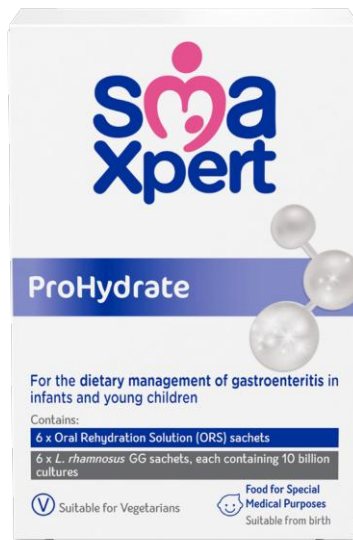


INFORMATION FOR HEALTHCARE
PROFESSIONAL USE ONLY

DATA CARD
SMA® XPert PROHYDRATE

Suitable from birth



- Food for Special Medical Purposes
- Must be used under medical supervision

Suitable for:

SMA® Xpert ProHydrate combines an oral rehydration solution (ORS) and *L. rhamnosus GG* for the dietary management of gastroenteritis in infants and young children. It is suitable from birth to 3 years of age.

SMA® Xpert ProHydrate contains sachets of both an oral rehydration solution and sachets of *L. rhamnosus GG* (probiotic) which can be used in combination or alone based on Healthcare Professional guidance[†].

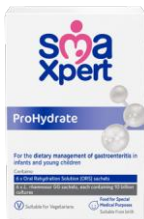
The oral rehydration solution contains electrolytes (Sodium, Potassium, Chloride) and carbohydrate (glucose) to support oral rehydration of infants and young children¹, this is formulated according to ESPGHAN^{*} composition guidelines¹.

L. rhamnosus GG is associated with a reduced duration of diarrhoea by approximately 20 hours^{2**}.

A daily serving (1 sachet) of *L. rhamnosus GG* in SMA® Xpert ProHydrate contains 10 billion cultures.

Shelf life:

SMA® Xpert ProHydrate has a shelf life of 18 months.



^{*}European Society for Paediatric Gastroenterology, Hepatology and Nutrition. ^{**}When used in addition to rehydration therapy. [†]Do not use more than one *L. rhamnosus GG* sachet per day.

IMPORTANT NOTICE: We believe that breastfeeding is the ideal nutritional start for babies as breast milk provides a balanced diet and protection against illness for a baby. We fully support the World Health Organizations recommendation of exclusive breastfeeding for the first six months of life followed by the introduction of adequate nutritious complementary foods along with sustained breastfeeding up to two years of age. We also recognise that breastfeeding may not be an option due to certain medical conditions. Parents should only feed Infant formula for special medical purposes under supervision of a healthcare professional after full consideration of all feeding options, including breastfeeding. Continued use has to be assessed by the healthcare professional in relation to the baby's progress bearing in mind any social and financial implications for the family. Infant formula should always be prepared, used and stored as instructed on the label in order to avoid risks to a baby's health. **This product must be used under medical supervision.** SMA® Xpert ProHydrate is intended for the dietary management of gastroenteritis. It is suitable for infants (0-12 months) and children (1-3 years). If the condition does not improve within 24-48 hours of starting SMA® Xpert ProHydrate, the family doctor should be consulted. SMA® Xpert ProHydrate is not suitable for use as the sole source of nourishment. **For Enteral Use Only.** Always follow medical advice. For babies, always hold them while feeding and do not leave them unattended as they might choke. It is not a breast milk substitute.

sma[®]
nutrition
careline

UK 0800 081 81 80
www.smahcp.co.uk

ROI 1800 931 832
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



INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

Nutritional information for SMA® Xpert ProHydrate

1 ORS and 1 <i>L. rhamnosus</i> GG sachet combined			
	Units	Per 100 g powder	Per 200ml prepared
Energy	kJ	1272	83
	kcal	304	20
Fat	g	0	0
Carbohydrate	g	75	4.9
of which, sugars	g	51	3.3
of which, glucose	g	49	3.2
Protein	g	1	0.1
Salt*	g	11	0.72
Minerals			
Sodium	mg	4400	286
Potassium	mg	2338	152
Chloride	mg	7000	455
Others			
Sodium citrate	mg	6231	405

