



COW'S MILK ALLERGY?

Well informed!

PARENT
GUIDE



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DEAR PARENTS,

Your paediatrician suspects that your child may have cow's milk allergy. In order to diagnose this allergy, you have been given Neocate® – a carefully formulated specialized infant formula, which is completely cow's milk-free.

You will have a lot of questions just now. This brochure gives you a comprehensive introduction to cow's milk allergy, shows you what experiences other families have had and offers lots of useful tips for dealing with the allergy on a daily basis.

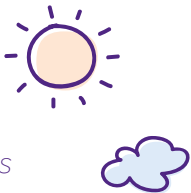
We wish you and your child all the best!

*Your
Neocate Team*

1

WHAT IS COW'S MILK ALLERGY?





Cow's milk allergy is the most common food allergy in infants and young children.

When a child has cow's milk allergy, the immune system treats harmless milk protein constituents (also known as allergens) as "foreign substances". The body initiates an immune response and produces antibodies to fight the proteins.

Conventional baby food is based on cow's milk protein and can therefore trigger an allergy. However, a baby may also develop cow's milk allergy while still breastfeeding, as small quantities of cow's milk from the mother's food may be excreted in the breast milk.

People often confuse cow's milk allergy and lactose intolerance

Even though the symptoms are sometimes similar, cow's milk allergy is not the same as lactose intolerance. Both conditions are food intolerances, but cow's milk allergy involves the immune system. In contrast, lactose intolerance is due to a deficiency of the enzyme lactase, which is produced by the body and is responsible for breaking down milk sugar (lactose).

Lactose intolerance affects mainly older children and adults. In infants and young children, it is usually the milk protein that triggers the symptoms.

Tips for parents:

Further information on cow's milk allergy can be found at www.nutricia.de/kuhmilchallergie



A photograph of a woman with dark hair tied back, wearing a white tank top, leaning over and kissing a young girl with blonde hair on the cheek. The girl is wearing a pink and white striped dress with small colorful polka dots. They are lying on a bed with white linens. The scene is intimate and affectionate.

2

COMMON SYMPTOMS OF COW'S MILK ALLERGY



This allergy often leads to skin, gastrointestinal or respiratory problems; these problems may occur within a few minutes, but may also take a couple of days to appear. Your child feels unwell, is crying a lot and cannot be comforted easily.



Babies have sensitive skin. If your child is suffering from lasting skin problems, these may be caused by cow's milk allergy. Typical skin problems include a rash and itching as well as peeling, partially weeping eczema or atopic eczema.



Flatulence and stomach ache are typical when an infant is developing. These problems usually disappear of their own accord over time. However, lasting symptoms such as diarrhoea, stomach pain, constipation, vomiting or blood in the stool may also be symptoms of cow's milk allergy.

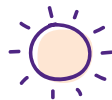


RESPIRATORY SYSTEM



Respiratory tract infections are common in infants and young children. If the symptoms persist and an infection has been ruled out, the symptoms may be caused by cow's milk allergy. In this case, the allergic reaction leads to inflammation in the respiratory system. The mucous membranes become swollen. This is often followed by a cough, runny nose, bronchitis or even asthma.

Although it is very rare, some children have a very severe reaction, including breathlessness and circulatory failure (anaphylaxis), very quickly and must be taken to the doctor immediately.



If your child has cow's milk allergy, all these symptoms quickly disappear with the right nutrition.

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HOW DOES YOUR
DOCTOR DIAGNOSE
COW'S MILK ALLERGY?



To ensure that your child receives the best treatment, it is important that your doctor provides a reliable diagnosis.

MEDICAL HISTORY

The starting point when diagnosing cow's milk allergy is your child's medical history. The paediatrician will ask you about your child's diet and about your own observations.

SKIN AND BLOOD TESTS

If necessary, your doctor may perform skin and/or blood tests for diagnostic purposes. These tests will provide important information whether your child has a sensitivity to a food. However, these tests are not always a reliable basis for making decisions, as they only detect just under half of children with cow's milk allergy.



ELIMINATION DIET – FOR RELIABLE DIAGNOSIS OF COW'S MILK ALLERGY

To ensure a clear diagnosis, the paediatrician will usually recommend an elimination diet if he/she suspects cow's milk allergy. This means that your child will have to follow a milk-free diet consistently for 1–4 weeks. Conventional infant formula is based on milk protein and is not suitable for cow's milk allergy. For this reason, your paediatrician has recommended Neocate®, a specialized infant formula which is 100% cow's milk-free. This means that Neocate® offers a high degree of certainty. During this time, it is helpful to keep a symptoms diary.

