SCIENCE INSPIRED BY NATURE

Product Advice Guide

The SMA® Nutrition Product Range

The most comprehensive range to help meet the specific nutrition needs of babies and young children

sma nutrition

START HERE

Is the baby full term?

YES

Does the baby have special nutritional needs?

NO

LITTLE STEPS® First, Follow-on & Growing Up Milks
From birth, 6 months & 12 months

SMA® PRO First, Follow-on & Growing Up Milks
From birth, 6 months & 12 months

SMA® ADVANCED First, Follow-on & Growing Up Milks
From birth, 6 months & 12 month

YES

For hungrier babies

SMA® Extra Hungry Infant Milk
From birth

NO

Is the preterm baby receiving breast milk exclusively?

YES

SMA Gold Prem® Breast Milk Fortifier
From birth
Hospital use only

NO

SMA Gold Prem® 1 Low Birthweight Formula
From birth
Hospital use only

SMA Gold Prem® 2 Post Discharge Formula
90ml hospital use only, 200ml for home use
Prescribable (UK only)

SMA Gold Prem® 2 Post Discharge Formula
For use at home
Prescribable (UK only)

FOR MEDICALLY DIAGNOSED SPECIAL NUTRITIONAL NEEDS

For babies with high energy needs

SMA High Energy®
From birth
Prescribable (UK & ROI)

For babies with colic and constipation

SMA® Comfort Formula
From birth

For babies with significant reflux

SMA® Anti-Reflux
From birth
Prescribable (UK only)

For babies intolerant to lactose/sucrose

SMA® LF Lactose Free Infant Milk
From birth
Prescribable (UK & ROI)

For cows' milk intolerant babies

SMA® Soya Infant Formula
From birth
Prescribable (UK & ROI)

This chart is intended for bottle-fed babies, as a guide only and is not a diagnostic tool.

SMA® ADVANCED RANGE

Specially designed to help support the infants' developing Immune system[1]

SMA® ADVANCED First Infant Milk

FROM BIRTH
A nutritionally complete, easy-to-digest infant milk[2].

- **The first infant formula to contain our unique clinically proven blend of 5 HMOs (2'FL, DFL, LNT, 3'SL, 6'SL)***
- **Supports immune and gut health -** significant improvement in infant's gut microbiota and positively influences the developing immune system[1]. Contains Zinc and vitamins A, C & D to help support the normal function of babies immune system[3-5]
- **Easy to digest -** protein broken down into smaller pieces and contains 100% whey protein for softer stools[2]
- **Suitable for C-sec babies** - shown to increase beneficial bacteria in the gut microbiome of infants born via c-section**[1]

SMA® ADVANCED Follow-on Milk

FROM 6 MONTHS
A follow-on milk containing iron and designed specifically to meet the nutritional needs of babies from 6 months of age as part of a varied weaning diet.

- **The first follow-on milk to contain our unique clinically proven blend of 5 HMOs (2'FL, DFL, LNT, 3'SL, 6'SL)***
- **Supports immune and gut health** - significant improvement in infant's gut microbiota and positively influences the developing immune system[1]. Contains Zinc and vitamins A, C & D to help support the normal function of babies immune system[3-5]
- **Easy to digest -** protein broken down into smaller pieces and contains 100% whey protein for softer stools[5]. **Fortified with iron** (which UK dietary surveys show can be lacking in infant diets[6]) to help support normal cognitive development in baby's brain[7]
- **Suitable for C-sec babies** - Shown to increase beneficial bacteria in the gut microbiome of infants born via c-section**[1]

SMA® ADVANCED Growing Up Milk

FROM 12 MONTHS
A fortified growing up milk suitable for toddlers from the 12th month onwards as part of a healthy, balanced diet.

- **The first growing up milk to contain our unique clinically proven blend of 5 HMOs (2'FL, DFL, LNT, 3'SL, 6'SL)***[1]
- Contains Zinc and vitamins A, C & D to help support the normal function of the immune system[3-5]
- Vitamin D and calcium to support the normal growth and development of bones[8]

*As of September 2022. HMO, structurally identical human milk oligosaccharides, not sourced from breast milk
**At 6 months vs control

SMA® PRO RANGE

SMA® PRO First Infant Milk

FROM BIRTH
A nutritionally complete infant milk suitable from birth. It can be used for infants who are not being breastfed or for those being combination fed.

