A parent's guide to
COW'S MILK ALLERGY

Brought to you by
Nutramigen
Whether you suspect your child may have a cow’s milk allergy (CMA) or he’s already been identified to have it, you surely have a lot of questions. Although identifying this can bring a sense of relief, it also brings up a lot of concerns. You may be wondering what to expect in the near future, as well as down the road as your child gets older and eventually reaches school age.

This guide addresses many aspects of CMA and management of CMA. While your child’s doctor is the authority, please refer to this information between visits or whenever a question comes up.
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WHAT IS COW’S MILK ALLERGY?

Cow's milk allergy is the most common food allergy in the first year of life. It results from a hypersensitivity of the baby's immune system to the protein in cow's milk.

When a child has this, the immune system mistakenly sees cow's milk protein (in cow's milk or any other product containing milk, known as dairy products) as being harmful. It tries to protect the body by fighting off the protein, which leads to an allergic reaction that can affect different body parts.

WHAT CAUSES THIS ALLERGY?

The exact causes of CMA are unknown and it can develop for no apparent reason — usually within the first three years of life. Allergies do tend to run in families, so there is a higher chance a baby might develop CMA if his parents suffer from conditions like hay fever, eczema or food allergies.
It’s hard on you as a parent when your baby cries a lot. You may not know whether your baby’s behavior is due to his temperament or a potential health issue. One way to gauge if there’s something more behind your baby’s discomfort is to observe how he acts during or after feedings. Notice if he gets upset while feeding, is often uninterested in eating, or frequently cries although he isn’t tired or in need of a diaper change.

Any number of things could be causing these behaviors, which is why it’s important to see your pediatrician. Always trust your intuition, as excessive crying or distress while feeding is not normal. One condition to consider is cow’s milk allergy.

Babies with CMA respond to milk protein in different ways and with varying levels of severity. CMA can appear within 2 hours of consumption or may be delayed 48 hours or more.

**Other things to look for may be:**

**Baby reflux**
All infants experience some degree of common reflux, but some have more severe problems.

**Gassiness**
Your baby’s stomach may look bloated. He may lock his legs, clench his fists, and pass gas.

**Colic**
Colic often follows a pattern of three: crying for more than three hours a day, for more than three days a week, and for more than three weeks.
HOW IS CMA IDENTIFIED?

If you suspect your child has CMA, the doctor will discuss your baby’s behaviors and examine him. Since allergies can run in families, your baby’s doctor will ask about your history.

If the doctor suspects CMA, the next steps to help confirm CMA may involve:

- Skin-prick tests
- Blood tests
- An elimination diet during which milk products are avoided for a certain period of time
WHAT IS THE DIFFERENCE BETWEEN COW’S MILK ALLERGY AND OTHER FEEDING INTOLERANCES, SUCH AS LACTOSE INTOLERANCE?

CMA should not be confused with lactose intolerance — which is when people cannot digest the sugar found in milk, known as lactose. This can lead to digestive issues that appear similar to CMA. Lactose intolerance is not commonly seen in infants. CMA affects between 2% and 3% of all infants. The good news is that most infants will outgrow their allergy by the time they are 3 to 5 years of age.
HOW IS CMA MANAGED?

The most effective way to manage CMA is avoidance of cow’s milk protein and any other products containing milk (dairy products). If CMA is present, your baby’s diet must be managed carefully with the help and support of your baby’s doctor.

If you’re breastfeeding:

Although it’s uncommon, breastfed babies can develop CMA. The cow’s milk protein you ingest can cross into your breast milk, causing an allergic reaction in your baby. If this is the case, eliminating milk and milk products from your diet may help.

Discuss this with your baby’s doctor, who may suggest finding alternative sources of calcium and other nutrients to replace what you were getting from dairy products.

If you’re formula feeding:

Since nutritional requirements for infants with CMA are the same as for those without, it is important that you replace your baby’s cow’s milk formula with a suitable, nutritionally complete, hypoallergenic formula such as Nutramigen.

Most babies do well on an extensively hydrolyzed formula, but if the allergy persists, an amino acid formula such as PurAmino™ might be recommended.
WILL MY BABY OUTGROW THIS ALLERGY?

CMA is usually temporary and most children outgrow it by the time they reach 3 to 5 years of age.

However, Nutramigen LGG is a formula specially designed for babies with CMA that has been clinically proven to help them build tolerance to cow’s milk. In fact, over 81% of babies in the study group fed Nutramigen with LGG were able to tolerate cow’s milk after 12 months of feeding.

