Example CMA Symptoms

Consider CMA in infants who exhibit **2 or more persistent and/or severe symptoms** from the list below^{1,3-4}.

GASTROINTESTINAL

- Diarrhoea
- Constipation
- Blood in stools
- Vomiting
- Reflux disease/gord
- Abdominal pain



DERMATOLOGICAL

- Moderate persistent eczema
- Urticaria
- Rashes
- Severe atopic eczema
- Angioedema



RESPIRATORY

- Wheezing
- Chronic coughing
- Acute rhinitis
- Respiratory distress



OTHER SYMPTOMS

- Unsettled
- Feed refusal
- Taking a long time to feed
- Inconsolable crying
- Anaphylaxis
- Faltering growth



Care should be taken in interpreting non-specific symptoms to avoid over-diagnosis of CMA.

CMA is difficult to diagnose because symptoms can easily be mistaken for other common conditions in infants.



4 MONTHS Average time to diagnose after initial presentation to HCP⁷



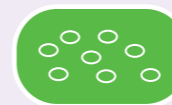
>18 VISITS Average number of healthcare visits per patient to reach a diagnosis of CMA⁷

Earlier diagnosis is a factor indicating a good prognosis and may lead to a shorter duration of nutritional management⁸.

MANAGING CMA

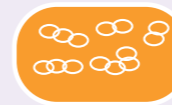
Breast milk is the best feeding option for all infants, including those with CMA. Support to continue breastfeeding and follow a cow's milk exclusion diet should be provided to mothers of symptomatic breastfed infants, alongside appropriate supplementation (usually with calcium and vitamin D).^{1,3-4}

In non-breastfed infants, or those requiring a top-up formula, CMA may be managed with a hypoallergenic formula¹³⁻⁴, alongside appropriate supplementation (usually with calcium and vitamin D). There are two main types; an Extensively Hydrolysed Formula (EHF) and an Amino Acid-based Formula (AAF).



AMINO ACID-BASED FORMULA (AAF)

No interaction with the immune system, based on 100% free amino acids.



EXTENSIVELY HYDROLYSED FORMULA (EHF)

May have some interaction with the immune system, based on extensively hydrolysed cow's milk proteins.



WHOLE PROTEIN / STANDARD INFANT FORMULA

Not suitable for CMA, based on intact cow's milk protein which interacts with the immune system.



Between 10%-40%^{2,9} of infants (with uncomplicated to more complex CMA) may continue to react to an EHF due to residual cow's milk peptides in these formulas interacting with the immune system.

Red Flag Indicators: when to prescribe an AAF

1

Infants Reacting To An Extensively Hydrolysed Formula¹⁻³

2

Faltering Growth^{1-3*}

3

Severe Gastrointestinal Allergies¹⁻³

4

Anaphylaxis¹⁻³

*In particular with multisystem involvement (GI tract and/or skin) and multiple food elimination

CHOOSE THE SYNEO RANGE AS YOUR FIRST CHOICE FOR CMA MANAGEMENT IN FORMULA-FED INFANTS

Contains more of the gut microbiota modulating factors found in breastmilk than other UK hypoallergenic formulas ^{§10}

Rebalance the gut microbiota¹¹⁻¹⁶ to support immune development and long-term health¹⁷⁻²²



Shown to support short and long-term clinical benefits^{11,16,17,23,24}

Supported by over 10 years of clinical research including allergic infants^{11,16,17,23,24}

SYNEO is the only synbiotic blend[§] combining pre- and probiotics to help advance the dietary management of Cow's Milk Allergy in formula-fed infants^{11,16,17,23}



Aptamil Pepti Syneo | From Birth

When an EHF is required, choose Aptamil Pepti Syneo

- ✓ Improved allergic symptom management vs non-synbiotic EHF^{11,23}
- ✓ Supports long-term effects^{17,23}
- ✓ Part of the UK's most palatable EHF range²⁵⁻²⁷
- ✓ Cost effective option from the UK's lowest cost EHF range²⁸



Neocate Syneo | From Birth

When an AAF is required, choose Neocate Syneo

- ✓ Fewer symptoms vs non-synbiotic AAF^{24#}
- ✓ Fewer infections and less medication use vs non-synbiotics AAFs^{16,24}
- ✓ A 31% shorter clinical journey vs non-synbiotic AAFs²⁴
- ✓ Potential cost savings to the NHS^{16,24}