Appropriate Growth
- Clinically proven to achieve growth rate comparable with a breastfed baby[9]
- Contains closer amino acid profile to that of breast milk, which is thought to help support appropriate growth[10,11]

Immunity
- Contains vitamin D which contributes to the normal functioning of baby's immune system[12]
- Contains 2'FL Human Milk Oligosaccharide (HMO#): Research suggests that infants fed a formula supplemented with 2'FL HMO# had immune markers closer to breast-fed infants[13]

SMA® PRO Follow-on Milk

FROM 6 MONTHS
A follow-on milk containing iron and designed specifically to meet the nutritional needs of babies from 6 months of age as part of a varied weaning diet.

Appropriate Growth
- The only Follow-on Milk in the UK & I supported by clinical trials which demonstrated appropriate growth[14,15]
- The lowest protein follow-on milk in UK & I[16-19] – studies suggest that excessive protein in early life is linked with rapid growth and higher risk of later obesity[20-21]

Immunity
- Contains vitamin D which contributes to the normal functioning of baby's immune system[12]
- Contains 2'FL Human Milk Oligosaccharide (HMO#): Research suggests that infants fed an infant formula supplemented with 2'FL HMO# had immune markers closer to breast-fed infants[13]

SMA® PRO Growing Up Milk

FROM 12 MONTHS
A growing up milk suitable for young children from 1-3 years as part of a healthy balanced diet.

Appropriate Growth
- The lowest protein growing up milk in UK & I[22-26] – studies suggest that excessive protein in early life is linked with rapid growth and higher risk of later obesity[20-21]
- Omega 3&6† to help support normal development and growth.

Immunity
- Contains vitamin D which contributes to the normal functioning of baby's immune system[12]
- Contains 2'FL Human Milk Oligosaccharide (HMO#): Research suggests that infants fed an infant formula supplemented with 2'FL HMO# had immune markers closer to breast-fed infants[13]

#HMO: structurally identical human milk oligosaccharides, not sourced from breast milk
†Beneficial effect of essential fatty acids is obtained with a daily intake of 10 g of linoleic acid and 2 g of α-linolenic acid.

LITTLE STEPS® RANGE

LITTLE STEPS® First Infant Milk

FROM BIRTH

A nutritionally complete* formula milk suitable from birth, it can be used for those infants who are not being breastfed or those who are being combination fed.

- Nutritionally complete
- Enriched with Omega 3 LCP (DHA)**

LITTLE STEPS® Follow-on Milk

FROM 6 MONTHS

A formula milk containing iron and designed specifically to meet the nutritional needs of babies from 6 months of age as part of a varied weaning diet.

- Enriched with iron to help support normal cognitive development
- Contains calcium and vitamin D for normal growth and development of bones. Vitamin D also contributes to normal function of the immune system
- Enriched with Omega-3 LCP (DHA)**

LITTLE STEPS® Growing Up Milk

FROM 12 MONTHS

A fortified milk drink for young children from 12 months to 3 years, as part of a healthy balanced diet.

- Enriched with iron to help support normal cognitive development & Omega 3 & 6† and Iodine to help support normal growth
- Contains calcium and vitamin D for the normal growth and development of bones

LITTLE STEPS® Plantygrow Growing Up Drink

An unsweetened fortified plant-based drink for young children from 12 months to 3 years, as part of a varied and balanced diet.

- The only plant based growing up drink to contain omega 3 & 6[27-29].
- Contains calcium and vitamin D for the normal growth and development of bones
- Contains iron
- No added sugar‡

*Nutritionally complete as required by the legislation for all infant formula. **Contains DHA (as required by the legislation for all infant formula). DHA, docosahexaenoic acid. LCP, long-chain polyunsaturate.
†Beneficial effect of essential fatty acids is obtained with a daily intake of 10 g of linoleic acid and 2 g of α-linolenic acid.
‡Contains naturally occurring sugars

#p<0.0001, compared to a standard formula. ¶Alginate therapy. ΔMagnesium level remains within regulatory limits of infant FSMP Delegated regulation (EU) 2016/128 for food for special medical purposes. ᶠwhere lactose intolerance is a cause of the colic. ¥SMA Comfort has a lactose level that is 35% lower than SMA PRO First Infant Milk. GOR - Gastro-oesophageal reflux. GOS - Galacto-oligosaccharides. FOS - Fructo-oligo-saccharides. ΦAs of October 2022.