When your child reaches 1 year of age (the age may vary based on the doctor’s recommendation), your baby’s doctor may recommend that you start reintroducing foods with cow’s milk. This should always be done carefully and under the supervision of the doctor, who may perform further allergy tests. If no reactions occur, many children who had CMA as babies can begin to eat a normal diet, including milk and dairy products.
**WHAT IS HYPOALLERGENIC FORMULA?**

**WHAT DOES EXTENSIVELY HYDROLYZED MEAN?**

Hypoallergenic formulas have been scientifically formulated and proven to not cause an allergic response in most infants.

Hypoallergenic formulas do contain protein taken from cow's milk, but those proteins are broken down into tiny pieces that are unlikely to trigger an allergic response in most infants. Formulas that undergo this process are known as extensively hydrolyzed formulas.
CAN I USE OTHER FORMULAS THAT ARE NOT EXTENSIVELY HYDROLYZED?

Goat’s milk, sheep’s milk and milk from any other animal is not recommended for infants with cow’s milk allergy. These types of milk do not meet the nutritional requirements for infants.

Sometimes, infants with CMA may also be allergic to soy formula. Partially Hydrolyzed formulas are not hypoallergenic and not recommended for infants with CMA.
WHAT IS NUTRAMIGEN® WITH ENFLORA LGG®?

Nutramigen is a hypoallergenic formula for babies with CMA. Proven to be effective in several clinical studies, Nutramigen has more depth of clinical trials and experience than any other formula for CMA. Worldwide, Nutramigen is the #1 selling formula for management of CMA.

- CLINICALLY PROVEN TO MANAGE COW’S MILK ALLERGY
- HELPS INFANTS BUILD TOLERANCE TO COW’S MILK
- COMPLETE NUTRITION FOR NORMAL GROWTH AND DEVELOPMENT

LGG is a licensed trademark of Valio Ltd.
**WHAT IS NUTRAMIGEN LGG TODDLER?**

As your baby grows into a toddler, and his nutritional needs change, it’s important to continue to provide excellent nutrition for continued healthy development. Nutramigen Toddler helps meet the nutritional needs of toddlers with CMA. It has the same great nutritional benefits as Nutramigen LGG Infant such as DHA and iron — building blocks of a toddler’s brain. It’s also better-tasting for your picky eater.

**WHAT ELSE SHOULD I KNOW ABOUT NUTRAMIGEN?**

Nutramigen helps manage CMA so infants can continue on track with normal growth and development. After starting Nutramigen, you may notice that your baby has a difference in stooling patterns. This is usually quite normal. Nutramigen can be used as a sole source of nutrition for your baby for the first 4-6 months and as a major source of nutrition after 6 months. In addition, Nutramigen is safe and well tolerated.
HOW DOES NUTRAMIGEN LGG DIFFER FROM OTHER FORMULAS THAT MANAGE CMA?

Nutramigen LGG contains one of the most studied probiotics — Lactobacillus rhamnosus GG (LGG®). Nutramigen LGG helps infants build tolerance to cow’s milk protein faster compared to Nutramigen without LGG.

While most children outgrow their allergy by 3 to 5 years of age, data shows that more infants fed Nutramigen LGG were tolerant of cow’s milk protein after 12 months of feeding compared to infants fed Nutramigen without LGG. 2-4, 10
WHY DOES NUTRAMIGEN COST MORE THAN OTHER FORMULAS?

To “extensively hydrolyze” proteins, or to break them into smaller, more digestible components, a costlier scientific process is needed. More expense is involved due to Nutramigen’s carefully monitored low allergenic potential. However, it has been estimated that Nutramigen is a very cost effective way to manage CMA, allowing you to save at the end of the day. In studies that analyzed the cost of managing CMA, parents were able to reduce costs associated with visits to a physician, hospitalizations and prescriptions.

You too can help your baby feel better and save with The Nutramigen® Savings & Support Program.

Join online and get up to $50 in savings as well as other support to help you manage your baby's cow's milk allergy.

Join now on Nutramigen.com or call 1-800-BABY123
WHY DOES NUTRAMIGEN HAVE SUCH AN UNPLEASANT SMELL? WILL MY BABY LIKE IT?

Hypoallergenic formulas smell different from routine formulas because of their special formulation. After switching to Nutramigen, it might take several days for your baby to get used to the new taste. Despite parents’ perception of the smell, children who start on Nutramigen early in life are more likely to accept the taste later. 7, 8

Remember that your perception of taste and smell is more developed than your baby’s. Interestingly, infants fed an extensively hydrolyzed formula like Nutramigen accepted more savory foods or foods with a more bitter taste later in life compared to children fed standard infant formula.6

![Nutramigen Acceptance Ratings](chart.png)
WHEN SHOULD I EXPECT TO SEE CHANGES?

