

### Suitable for:

**SMA® Comfort** is a Food for Special Medical Purposes designed for the dietary management of colic and constipation. It has been designed to be an easy to digest<sup>1</sup> formula and is suitable from birth to 12 months.

**SMA® Comfort Formula** has four modifications:

1. Reduced lactose to help with colic<sup>2</sup>
2. Contains increased magnesium to help with constipation<sup>3-5</sup>
3. Easy to digest 100% whey, partially hydrolysed protein<sup>1</sup>
4. Contains GOS/FOS to help increase beneficial bacteria in the infants gut<sup>6</sup>

### Not suitable for:

1. Cows' milk protein intolerance.
2. Lactose intolerance.
3. Inborn errors of metabolism such as phenylketonuria, galactosaemia and galactokinase deficiency.

### Shelf life:

**SMA® Comfort Formula** powder has a shelf life of 24 months.



800 g

#### References:

1. Billeaud C *et al.* Eur J Clin Nutr 1990; 44: 577–583.
2. Kanabar D *et al.* J Hum Nutr Dietet 2001; 14: 359–363.
3. Chao *et al.* Nutrition 2007;23:469–473.
4. Infante *et al.* Nutrition Journal 2011; 10:55–8.
5. Benninga MA; Pediatric Gastroenterology Hepatology and Nutrition 2019 May;22(3):270–281.
6. Moro G, *et al.* J Pediatr Gastroenterol Nutr. 2002 Mar;34(3):291–5.

## INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

# SMA® COMFORT FORMULA

### From birth onwards data card



- Contains starch thickener
- Contains increased levels of Magnesium<sup>†</sup>

<sup>†</sup>Magnesium level still within regulatory limits of infant FSMP (Delegated Regulation (EU) 2016/128 for food for special medical purposes). Magnesium content of new SMA® Comfort is 8.1mg/100ml compared to SMA® PRO First Infant Milk which contains a magnesium level of 5.7mg/100ml.



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\*Reg. Trademark of Société des Produits Nestlé S.A.

**IMPORTANT NOTICE:** The World Health Organisation (WHO) has recommended that pregnant women and new mothers be informed on the benefits and superiority of breastfeeding – in particular the fact that it provides the best nutrition and protection from illness for babies. Mothers should be given guidance on the preparation for, and maintenance of, lactation, with special emphasis on the importance of a well-balanced diet both during pregnancy and after delivery. Unnecessary introduction of partial bottle-feeding or other foods and drinks should be discouraged since it will have a negative effect on breastfeeding. Similarly, mothers should be warned of the difficulty of reversing a decision not to breastfeed. Before advising a mother to use an infant formula, she should be advised of the social and financial implications of her decision: for example, if a baby is exclusively bottle-fed, more than one can (400 g) per week will be needed, so the family circumstances and costs should be kept in mind. Mothers should be reminded that breast milk is not only the best, but also the most economical food for babies. If a decision to use a formula is taken, it is important to give instructions on correct preparation methods, emphasising that unboiled water, unsterilised bottles or incorrect dilution can all lead to illness. **This product must be used under medical supervision.** 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.



We're here for you

UK 0800 081 81 80  
[www.smahcp.co.uk](http://www.smahcp.co.uk)  
 ROI 1800 931 832  
[www.smahcp.ie](http://www.smahcp.ie)

SMA Nutrition, 1 City Place, Gatwick, RH6 0PA  
 In the Republic of Ireland: SMA Nutrition, 3030 Lake Drive, Citywest Business Campus, Dublin 24, Ireland

## Nutritional information for SMA® Comfort Formula

	Units	Per 100 ml	Per 100 kcal	Per 100 g powder
<b>Energy</b>				
	kJ	270	100	2136
	kcal	65	418	510
<b>Fat</b>	g	3.3	5.2	26
of which, saturates	g	0.8	1.2	6.0
of which, unsaturates	g	2.3	3.5	18
<b>Carbohydrate</b>	g	7.3	11.3	58
of which, sugars	g	4.9	7.5	38
of which, lactose	g	4.9	7.5	38
<b>Fibre</b>	g	0.3	0.4	2.1
<b>Protein</b>	g	1.2	1.9	9.8
<b>Salt*</b> (= Sodium x 2.5)	g	0.06	0.1	0.5
<b>Vitamins</b>				
<b>Vitamin A</b>	µg	63	98	500
<b>Vitamin D</b>	µg	1.6	2.5	13
<b>Vitamin E</b>	mg	1.3	2.1	11
<b>Vitamin K</b>	µg	4.4	6.9	35
<b>Vitamin C</b>	mg	9.7	15	77
<b>Thiamin</b>	mg	0.06	0.09	0.45
<b>Riboflavin</b>	mg	0.06	0.09	0.48
<b>Niacin</b>	mg	0.44	0.69	3.5
<b>Vitamin B<sub>6</sub></b>	mg	0.03	0.05	0.26
<b>Folate (DFE)**</b>	µg	21.5	33.3	170
<b>Vitamin B<sub>12</sub></b>	µg	0.16	0.25	1.3
<b>Biotin</b>	µg	1.4	2.2	11
<b>Pantothenic acid</b>	mg	0.32	0.49	2.5
<b>Minerals</b>				
<b>Sodium</b>	mg	25	38	195
<b>Potassium</b>	mg	70	108	550
<b>Chloride</b>	mg	53	82	420
<b>Calcium</b>	mg	44	69	350
<b>Phosphorus</b>	mg	26	40	205
<b>Magnesium</b>	mg	8.1	12.6	64
<b>Iron</b>	mg	0.67	1.0	5.3
<b>Zinc</b>	mg	0.63	0.98	5
<b>Copper</b>	mg	0.05	0.08	0.4
<b>Manganese</b>	mg	0.02	0.02	0.1
<b>Fluoride</b>	mg	≤0.07	≤0.1	≤0.5
<b>Selenium</b>	µg	3.7	5.7	29
<b>Chromium</b>	µg	≤6.5	≤10	≤51
<b>Molybdenum</b>	µg	≤9.1	≤14	≤72
<b>Iodine</b>	µg	14	22	110
<b>Others</b>				
<b>Oligosaccharides (GOS/FOS)†</b>	g	0.4	0.6	3.1
of which, Fructo-Oligosaccharides	g	0.04	0.06	0.3
of which, Galacto-Oligosaccharides	g	0.35	0.54	2.8
<b>Taurine</b>	mg	4.1	6.3	32
<b>Choline</b>	mg	23	35	180
<b>Inositol</b>	mg	4.6	7.1	36
<b>L-carnitine</b>	mg	1.9	2.9	15
<b>Nucleotides</b>	mg	1.9	2.9	15
<b>Omega 3</b>				
α-linolenic acid (ALA)	mg	43	67	340
Docosahexaenoic acid (DHA)††	mg	16.5	25.5	130
<b>Omega 6</b>				
Linoleic acid (LA)	mg	494	764	3900
Arachidonic acid (AA)††	mg	16.5	25.5	130

## INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

### Theoretical fatty acid profile of SMA® Comfort Formula

Fatty Acid		Units	Per 100 ml
<b>Saturated</b>			
Butyric	C4:0	mg	1
Caproic	C6:0	mg	4
Caprylic	C8:0	mg	40
Capric	C10:0	mg	37
Lauric	C12:0	mg	234
Myristic	C14:0	mg	91
Palmitic	C16:0	mg	176
Pentadecanoic	C15:0	mg	1
Margaric acid	C17:0	mg	1
Stearic	C18:0	mg	118
Arachidic	C20:0	mg	1
Behenic	C22:0	mg	17
Lignoceric acid	C24:0	mg	1
<b>Total saturated</b>		g	0.7
<b>Unsaturated/Monounsaturated</b>			
Palmitoleic	C16:1	mg	3
Oleic	C18:1	mg	1735
Eicosanoic	C20:1	mg	7
<b>Total monounsaturated</b>		g	1.7
<b>Polyunsaturated</b>			
Linoleic	C18:2	mg	494
Linolenic	C18:3	mg	43
Arachidonic	C20:4	mg	16.5
Docosahexaenoic	C22:6	mg	16.5
<b>Total polyunsaturated</b>		g	0.6
<b>Linoleic: linolenic ratio</b>			11.5:1

### Theoretical amino acid profile of SMA® Comfort Formula

Amino Acid	mg per 100 ml
<b>Essential &amp; Semi-Essential Amino Acids</b>	
Arginine	6
Cystine	34
Histidine	36
Isoleucine	70
Leucine	148
Lysine	122
Methionine	29
Phenylalanine	42
Threonine	73
Tryptophan	25
Tyrosine	55
Valine	64
<b>Other Amino Acids</b>	
Aspartic acid	139
Serine	54
Glutamic acid	212
Proline	61
Glycine	22
Alanine	60

### mmol information for SMA® Comfort Formula

Nutrient	per 100 g powder (mmol)	per 100 ml (mmol)
<b>Calcium</b>	8.8	1.1
<b>Phosphate</b>	6.6	0.8
<b>Iron</b>	2.7	0.3
<b>Magnesium</b>	0.09	0.01
<b>Zinc</b>	0.08	0.01
<b>Sodium</b>	8.5	1.1
<b>Potassium</b>	14.1	1.8
<b>Chloride</b>	11.8	1.5

## SMA® Comfort Formula ingredients

**Power (800 g):** Lactose (**milk**), vegetable oils (sunflower, coconut, rapeseed), potato starch, partially hydrolysed whey protein (**milk**), galacto-oligosaccharides (GOS), calcium phosphate, long chain polyunsaturated fatty acids (DHA (**fish oil**), AA), potassium citrate, magnesium chloride, choline bitartrate, calcium chloride, fructo-oligosaccharides (FOS), L-arginine, sodium chloride, vitamin C, L-histidine, L-tyrosine, taurine, inositol, ferrous sulphate, nucleotides (cytidine-, disodium uridine-, adenosine-, disodium guanosine-5'- monophosphate), L-carnitine, zinc sulphate, antioxidants (tocopherol-rich extract, ascorbyl palmitate), vitamin E, niacin, pantothenic acid, copper sulphate, vitamin A, thiamin, riboflavin, vitamin B<sub>6</sub>, manganese sulphate, potassium iodide, folic acid, sodium selenate, vitamin K, vitamin D, biotin, vitamin B<sub>12</sub>.

**Scoop size:** 4.2 g

**Whey:Casein ratio:** 100% Whey

**Potential Renal Solute Load:** 122 mOsm/l (powder)

**Reconstitution rate:** 12.7 g powder/100 ml water

**Lactose:** 38.4 g/100 g powder

**Osmolality:** 251 mOsm/Kg H<sub>2</sub>O (powder)

**Osmolarity:** 226 mOsm/L

**SMA® Comfort Formula** contains added starch thickener. Do not use with other food thickeners or antacids.

\*Salt is calculated as sodium x 2.5.

Sodium is present for nutritional purposes.

\*\*DFE - Dietary Folate Equivalent: 1 µg DFE = 1 µg food folate = 0.6 µg folic acid from formula.

\*GOS/FOS Galacto-oligosaccharides/Fructo-oligosaccharides

††LCPs = Long Chain Polyunsaturates.

