

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.

June 2022

Aptamil Lactose Free First 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	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	448		
-Alpha-linolenic acid mg	55		
-Docosahexaenoic acid (DHA) mg	17		
Carbohydrate g	7.6	Glucose syrup, maltodextrin	
of which lactose g	<0.007		
Protein g	1.3	Cows' milk	
Whey:casein ratio 0:100			
Vitamins		Minerals	
Vitamin A µg	58	Sodium mg	22.1
Vitamin D µg	1.4	Potassium mg	80
Vitamin E mg TE	1.2	Chloride mg	51
Vitamin K µg	4.4	Calcium mg	68
Vitamin C mg	9.3	Phosphorus mg	49
Thiamin B ₁ µg	70	Magnesium mg	5.6
Riboflavin B ₂ µg	140	Iron mg	0.71
Niacin B ₃ mg	0.43	Zinc mg	0.48
Vitamin B ₆ µg	46	Copper µg	52
Folate µg	14	Manganese µg	7.0
Vitamin B ₁₂ µg	0.17	Selenium µg	3.0
Biotin µg	1.6	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.

Arachidonic acid (AA) mg	17
Taurine mg	5.4
Nucleotides mg	2.3

Relative cost of this milk

Cost per 100ml	26p	<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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