Nutramigen has been proven to manage colic due to CMA fast — often within 48 hours. 9

Bring Back A Smile

Clinically proven to manage colic due to Cow’s Milk Allergy fast — often within 48 hours*

*Studied before the addition of DHA, ARA and LGG
HOW CAN I TRANSITION MY BABY TO A NEW FORMULA?

To help things along:

1. Baby should switch from their routine formula to extensively hydrolyzed formula as soon as possible after the recommendation. Please do not stop the use of your extensively hydrolyzed formula until instructed by your doctor.

2. Make sure your baby is hungry when trying the formula for the first time.

3. Please be patient. It might take several exposures for your baby to get used to a new taste.

4. Senses of taste and smell of infants are different from adults. Please be positive during feeding times, as babies can pick up your reactions.

Advice and support!
If you would like more advice on any aspects of feeding and weaning your baby, contact your doctor, dietitian or health advisor.
WHEN SHOULD I STOP USING THIS SPECIAL FORMULA AND TRANSITION TO MILK BASED PRODUCTS?

While children often outgrow CMA, once your baby has been identified to have CMA a hypoallergenic formula like Nutramigen LGG may be recommended by your baby's doctor.

Although Nutramigen LGG is a hypoallergenic formula, it is designed to give babies complete nutrition they need for normal growth and development until 6 months of age. Once your baby is over 6 months and begins eating solid foods, Nutramigen can continue to be a major source of nutrition through 12 months.

Nutramigen LGG Toddler is designed for older infants and toddlers with cow’s milk allergy; it has DHA and iron-building blocks of a toddler’s brain. It's designed to help meet their growing nutritional needs. Do not introduce cow’s milk at this point, unless directed by your baby's doctor.
DOES HAVING CMA MEAN MY CHILD WILL BE ALLERGIC TO OTHER FOODS?

Infants with CMA can also develop allergies to other foods. Therefore, it’s a good idea to be cautious when introducing new foods that commonly cause allergies in children such as wheat, soy, eggs, fish and nuts.

IMPORTANT: If a reaction ever affects your child’s breathing, it is essential to get medical help immediately.

Here are a few guidelines for introducing new foods:

• Introduce only one new food at a time.
• Offer small amounts at first and increase gradually if there are no reactions.
• Use Nutramigen LGG instead of milk when mixing foods like cereals to the desired consistency.
HOW DO I INTRODUCE SOLID FOODS AND WHEN?

Many experts recommend beginning solid foods at around 6 months of age. The following behaviors may suggest your baby is ready for solids:

- Putting things in her mouth
- Chewing her fists
- Showing increased interest while watching others eating
- Demanding more feedings

Before introducing solid foods, refer to the question about which foods need to be cautiously added to your child’s diet.

Solids are generally introduced in stages — and your baby’s doctor may recommend that you make notations like the ones in this chart whenever you introduce a new food.

<table>
<thead>
<tr>
<th>Date</th>
<th>New Food</th>
<th>Amount Eaten</th>
<th>Symptoms of an Allergic Reaction</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 12</td>
<td>Peach Puree</td>
<td>1 Tsp</td>
<td>No</td>
</tr>
<tr>
<td>May 13</td>
<td>Peach Puree</td>
<td>2 Tsp</td>
<td>No</td>
</tr>
<tr>
<td>May 14</td>
<td>Rice Cereal</td>
<td>1 Tsp</td>
<td>No</td>
</tr>
<tr>
<td>May 15</td>
<td>Rice Cereal</td>
<td>2 Tsp</td>
<td>No</td>
</tr>
<tr>
<td>May 16</td>
<td>Rice Cereal</td>
<td>Several Tsp</td>
<td>No</td>
</tr>
<tr>
<td>May 22</td>
<td>Scrambled Egg</td>
<td>1 Tsp</td>
<td>Yes</td>
</tr>
</tbody>
</table>
WHAT DO I DO IF MY BABY’S CMA CONTINUES? IS THERE ANOTHER FORMULA I SHOULD TRY?

If an extensively hydrolyzed formula like Nutramigen does not manage your baby’s cow’s milk allergy, your baby’s doctor may recommend PurAmino, an amino acid formula based on just the basic building blocks of protein. Amino acid formulas may be suggested for multiple or severe food allergies.

**IMPORTANT:** Your baby’s doctor is the expert when it comes to identifying and managing cow’s milk allergy.

Do not make any changes in your baby’s feeding routine without consulting the doctor.
For more information visit nutramigen.com

And visit the Allergy Center for additional support or to sign up for the Nutramigen Savings and Support program to receive up to $50 in savings.