*Salt is calculated as sodium x 2.5

Nutritional information for SMA® Xpert ProHydrate

1 ORS sachet used alone			
	Units	Per 100 g powder	Per 200ml prepared
Energy	kJ	1205	54
	kcal	288	13
Fat	g	0	0
Carbohydrate	g	72	3.2
of which, sugars	g	72	3.2
of which, glucose	g	71	3.2
Protein	g	0	0
Salt*	g	15	0.69
Minerals			
Sodium	mg	6090	274
Potassium	mg	3382	152
Chloride	mg	9374	422
Others			
Sodium citrate	mg	9000	405

*Salt is calculated as sodium x 2.5

Osmolarity: 240 mOsm/L
Osmolality: 243 mOsm/kg
CFU: Colony Forming Unit

For more information visit www.smahcp.co.uk

How to Use

ORS + *L. rhamnosus* GG sachets when used in combination

1. Always clean your hands before preparing the solution.
 2. Tear the sachets along the perforated line. Discard after use.
 3. In a sterilised bottle or clean beaker, dissolve the contents of each of the 2 sachets (4.5 g of ORS and 2 g of *L. rhamnosus* GG) into 200 ml of freshly boiled, cooled tap water. Do not use artificially softened or repeatedly boiled water. Each sachet should be used completely in one use.
 4. If not consumed immediately, once prepared, the solution must be kept in a refrigerator and used within 12 hours. When bringing the solution back to room temperature (approx. 20°C) do not heat it up above body temperature (approx. 37°C).
 5. Test temperature by shaking a few drops onto the inside of your wrist.
- If healthcare professional advice is to use additional ORS sachets, then please see below:

ORS Sachet when used alone

1. Always clean your hands before preparing the solution.
2. Tear the ORS sachet along the perforated line. Discard after use.
3. In a sterilised bottle or clean beaker, dissolve the contents of one ORS sachet (4.5 g of ORS) into 200 ml of freshly boiled, cooled tap water. Do not use artificially softened or repeatedly boiled water. The sachet should be used completely in one use.
4. If not consumed immediately, once prepared, the solution must be kept in a refrigerator and used within 12 hours. When bringing the solution back to room temperature (approx. 20°C) do not heat it up above body temperature (approx. 37°C).
5. Test temperature by shaking a few drops onto the inside of your wrist.

References

1. Booth I, et al. J Pediatr Gastroenterol Nutr. 1992;14:113-5.
2. Szajewska H, et al. Systematic review with meta-analysis: *Lactobacillus rhamnosus* GG for treating acute gastroenteritis in children - a 2019 update. Aliment Pharmacol Ther. 2019 Jun;49(11):1376-1384.

SMA® Xpert ProHydrate ingredients

ORS sachet: Glucose, sodium chloride, potassium citrate, sodium citrate, potassium chloride. **May contain Milk**
LGG sachet: Maltodextrin, *Lactocaseibacillus rhamnosus* GG (formerly *Lactobacillus rhamnosus* GG).

May contain Milk

10 Billion microorganisms (1 x 10¹⁰ CFU)
ORS sachet 4.5g
L. rhamnosus sachet 2g

IMPORTANT FEEDING INFORMATION

- Do not use if the sachet is broken or damaged.
- Do not add extra or less water to make the solution stronger or weaker.
- Only make the solution with water and to the volume stated. A lesser or greater dilution may result in electrolyte imbalance.
- We recommend preparing each solution in individual beakers/bottles when required.
- For hygienic reasons, discard unfinished solution in the beaker/bottle as soon as possible, and always within 1 hour.
- Do not use more than one *L. rhamnosus* GG sachet a day.
- Do not warm the solution in a microwave, hot spots may occur and cause scalding.
- Hot water can also kill the *L. rhamnosus* GG culture.
- Do not add to food.

For Enteral Use Only