SYNEO synbiotic blend: *Bifidobacterium breve* M-16V (probiotic) & short and long-chain galacto- and/or fructo-oligosaccharides (prebiotic)

ALSO PART OF THE NUTRICIA ALLERGY RANGE

EHF



Aptamil Pepti 1 | From Birth

Aptamil Pepti 2 | From 6 Months

- ✓ The UK's most prescribed EHF²⁹
- ✓ Resolution of CMA symptoms with 97% efficacy³⁰
- ✓ With GOS/FOS* prebiotics which are clinically proven to reduce the risk of allergic manifestations for up to five years^{31,32}
- ✓ Part of the UK's most palatable EHF range²⁵⁻²⁷
- ✓ Hypoallergenic

AAF



Neocate LCP | From Birth

- ✓ The UK's most prescribed AAF³³
- ✓ Over 40 years of heritage in the management of CMA and Multiple Food Protein Allergies (MFPA)
- ✓ Fast & effective resolution of CMA symptoms in 3-14 days^{34,35}
- ✓ Supports growth³⁶⁻³⁷
- ✓ Supported by extensive clinical evidence
- ✓ Hypoallergenic
- ✓ Produced in Liverpool, UK



Neocate Spoon | From 6 Months

- ✓ Spoonable consistency
- ✓ Calcium level of 265mg per portion delivers 50% of the daily requirement[†]
- ✓ Supports the exploration of new tastes and textures
- ✓ Neutral tasting
- ✓ Designed to be used as a supplement to the diet
- ✓ Produced in Liverpool, UK



Neocate Junior | Aged 1-10 Years

- ✓ Best tasting AAF for children over one year³⁸
- ✓ Can be used as a sole source of nutrition or as a supplement to the diet from 1 year +
- ✓ Single solution for oral and tube feeding
- ✓ Flexible concentration
- ✓ Well tolerated³⁹
- ✓ Excellent compliance³⁹
- ✓ Available in Unflavoured, Strawberry and Vanilla flavours
- ✓ Produced in Liverpool, UK

SUPPORT FOR YOU

Learn more about Cow's Milk Allergy on Nutricia Academy

Title: GPs, what's your role in the management of Cow's Milk Protein Allergy (CMPA)? Helping you navigate the CMPA consultation

 Search Recording Now

Summary

Created in partnership with Lydia Collins-Hussey, Paediatric Allergy Dietitian, and Victoria Evans, Medical Science Liaison at Nutricia, this recording covers first line practical management of CMPA in a GP caseload and further outcomes in managing CMPA.

Session Breakdown

- First line practical management of CMPA in a GP caseload: *identification and recommendations*
- Looking beyond symptom resolution: *further outcomes in managing Cow's Milk Protein Allergy*.



Watch this webinar by scanning the QR code or logging on to: www.nutricia.co.uk/hcp/academy



Scan the QR code to learn more about CMA and register for our free, personalised, HCP digital education platform.

§ The only synbiotic blend within hypoallergenic formulas in the UK. Aptamil Pepti Syneo and Neocate Syneo contain more of the gut microbiota modulating factors found in breastmilk (Prebiotic oligosaccharides [short and long-chain galacto- and/or fructo-oligosaccharides], probiotic bacteria [*Bifidobacterium breve* M-16V] and lactose [Aptamil Pepti Syneo only]) than any other hypoallergenic formulas in the UK¹⁰.

Diarrhoea, constipation, flatulence, vomiting, reflux, bloody stools, mucus in stools, colic, eczema & urticaria.

† Clinical journey endpoint measured as being asymptomatic and not requiring a hypoallergenic formula prescription for at least 3 months.

‡ Reference Nutrient Intake (RNI) 0–6 years.

AAF: Amino Acid-based Formula; CMA: Cow's Milk Allergy; EHF: Extensively Hydrolysed Formula; RCT: Randomised Controlled Trial; THIN: The Health Improvement Network

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SUPPORTING YOU TO SUPPORT YOUR PATIENTS

HCPS



Symposia



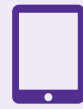
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Small talk



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