You can use this diary to record all the food your child consumes as well as any reactions observed. If your child does have cow's



milk allergy, the symptoms will improve after just a few days on the elimination diet and your child will be happier and more even-tempered.

To confirm the diagnosis, your paediatrician will probably suggest a so-called oral challenge. This is where your child is given milk or formula to see whether their symptoms return and milk really is the trigger.



Elimination diet during breastfeeding

Breast milk provides the best nutrition for your baby. However, a baby can develop cow's milk allergy while still breastfeeding. If your paediatrician suspects cow's milk allergy, he/she will advise that you follow a milk-free diet yourself.

If your baby's symptoms improve after this dietary change, you should talk to the paediatrician about next steps.

An individual nutritional consultation is also useful for ensuring that you and your baby receive all the nutrients you need despite following a cow's milk-free diet.



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EVERYDAY LIFE
WITH THE ALLERGY –
GROWING UP
WITH NEOCATE®

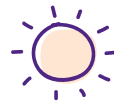


If your paediatrician has diagnosed cow's milk allergy, he/she will continue to prescribe your child an elimination diet with Neocate®.

With Neocate®, you can feed your child in the same way as you would with conventional baby food. You can also use it as a supplement in solids (e.g. as a milk substitute in purée).

YOUR CHILD'S DIET REMAINS THE SAME – JUST WITHOUT MILK

Introducing solids can be a stressful phase for all the family when a child has cow's milk allergy. However, this is no cause for concern. You can introduce solids as normal – just without cow's milk. You do not need to leave out other allergens. However, if additional allergies have been detected in your child, such as hen's egg allergy, the corresponding allergens must also be strictly omitted.



Tips for parents:

A guide for introducing solids when your child has cow's milk allergy, including numerous tips for a daily milk-free diet as well as milk-free basic purée recipes and delicious recipe ideas with Neocate®, can be found at: www.nutricia.de/neocate-rezepte

WE GROW WITH YOUR CHILD!

Even after the age of one year, milk remains an important source of nutrients, vitamins, and minerals for children, in particular for covering energy and nutrient, e.g. calcium, requirements. After the age of one, however, your child's nutritional requirements change. We as Nutricia Milupa want your child with a diagnosed cow's milk allergy to receive all the important nutrients he/she needs at every phase of his/her development – even without cow's milk – so that he/she can grow up completely normally.



For this reason, we have specifically developed Neocate® Junior for children over the age of one. Your child will receive all the important nutrients for his or her age while still being protected against allergic reactions.

*But here's the best thing:
The prospects for your child with
cow's milk allergy are good!*

90% of children affected can tolerate milk again with no symptoms by no later than school age. Your paediatrician will perform an oral challenge again after a certain time. If there are no allergy symptoms, you can incorporate milk back into your child's diet.

Always check the information on the packaging!

A milk-free diet will become more and more of a challenge in daily life as your child slowly transitions to family meals. As many standard foods, such as bread, juice and sausage, contain traces of milk. Always check the ingredients of foods when buying food. Allergens must be highlighted in lists of ingredients. Terms such as lactose, casein, lactoglobulin or lactalbumin or whey also indicate milk ingredients. Make sure to ask when buying fresh products. Visit our website for a comprehensive list of hidden allergens and foods that should be treated with caution: www.nutricia.de/kuhmilchallergie.

You should also get more advice from your paediatrician and a nutritionist.



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TESTIMONIALS



ALEXANDRA & DAUGHTER LENA



4 months



Euskirchen



Our Lena was just under six weeks old when we found small spots of blood in her stool for the first time following a rotavirus vaccination. As you would expect, we went straight to the paediatrician, but the paediatrician gave the all-clear and said that this can happen sometimes in babies.

For more testimonials, visit
www.nutricia.de/kuhmilchallenge



After a few days, the blood had disappeared but it appeared again around ten days later. At that time, Lena was being fully breastfed. As there was really only a very small amount of blood, we agreed with the doctor to wait and to monitor the situation. At that time, Lena was still fine. She had no stomach pain, no skin problems and she was a happy baby.

