

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 improved but 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	Notes
First-line for mild-moderate CMA: Extensively hydrolysed formulas (eHF)		
Aptamil Pepti 1®^k (400g/800g) Aptamil Pepti 2®^k (400g/800g) (Danone Nutricia)	Birth to 6 months 6 months to 2 years	Whey-based and contains lactose - may be more palatable for infants who have started weaning Contains prebiotic oligosaccharides
SMA Althera®^h (400g) (Nestle)	Birth to 3 years	Whey-based and contains lactose - may be more palatable for infants who have started weaning
Nutramigen 1 with LGG®¹ (400g) Nutramigen 2 with LGG®¹ (400g) (Mead Johnson)	Birth to 6 months 6 months to 2 years	Casein-based and lactose-free ² Contains probiotics - preparation instructions differ to other milk formulas ³ . Not suitable for premature or immunocompromised infants
Aptamil Pepti Syneo® (400g/800g) (Danone Nutricia)	From birth	Whey-based and contains lactose - may be more palatable for infants who have started weaning Contains prebiotic oligosaccharides Contains probiotics - preparation instructions differ to other milk formulas ³ . Not suitable for premature or immunocompromised infants
Second-line for mild-moderate CMA/ First-line for severe CMA: Amino acid formula (AAF)		
Neocate LCP®^{h,k} (400g) (Nutricia)	From birth	
Nutramigen Puramino®^{h,k} (400g) (Mead Johnson)	From birth	Contains 33% MCT
SMA Alfamino®^h (400g) (Nestle)	Birth to 3 years	Contains 24% MCT and structured lipids. Caution if giving fat soluble vitamin drops in addition, due to vitamin A content.
Notes		
^h Certified Halal and vegetarian. ^k Certified Kosher. ¹ Contains soya oil which is very highly refined and doesn't routinely cause symptoms. ² For infants with severe diarrhoea, lactose free eHF is recommended. ³ 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 DOH guidance on safe preparation of infant formula and parents should be made aware of the risk of infection.		
Products NOT to be prescribed in primary care without a written request with justification and regular review from a dietitian or specialist paediatrician		
Nutramigen 3 with LGG®¹ (400g) (Mead Johnson)	From 1 year	Casein-based and lactose-free ² Contains probiotics - preparation instructions differ to other milk formulas ³ . Not suitable for premature or immunocompromised infants.
Aptamil Pepti-Junior® (450g) (Nutricia)	From birth	Whey-based low-lactose eHF containing 50% MCT
Neocate Junior®^{h,k} (400g) (Nutricia)	1 to 10 years	High calorie (1kcal/ml) AAF
Neocate Spoon®^{h,k} (37g sachet) (Nutricia)	From 6 months	Amino acid-based powder containing vitamins and minerals that mixes with water to form an unflavoured spoonable consistency
Neocate Syneo®^{h,k} (400g) (Nutricia)	From birth	Standard energy AAF containing prebiotic oligosaccharides and probiotics Preparation instructions differ to other milk formulas ³ . Not suitable for premature or immunocompromised infants.

Disclaimer: The product information on this leaflet is correct as of January 2023. It is recommended that healthcare professionals always refer to the manufacturer's guidance regarding allergens and special diets.

Approval date: May 2022 – Amendments July 2023

Review date: May 2024 (or sooner if evidence or practice changes)

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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 a normal concentration formula is required for this group.	10 x 400g (4000g)
3-6 months		13 x 400g (5200g)
6-9 months	Early weaning stage. Less formula as solid food intake increases. 800ml formula daily provides calcium requirement.	10 x 400g tins (4000g)
9-12 months	Advanced weaning stage. Less formula as solid food intake increases. 800ml formula daily provides calcium requirement.	8 x 400g tins (3200g)
12-14 months	Prescription will likely last until 14 months due to transition period to shop-bought plant-based milk alternative between months 12 to 14. Prescriptions lasting longer than this should only be provided if requested by a paediatric dietitian.	6 x 400g tins (2400g)

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 (Althera®, Alimentum®, Nutramigen® 1 & 2 with LGG, all AAF)	800g tins (Aptamil Pepti® 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

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