SPECIALIST MILKS

SMA® Anti-Reflux

FROM BIRTH

Food for Special Medical Purposes. A nutritionally complete formula, suitable from birth until 1 year of age. For the dietary management of frequent reflux and regurgitation. **This product should be used under medical supervision.**

- Starch-thickened formulas have been shown to significantly reduce the number of daily regurgitation episodes#[1]
- NICE guidelines recommend trial of a thickened formula before medication¶[2], in formula-fed infants with GOR
- Unique combination of easily digestible starch and 100% whey, partially hydrolysed protein, to help manage reflux and regurgitation[1,3]

SMA® Comfort Formula

FROM BIRTH

Food for Special Medical Purposes. A nutritionally complete, easy to digest formula[4], suitable from birth to 12 months. For the dietary management of colic and constipation. **This product should be used under medical supervision.**

- Significant improvement in stool consistency associated with increased magnesium levels[5-7Δ]
- Reduced crying time in infants with colic associated with lower lactose levels[8F¥]
- An increase in beneficial bacteria in the infant gut microbiome due to the presence of GOS and FOS[9]
- Easy to digest - contains 100% whey, partially hydrolysed protein which is easier to digest than intact protein[4]

SMA LF®

Lactose Free Infant Milk

FROM BIRTH

A nutritionally complete infant milk for babies and young children with lactose intolerance.

- For use in conditions where dietary lactose is contraindicated[10]
- Contains all essential nutrients to support babies' nutritional needs
- The only whey-dominant, lactose-free formula available in the UK and Ireland, to help manage symptoms of lactose intolerance[11-12]

SMA® Extra Hungry Infant Milk

FROM BIRTH

A nutritionally complete, casein dominant infant milk for hungrier babies. Designed to help delay weaning until the recommended time.

- A casein-dominant infant milk formula that may help delay weaning in hungrier infants until the recommended time of 6 months
- Nutritionally complete and can be used from birth
- Contains 80% casein and 20% whey protein

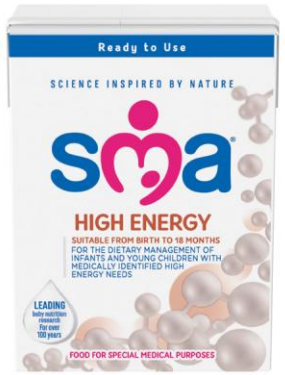
SMA® Soya

FROM BIRTH

A nutritionally complete soya protein based infant formula, suitable from birth and designed for cows' milk protein intolerant babies.

- The only soya-protein based infant formula in the UK and Ireland[Φ]
- A nutritionally complete formula, free from cows' milk, lactose and sucrose
- Suitable for vegetarians

SPECIALIST MILKS



SMA High Energy®

FROM BIRTH

Food for Special Medical Purposes. A nutrient dense formula for the dietary management of infants and young children aged 0 – 18 months with medically identified high energy needs. **This product should be used under medical supervision. For enteral use only.**

- Protein: energy ratio of 10.4% to support optimal catch-up growth[13] in babies with medically identified high energy needs
- 100% whey, partially hydrolysed protein for easier digestion[4, 14]
- The only nutrient-dense formula in the UK & I to contain a fat blend enriched with SN-2 palmitate[15-17], which aids lipid and calcium absorption[18,19]

SMA Gold Prem® 1
Preterm Formula

FROM BIRTH
For hospital use only

For the dietary management of preterm low birthweight infants. **This product must be used under medical supervision**.

- Suitable for all preterm infants <1.8 kg due to compliance with ESPGHAN guidelines on protein for all babies <1.8 kg (3.6 g/100 kcal; 2.9 g/100 ml)[6,7]
- Partially hydrolysed protein – 100% whey, partially hydrolysed protein for improved tolerability[3,7]
- In line with ESPGHAN guidelines: Provision of energy needed for preterm, low birth weight infants in a small volume (80 kcal per 100 ml)[6,7]

PRETERM PRODUCTS

SMA Gold Prem® Breast Milk Fortifier

FROM BIRTH
For hospital use only

A nutritional supplement to be added to expressed breast milk, for feeding preterm low birthweight infants (LBW). **This product must be used under medical supervision**.

- The only breast milk fortifier available in the UK and ROI to contain iron[1]
- 100% whey protein, partially hydrolysed for improved tolerability and adds 1.44 g protein per 100 ml expressed breast milk[1-3]
- Contains DHA to help support normal visual and brain development and contains medium chain triglycerides (MCTs), an easily absorbed fat and readily available energy source[4-6]

SMA Gold Prem® 2
Post Discharge Formula (PDF)

For use at home

Food For Special Medical Purposes. For the dietary management of preterm low birthweight infants. **This product must be used under medical supervision**.

