

Lactose free infant milk

Lactose free infant milks are based on cows' milk protein and have the lactose replaced with glucose syrup or glucose syrup and maltodextrins. If, rarely, an infant has been diagnosed as needing a lactose free milk then this should be used under medical supervision. There are no agreed benefits for the use of lactose free milks in normal healthy children, even after a bout of gastroenteritis, and there may be some negative consequences.

May 2022

Kendamil Medi + Lactose Free Infant Formula - Powder

Composition	Complies with current regulations for the composition of infant milks marketed as foods for special medical purposes		
Dietary suitability	Suitable for vegetarians Halal certified		
Allergens	Cows' milk		
Essential Nutrients	Per 100ml prepared milk	Source	
Energy kcal	65		
Fat g	3.5	Sunflower oil, coconut oil, canola oil, anhydrous milk fat, single cell oils.	
-Linoleic acid mg	NK		
-Alpha-linolenic acid mg	NK		
-Docosahexaenoic acid (DHA) mg	16		
Carbohydrate g of which lactose g	7.0 <0.007	Dried glucose syrup	
Protein g Whey:casein ratio 60:40	1.4	Cows' milk	
Vitamins		Minerals	
Vitamin A µg	54	Sodium mg	19
Vitamin D µg	1.5	Potassium mg	84
Vitamin E mg TE	1.7	Chloride mg	53
Vitamin K µg	3.4	Calcium mg	47
Vitamin C mg	13.5	Phosphorus mg	30.8
Thiamin B₁ µg	70	Magnesium mg	5.8
Riboflavin B₂ µg	120	Iron mg	0.8
Niacin B₃ mg	0.8	Zinc mg	0.5
Vitamin B₆ µg	30	Copper µg	50
Folate µg-DFE	26	Manganese µg	13
Vitamin B₁₂ µg	0.2	Selenium µg	2.6
Biotin µg	2.6	Iodine µg	15
Pantothenic acid mg	0.7		

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	21
Inositol mg	10.7
L-carnitine mg	1.2

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.

Arachidonic acid (AA) mg	8.4
Taurine mg	5.6
Nucleotides mg	3.2

Relative cost of this milk

Cost per 100ml	20p	<i>For comparison:</i>	12p
		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

Kendamil Medi + Lactose Free Infant Formula is currently undergoing reformulation.

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