In the interim, I did some research online and came across cow's milk allergy. To test whether Lena was having an allergic reaction to milk, I eliminated all milk products from my diet, but unfortunately this had no effect. Lena had more and more traces of blood and mucous in her stool. As there was no improvement after six weeks, her blood was sampled. But everything was as it should be. The only difference was that Lena's weight gain was a little low. When we discovered her nappy was full of blood one evening,

"Lena has been drinking Neocate® directly with no problems."

we drove to the hospital in a panic and she was admitted as an inpatient. Following a variety of tests, Lena (who was now 3 months old) was then switched over to Neocate® and the blood in her stool disappeared within a few days. The cow's milk allergy had caused inflammation in her rectum. This is why there was such a large quantity of blood.

Lena has been drinking Neocate® directly with no problems. She is now 4 months old and she is doing well. Even though we were disappointed to have to stop breastfeeding, I am happy that our little darling is doing better with Neocate® and that she now enjoys drinking her bottle.



JULIANE & SON BRUNO



13 months



Maasdorf



Hello, here is our story: Bruno was born in October 2016. Due to a heart defect, our little one did not have the strength to drink enough and his diet was therefore supplemented with preterm formula from the age of three days.

Breastfeeding became increasingly difficult, as I also did not have enough milk. Bruno was admitted as an inpatient again after nine days due to severe weight loss. From that point on, he was fed with preterm formula only and that's when things really started to get serious.



He became more agitated from one day to the next, he just cried and cried... day and night, despite being held for hours on end every day.

His stool became increasingly thin and it stank. Each bowel movement caused him pain. He had to push like crazy before anything came out and when it did, it was extremely thin.

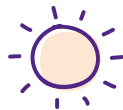
His skin also got worse and worse.

It got to the point where it looked so bad that I was afraid to touch him. Under the thick scabs, the skin was open, flame red and bloody in places. The paediatrician told us that he had severe atopic eczema. We were prescribed various ointments to try. With regard to

"We started the elimination diet immediately and received Neocate®. I saw a noticeable improvement in my child."

the bowel movements and the crying, we were told that the bowel needed to mature and that Bruno was just one of those babies that cries a lot. We persevered until the end of February (i.e. around 4 months). Then he started drinking less and less each time he fed so we decided to go back to the doctor, who diagnosed "suspected cow's milk allergy".

We started the elimination diet immediately and received Neocate®. I saw a noticeable improvement in my child. From the very first bottle, he drank really well. Bruno gained weight really well, and his skin also improved significantly. Since then, we have been living without cow's milk and he is doing great. I am so happy that Neocate® exists.



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OUR NEOCATE[®] PRODUCTS



Our Neocate® products are specialized infant formula for babies and children with cow's milk allergy or multiple food allergies.

Your child's energy and nutrient requirements increase as he/she grows. As a leading specialist in medical nutrition for children, we at Nutricia care deeply about meeting these requirements.

As the only supplier of age-adapted specialized infant formula for cow's milk allergy, we offer products that are specifically tailored to children's nutritional requirements at certain ages.

For more information about all Neocate® products, visit: www.nutricia.de/neocate



The protein content in Neocate® does not trigger allergic reactions, as it consists only of its smallest components, which are known as non-allergenic amino acids.



Neocate® is 100% free from cow's milk protein, egg protein, soy protein and wheat protein. It also contains no milk sugar (lactose), galactose, sucrose or gluten.



Neocate® contains all the vital nutrients needed for children to develop normally. All the ingredients are easy to digest. The ingredients and composition of Neocate® always comply with current recommendations for children's nutritional medicine.

From birth
NEOCATE® SYNEO



Neocate® Syneo is the first 100% cow's milk-free specialized infant formula with a patented synbiotic complex. The synbiotic complex contains valuable bifidobacteria cultures and fructooligosaccharides, which help to support your baby's resistance from the beginning. In addition, Neocate® Syneo contains nucleotides and LCPs (long-chain polyunsaturated fatty acids), which a baby's body cannot produce in sufficient quantities during the first months of life. The special composition means that your child receives all the nutrients he/she needs to develop during his/her first year following the example of nature.

From birth
NEOCATE® INFANT



Neocate® Infant is 100% cow's milk-free and contains all the important nutrients your baby needs to develop during his/her first year. Just like Neocate® Syneo, Neocate® Infant contains nucleotides and LCPs (long-chain polyunsaturated fatty acids). LCPs are particularly important during your baby's first months, as the body cannot produce them in sufficient quantities.

