



Aptamil Gold+ Colic and Constipation

0-12 months

Indications

- ✓ Suitable for infants who are experiencing symptoms of colic or constipation, as a partial or complete breast milk substitute.

Order information

Contact Nutricia Customer Care 1800 889 480

Product Information

Aptamil® Gold+ Colic & Constipation is a partially hydrolysed formula that helps reduce the symptoms of colic and/or constipation.¹⁻⁵ A nutritionally complete formula that contains a unique blend of ingredients designed specifically to relieve symptoms of colic and/or constipation in infants.

Features

1. Reduces the symptoms of colic and/or constipation in infants, with a unique blend of ingredients to provide much-needed relief:¹⁻⁶

- prebiotic oligosaccharides – to increase beneficial bacteria in the gut and promote softer, more frequent

stools.

- 100% partially hydrolysed whey protein – for easy digestion.
- β -palmitic acid – to reduce the risk of constipation.
- starch – to slightly thicken the formula.
- Reduced lactose* – to help ease discomfort in cases of lactose maldigestion.

* Compared to [Aptamil Profutura](#) and [Aptamil Gold+ Pronutra](#).

2. For all ages

- Nutritionally complete for formula-fed infants 0-6 months.
- Suitable as part of a mixed diet for infants 6-12 months.

Contraindications for use

Aptamil Gold+ Colic & Constipation is not suitable for general use and should be used under medical supervision. It is not suitable for infants with confirmed [cows' milk protein allergy](#), [galactosaemia](#), [lactose intolerance](#).

Direction of Use

- Wash hands before preparing the feed. Clean and then sterilise all utensils by boiling for 5 minutes or using an approved steriliser.
- Boil safe drinking water and allow to cool to feeding temperature. CONSULT FEEDING GUIDE. Measure the required volume of water into a sterilised feeding bottle.
- Use only the enclosed scoop. Fill the scoop lightly and level off using the built in leveler. Avoid compacting the powder.
- Always add 1 level scoop of powder for each 30mL of water. Cap the bottle and shake briskly to dissolve the powder.
- Test temperature on wrist before feeding. Feed immediately (do not store). Discard unfinished feeds.

Prepare each bottle separately. It is safer to use Aptamil Gold+ Colic & Constipation immediately after it is prepared.

Storage

- Store in a cool, dry place.
- Use by the date on bottom of the container.
- After opening, keep container airtight and use contents within four weeks.
- Some settling of the powder may occur.

Feeding Guide

Age	Cooled boiled water	Level scoops of powder*	Number of feeds per day
Birth to 2 weeks	60mL	2	Up to 8
2 – 4 weeks	90mL	3	7 – 8

1 – 2 months	120mL	4	6 – 7
3 – 4 months	150mL	5	5 – 6
5 – 6 months	180 mL	6	4 – 5
7 – 8 months	180 mL	6	3 – 5
9 – 12 months	180 mL	6	3 – 4

*1 scoop = 4.6g of powder. NOTE: 1 scoop of powder added to 30mL of water yields approximately 33.3mL of formula. This feeding guide is a general guide ONLY.

Allergen and Cultural Information

Contains milk, fish and soy.

Nutritional Information

Average contents	Per 100mL
NUTRITION INFORMATION	
Energy	275 kJ 66 kcal
Protein	1.5 g
Whey	100 %
Total Fat	3.4 g
LCPUFAs ^a	
Arachidonic Acid (AA)	11.2 mg
Docosahexaenoic Acid (DHA)	6.4 mg
Carbohydrates	7.2 g
VITAMINS	
Vitamin A	50 µg-RE
Vitamin D	1.2 µg
Vitamin E	0.74 mg
Vitamin K	4.1 µg
Thiamin (B ₁)	52 µg
Riboflavin (B ₂)	100 µg
Niacin (B ₃)	0.43 mg
Pantothenic Acid (B ₅)	0.36 mg
Vitamin B ₆	42 µg
Biotin	2.1 µg
Folate	0.7 µg

Folate	9.5 µg
Vitamin B ₁₂	0.14 µg
Vitamin C	9.3 mg
MINERALS	
Sodium	20 mg
Potassium	75 mg
Chloride	41 mg
Calcium	49 mg
Phosphorus	27 mg
Magnesium	5.5 mg
Iron	0.56 mg
Zinc	0.49 mg
Copper	40 µg
Manganese	7.7 µg
Selenium	1.6 µg
Iodine	12.2 µg
OTHERS	
L-carnitine	1.0 mg
Choline	10.0 mg
Inositol	3.7 mg
Taurine	5.3 mg
NUCLEOTIDES	
Cytidine-5'-monophosphate	1.1 mg
Uridine-5'-monophosphate	0.77 mg
Adenosine-5'-monophosphate	0.67 mg
Inosine-5'-monophosphate	0.45 mg
Guanosine-5'-monophosphate	0.23 mg
PREBIOTICS	
scGOS ^b	0.72 g
lcFOSc ^c	0.08 g
a. Long chain polyunsaturated fatty acids b. Short chain Galacto - Oligosaccharides c. Long chain Fructo - Oligosaccharides	

Ingredients

Hydrolysed whey protein concentrate (**milk**), vegetable oils (antioxidant (mixed tocopherols, ascorbyl palmitate), emulsifier (**soy** lecithin)), glucose syrup, starch, short chain galacto-oligosaccharides (**milk**), maltodextrin, lactose (**milk**), long chain fructo-oligosaccharides, omega LCPUFAs (**fish** oil, antioxidant (mixed tocopherols, ascorbyl palmitate)), L-tyrosine, choline chloride, taurine, inositol, L-carnitine.

Minerals: Potassium, calcium, chloride, phosphorus, sodium, iron, zinc, copper, iodine, manganese, selenium.

Vitamins: Vitamins (A, B1, B2, B3, B5, B6, B12, C, D3, E, K1), folic acid, biotin.

Nucleotides: Cytidine-5'-monophosphate, uridine-5'-monophosphate, adenosine -5'-monophosphate, inosine -5'-monophosphate, guanosine-5'-monophosphate

Aptamil® Gold+ Colic and Constipation Infant Formula is based on partially hydrolysed cows' milk protein.

References

1. Schmelzle H et al. JPGN 2003;36:343-351.
2. Savino F et al. Acta Pædiatrica 2005; 94(Suppl 449): 120–124.
3. Savino F et al. Eur J Clin Nutr 2006;60:1304-1310.
4. Savino F et al. Acta Paediatr Suppl 2003;91:86-90.
5. Bongers MEJ et al. Nutr J 2007;6:8.

BREAST MILK IS BEST FOR BABIES: Professional advice should be followed before using an infant formula.

Introducing partial bottle feeding could negatively affect breast feeding. Good maternal nutrition is important for breast feeding and reversing a decision not to breast feed may be difficult. Infant formula should be used as directed. Proper use of an infant formula is important to the health of the infant. Social and financial implications should be considered when selecting a method of feeding. FOR HEALTHCARE PROFESSIONALS ONLY.