- Partially hydrolysed protein – 100% whey, partially hydrolysed protein for improved tolerability[3,8]
- Helps promote softer stools due to its SN-2 palmitate fat blend[8-10]
- Lowest osmolality of all UK and Ireland post-discharge formulas – 309 mOsmol/kg H_2O[8,11]

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IMPORTANT NOTICE: We believe that breastfeeding is the ideal nutritional start for babies and we fully support the World Health Organization's recommendation of exclusive breastfeeding for the first six months of life followed by the introduction of adequate nutritious complementary foods along with continued breastfeeding up to two years of age. We also recognise that breastfeeding is not always an option for parents. We recommend that healthcare professionals inform parents about the advantages of breastfeeding. If parents choose not to breastfeed, healthcare professionals should inform parents that such a decision can be difficult to reverse and that the introduction of partial bottle-feeding will reduce the supply of breast milk. Parents should consider the social and financial implications of the use of infant formula. As babies grow at different rates, healthcare professionals should advise on the appropriate time for a baby to begin eating complementary foods. Infant formula and complementary foods should always be prepared, used and stored as instructed on the label in order to avoid risks to a baby's health. **•SMA® PRO Follow-on Milk/SMA® ADVANCED Follow-on Milk/LITTLE STEPS® Follow-on Milk** are only suitable for babies over 6 months as part of a mixed diet. It should not be used as a substitute for breast milk during the first 6 months of life. The decision to start weaning or to use this product before 6 months, should be made only on the advice of a doctor, midwife, health visitor, public health nurse, dietitian or pharmacist, based on baby's individual needs. **•SMA® PRO Growing Up Milk /SMA® ADVANCED Growing Up Milk/LITTLE STEPS® Growing Up Milk** are suitable for young children from 1-3 years, as part of a healthy balanced diet and it is not a breast milk substitute. **•LITTLE STEPS® PLANTYGROW Growing Up Drink** is suitable for young children from 1-3 years, as part of a varied and balanced diet and it is not a breast milk substitute. **•SMA® Soya** milk free formula is intended to meet the nutritional needs of babies and children who are intolerant to cows' milk protein, lactose or sucrose. Soya infant formulae are not recommended for preterm babies, those with kidney problems, or those with suspected or confirmed soya allergy, where medical guidance should always be sought. **•SMA LF®** is a lactose free milk-based formula for babies and young children who are intolerant to lactose or sucrose, or who are experiencing symptoms such as diarrhoea, tummy ache or wind caused by temporary lactose intolerance. It is suitable as the sole source of nutrition up to 6 months of age, and in conjunction with solid food up to 18 months of age. **The following products must be used under medical supervision. •SMA® Anti-Reflux** is a special formula intended for the dietary management of bottle-fed babies when significant reflux (regurgitation) is a problem. It is suitable as the sole source of nutrition up to 6 months of age, and in conjunction with solid food up to 12 months of age. If the baby's reflux does not improve within 2 weeks of starting SMA® Anti-Reflux, or if the baby fails to thrive, the family doctor should be consulted. **•SMA® Comfort** is a special formula intended for the dietary management of bottle-fed babies with colic and constipation. It is suitable as the sole source of nutrition up to 6 months of age, and in conjunction with solid food up to 12 months of age. **•SMA High Energy®** is a milk-based formula for the dietary management of babies and young children with medically determined high energy requirements as identified by a healthcare professional. It is suitable as the sole source of nutrition up to 6 months of age, and in conjunction with solid food up to 18 months of age. SMA High Energy® is not intended for use with preterm babies, for whom fortified breast milk or a low birthweight formula such as SMA Gold Prem® 1 is more appropriate. **•SMA® GOLD PREM BREAST MILK FORTIFIER** is a nutritional supplement designed to be added to expressed breast milk for the dietary management of feeding preterm low birthweight babies. It is NOT a breast milk substitute. **•SMA Gold Prem® 1** is a special formula intended for the dietary management of preterm low birthweight babies who are not solely fed breast milk. It is suitable for use as the sole source of nutrition for preterm babies from birth. SMA Gold Prem® 1 is not intended for use with older preterm babies, for whom a special catch-up formula such as SMA Gold Prem® 2 is more appropriate. •SMA Gold Prem® 2 is a special catch-up formula intended for the dietary management of preterm low birthweight babies who are not solely fed breast milk. It is a nutritionally complete formula for use on discharge from hospital or when a low birthweight formula is no longer appropriate. It is suitable for use as the sole source of nutrition up to 6 months corrected age. SMA Gold Prem® 2 is not intended for use with new-born preterm babies, for whom fortified breast milk or a low birthweight formula such as SMA Gold Prem® 1 is more appropriate.

DENWHP114, DELWHP044, DEJWHP030, NWP089-3, CHLWP022-1, FRJNP008, NW101-2, LE135-1, JN069-1, ESJSLOO3-1, DENWHS016-2, DENWHSP122, NLNW031-2, FRNN002, USNS001-1, DSHL003-2, DSH001, DEDWHL008, DSH204

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