From 1 year
NEOCATE® JUNIOR



Neocate® Junior has been specifically developed for children over the age of one with cow's milk allergy, as the nutritional requirements of your child increase as he/she gets older. To ensure that your child can grow in the right way for their age, Neocate® Junior contains larger quantities of important nutrients such as calcium, iron, vitamin D, phosphorus and zinc.

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FREQUENTLY
ASKED
QUESTIONS



CAN I FEED MY CHILD WITH NEOCATE® ONLY?

Yes, the composition of Neocate® makes it ideal as a sole source of nutrition. Neocate® Syneo or Neocate® Infant are suitable from birth. Infants should be switched to Neocate® Junior after the age of one, as it has been specifically adapted to the nutritional requirements of children over the age of one. From the age of 5 months, solids can be introduced in an appropriate way for the child's age – just without cow's milk.

HOW LONG DOES NEOCATE® REMAIN USABLE?

On every can, there is an expiry date by which the food must be used. Please store opened cans with the lid closed. Neocate® Infant and Junior should be consumed within a month and Neocate® Syneo within two weeks due to the bifidobacteria content.

WHAT DO I NEED TO KNOW WHEN PREPARING NEOCATE®?

You will find all preparation and measuring instructions on the can label. Do not boil or heat prepared food in the microwave, as excessive heating can destroy the nutrients.

Due to the bifidobacteria in Neocate® Syneo, it is especially important that you leave the boiled water to cool to drinking temperature below 40°C (check by holding against the cheek) before adding the powder, as the living microorganisms will be destroyed if the temperature is too high. The daily quantity of Neocate® depends on the age, weight and health of your child and is always defined by your treating paediatrician.

CAN NEOCATE® BE PREPARED IN THE MORNING FOR THE WHOLE DAY?

For babies and infants under the age of one, each meal with Neocate® Syneo or Infant should be freshly prepared and consumed within

one hour. Do not reheat leftover food. For children over the age of one, meals with Neocate® Junior can be refrigerated after preparation and consumed within 24 hours. Always shake before use.

WHAT SHOULD I EXPECT WHEN SWITCHING TO THE SPECIALIZED INFANT FORMULA?

Smell and taste

When you switch from conventional baby food, you will notice that Neocate® smells and tastes different. This is due to the amino acids in Neocate®. Although most children do not have problems switching, some children need a short adjustment period to get used to the new taste.

Stool changes

Your child's bowel movements will change when feeding Neocate® (e.g. colour and consistency). The stool may become softer or firmer and, in many cases, bowel movements become less frequent. It is also completely normal that the stool has a greenish colour. The nutrients in Neocate® are very easy to digest.

Flatulence

Your baby may have more severe flatulence when you first start feeding with Neocate®. This is completely normal and should disappear quickly.

Increasing appetite

Your child's nutritional requirements may increase temporarily during intensive growth phases. Experience has shown that the nutritional requirements settle down to a normal level again when the catch-up phase comes to an end.



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OUR SERVICES FOR YOUR FAMILY



KATIES KUHLER KLUB

Katies Kuhler Klub was started to make daily life easier for you and your child to succeed with Neocate® nutritional therapy. We provide you with useful information and practical tips relating to cow's milk allergy and nutrition with Neocate® on a regular basis. This service is free of charge.

What Katies Kuhler Klub can offer you:



Nutritional tips and great recipe ideas



Practical everyday aids for your child, e.g. bibs, trainer cups or lunch boxes



Discussion with experts and affected families in the cow's milk allergy Facebook group

Register online at: www.nutricia.de/katies-kuhler-klub





NUTRICIA MILUPA WEBSITE

How can I feed my child without cow's milk?

How do I introduce Neocate® into my child's diet?

Our Nutricia Milupa Website provides answers to key questions to support you in your daily life. Our service package is completed with delicious recipe ideas with Neocate® as well as information and brochures about cow's milk allergy.



"COW'S MILK ALLERGY" FACEBOOK GROUP

In our "Cow's milk allergy" Facebook group, parents talk to other families in the same situation about their personal experiences with cow's milk allergy, using Neocate® and everyday tips and tricks. If you have questions, you can find the answer quickly here.

COW'S MILK ALLERGY CUSTOMER SERVICE

If you have any questions about your child's nutrition with Neocate®, please don't hesitate to contact our product and dietary advice team.



Monday to Friday from 8.00 am to 5.00 pm

Product and dietary advice

00800 700 500 00 (free of charge)



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