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**Milks used in Cows' Milk Protein Allergy**

- **Extensively hydrolysed formulas** are tolerated by 90% of infants and children with cows' milk protein allergy. The cows' milk proteins are extensively broken down into smaller peptides that are less well recognised by the immune system and therefore less allergenic. Examples:
  - Alimentum<sup>®</sup> — suitable from birth
  - Althera<sup>®</sup> — suitable from birth
  - Aptamil Pepti 1<sup>®</sup> — suitable from birth
  - Aptamil Pepti 2<sup>®</sup> — suitable from 6 months of age
  - Cow and Gate Pepti-Junior<sup>®</sup> — suitable from birth
  - Nutramigen Lipil 1<sup>®</sup> — suitable from birth
  - Nutramigen Lipil 2<sup>®</sup> — suitable from 6 months of age
  - Pregestimil Lipil<sup>®</sup> — suitable from birth
- **Amino acid formulas** are used in the minority of infants and children who cannot tolerate extensively hydrolysed formulae, or those with extremely severe symptoms. The proteins are broken down even further to their simplest units, amino acids. Examples:
  - Alfamino<sup>®</sup> — suitable from birth
  - Neocate LCP<sup>®</sup> — suitable from birth
  - Neocate Active<sup>®</sup> — suitable from 1 year of age
  - Neocate Advance<sup>®</sup> — suitable from 1 year of age for children who cannot eat any other foods
  - Nutramigen Puramino<sup>®</sup> — suitable from birth
- **Soya protein-based formulas** (eg Wysoy<sup>®</sup>) are *not* suitable in cows' milk allergy as there is high cross-reactivity between cows' milk and soy proteins. Furthermore they should not be given to infants under 6 months of age for any reason, due to their high phytate and isoflavone content.
- **Other milk substitutes**
  - **Rice milk** is not advised before the age of 4.5 years. Ready-made **soya, pea, oat, coconut**, or other milk substitutes may be used after 2 years of age, but the choice will depend on the child's nutritional status and other allergies. A brand fortified with calcium should be used where possible.
  - Other mammalian milks (eg unmodified **cow, sheep, buffalo, horse, goat, or camel** milk) are *not* recommended for infants with cows' milk protein allergy. This is because (a) they are not adequately nutritious to provide the sole food source for infants, and (b) there is a high allergenic cross-reactivity between all the different mammalian milk proteins.

Dr Epstein greatly values your feedback and always strives to improve. She would really appreciate if you find a few moments to visit this link and leave a review of the care she provided to your child.

<http://bit.ly/doctifyJenny> (case sensitive)