

Infant formula suitable from birth (cows' milk or goats' milk based)

This product is suitable for healthy term infants as the sole source of nutrition in the first six months of life and can be used alongside complementary foods throughout the first year.

October 2021

Aptamil 1 First Infant Milk – Powder

Composition	Complies with current regulations for infant formula composition		
Dietary suitability	Not suitable for vegetarians Halal approved (except tins purchased in Lidl)		
Allergens	Cows' milk, soya, fish		
Essential Nutrients	Per 100ml prepared milk	Source	
Energy kcal	66		
Fat g	3.4	Palm oil, coconut oil, rapeseed oil, high oleic sunflower oil, sunflower oil, fish oil, fungal oil (single cell oil)	
-Linoleic acid mg	446		
-Alpha-linolenic acid mg	54.3		
-Docosahexaenoic acid (DHA) mg	16.5		
Carbohydrate g	7.4	Lactose, oligosaccharides	
of which lactose g	7.0		
Protein g	1.3	Cows' milk, fermented cows' milk	
Whey:casein ratio 50:50			
Vitamins		Minerals	
Vitamin A µg	58	Sodium mg	21.9
Vitamin D µg	1.65	Potassium mg	71
Vitamin E mg TE	1.1	Chloride mg	52
Vitamin K µg	5.8	Calcium mg	60
Vitamin C mg	9.2	Phosphorus mg	41
Thiamin B₁ µg	60	Magnesium mg	5.4
Riboflavin B₂ µg	140	Iron mg	0.53
Niacin B₃ mg	0.43	Zinc mg	0.48
Vitamin B₆ µg	50	Copper µg	52
Folate µg	14	Manganese µg	3.0
Vitamin B₁₂ µg	0.17	Selenium µg	3.0
Biotin µg	1.7	Iodine µg	13
Pantothenic acid mg	0.53		

To find out more about any of the ingredients listed here, see <https://www.firststepsnutrition.org/composition-claims-and-costs>

To find out more about making up powdered milks safely, see <https://www.firststepsnutrition.org/making-infant-milk-safely>

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Other essential ingredients

Choline mg	22
Inositol mg	7.0
L-carnitine mg	2.1

Permissible but not mandatory ingredients

There is no good evidence of any benefit for infants from the addition of these ingredients to infant milks and we therefore consider them to be unnecessary.

Oligosaccharides g	0.8
Arachidonic acid (AA) mg	16.5
Taurine mg	5.4
Nucleotides mg	2.3

Relative cost of this milk

Cost per 100ml	19p	<i>For comparison:</i>	10p
		Cheapest first infant milk currently available that meets all infant requirements/100ml (based on a powdered formulation)	

The instructions for making up this milk comply with the latest NHS guidance available at: <https://www.nhs.uk/conditions/pregnancy-and-baby/making-up-infant-formula/#close>

Notes

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