

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

SMA LF Lactose Free Infant Milk - Powder

Composition	Meets current regulations for infant formula composition		
Dietary suitability	Not suitable for vegetarians Halal certified		
Allergens	Cows' milk, soya, fish		
Essential Nutrients	Per 100ml prepared milk	Source	
Energy kcal	67		
Fat g	3.4	Sunflower oil, rapeseed oil, fish oil, single cell oil	
-Linoleic acid mg	533		
-Alpha-linolenic acid mg	40		
-Docosahexaenoic acid (DHA) mg	19		
Carbohydrate g of which lactose g	7.6 <0.007	Glucose syrup	
Protein g Whey:casein ratio 60:40	1.6	Cows' milk	
Vitamins		Minerals	
Vitamin A µg	53	Sodium mg	24
Vitamin D µg	1.5	Potassium mg	83
Vitamin E mg TE	2.1	Chloride mg	54
Vitamin K µg	6.0	Calcium mg	42
Vitamin C mg	12	Phosphorus mg	24
Thiamin B₁ µg	60	Magnesium mg	5.6
Riboflavin B₂ µg	70	Iron mg	0.7
Niacin B₃ mg	0.49	Zinc mg	0.46
Vitamin B₆ µg	30	Copper µg	50
Folate µg-DFE	22.6	Manganese µg	20
Vitamin B₁₂ µg	0.21	Selenium µg	3.3
Biotin µg	1.33	Iodine µg	13
Pantothenic acid mg	0.32		

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	23
Inositol mg	5.2
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.

Taurine mg	4.5
Nucleotides mg	2.3

Relative cost of this milk

Cost per 100ml	25p	<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

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