

PRESENTATION

- Presented in a 400 g tin with a scoop and resealable lid.
- Powdered, for reconstitution with water.

FEATURES & USES

Food for special medical purposes, for use under medical supervision. Suitable as a sole source of nutrition. For older infants and for children, EleCare can be fed from a cup or mixed with cereal or other solid foods, as advised by a healthcare professional.

Contains 2'-FL (2'-fucosyllactose) human milk oligosaccharide (HMO). HMOs are a diverse group of bioactive, non-digestible carbohydrates and the third most abundant solid component of breast milk.^{1,2} Breastmilk contains many distinct HMOs, which have a positive effect on gut microbiota and play an important role systemically in supporting the developing immune system.^{1,2-4}

COMMUNITY USE—PRESCRIPTIONS

Can be prescribed on a FP10 (GP10 in Scotland) for infants and children with:

- Cow's milk allergy
- Severe and/or multiple food allergies
- Other conditions where an amino acid-based formula is indicated

All prescriptions should be endorsed ACBS (Advisory Committee on Borderline Substances).

IMPORTANT NOTICE

Breast milk is best for infants and is recommended for as long as possible during infancy. Infant formulas for special medical purposes should be used only on the advice of a healthcare professional.

STORAGE

- Store unopened at room temperature.
- Opened tins should be resealed using the lid provided and stored in a cool, dry place (not the refrigerator).
- Use within 3 weeks of opening.
- It is recommended that each feed is prepared as required.
- If storage is necessary, the feed should be covered and cooled quickly under cold running water. Prepared feeds should be kept in a refrigerator at 2-4°C (35-40°F) and used within 24 hours. Feeds should be stored at the back of the refrigerator, not in the door.

PRECAUTIONS

- Breast feeding is best for babies. Professional advice should be followed on the need for infant formulas and how they should be used (e.g. volume and frequency of feeds).
- Whilst they are made under hygienic conditions, powdered infant formulas are not sterile. Proper hygiene, handling and storage are important when preparing infant formula. Failure to follow the preparation instructions could make the baby ill.
- Carers should not make any additions to the feed without consulting their pharmacist or dietitian.
- Babies should never be left alone at feeding times.
- Never use a microwave to prepare or warm formula. Serious burns can result.
- Good dental hygiene is important for babies and toddlers. Do not use a feeding bottle as a comforter and move baby to a trainer cup from 6 months if possible.

CONTRA-INDICATIONS

- FOR ENTERAL USE ONLY.

PREPARATION GUIDE

- Thoroughly wash and rinse all equipment to be used in preparing the feed. Sterilise all utensils according to manufacturers' instructions or boil for 10 minutes.
- Boil fresh tap water (not bottled water) and allow to cool for no more than 30 minutes. Do not use artificially softened water or repeatedly boiled water.
- Wash your hands and clean the surface you are going to use.
- Pour the correct amount of warm, previously boiled water into the sterilised feeding bottle.
- Fill the scoop with EleCare powder, levelling with the back of a clean, dry, knife. Do not pack down in scoop.
- Add one scoop of EleCare to each 30 ml of water. Only use the scoop provided. A level scoop contains 4.3 g powder.
- Place lid on bottle and shake gently until completely dissolved.
- Fit a sterilised teat on bottle and test the temperature (drops of formula should feel lukewarm on the inside of your wrist). If necessary, add cap and cool by holding under cold running water.
- Discard prepared formula left in the bottle or cup within one hour after feeding begins.

INGREDIENTS

Corn syrup solids, vegetable oils (high oleic safflower oil, MCT oil from palm kernel oil and coconut oil in varying proportions, soy oil), amino acids (L-glutamine, L-asparagine, L-leucine, L-lysine acetate, L-valine, L-isoleucine, L-arginine, L-phenylalanine, L-tyrosine, L-threonine, L-proline, L-serine, L-alanine, glycine, L-histidine, L-methionine, L-cystine dihydrochloride, L-tryptophan), minerals (potassium phosphate, calcium phosphate, calcium carbonate, potassium citrate, sodium citrate, magnesium chloride, sodium chloride, ferrous sulphate, zinc sulphate, manganese sulphate, copper sulphate, potassium iodide, chromium chloride, sodium selenate, sodium molybdate), emulsifier: E1450, arachidonic acid (AA) from *M. alpina* oil, docosahexaenoic acid (DHA) from *C. cohnii* oil, choline chloride, 2'-fucosyllactose (2'-FL) (derived from **lactose***), vitamins (C, E, calcium pantothenate, niacinamide, B1, vitamin A palmitate, B2, B6, folic acid, K1, biotin, D3, B12), myo-inositol, taurine, antioxidants (E304, E306), L-carnitine.

GENERAL INFORMATION (as fed)

Energy density	0.68 kcal/ml
Energy distribution:	
Protein	13.5%
Carbohydrate	42.5%
Fat	44.0%
Fibre	trace
Potential renal solute load	167 mOsm/L
Osmolarity	271 mOsm/L
Osmolality	300 mOsm/kg H ₂ O
Gluten free?	✓
Clinically lactose free?	✓* Lactose content <10mg/100 kcal
Milk free?	✓
Suitable for vegetarians?	✓
Suitable for Halal & Kosher diets?	✓

For further free-from information, please contact the Freephone Nutrition Helpline on 0800 252882.

References:

1. Triantis V, *et al.* Immunological Effects of Human Milk Oligosaccharides. *Front Pediatr* 2018;6:190.
2. Castany-Munoz E, *et al.* Building a Beneficial Microbiome from Birth. *Adv Nutr* 2016;7(2):323-330.
3. Bode L. Human milk oligosaccharides: every baby needs a sugar mama. *Glycobiology* 2012;22(9):1147-1162.
4. Stepans MB, *et al.* Early consumption of human milk oligosaccharides is inversely related to subsequent risk of respiratory and Enteric disease in infants. *Breastfeed Med* 2006;1(4):207-215.

NUTRITION INFORMATION

	units	per 100 g	per 100 ml*
Energy			
	kJ	2171	283
	kcal	519	67.6
Fat	g	25.3	3.3
- of which saturates	g	9.3	1.2
- of which MCT**	g	8.6	1.1
- of which linoleic acid	mg	3891	507
- of which linolenic acid	mg	405	53
- of which arachidonic acid (AA)	mg	130	17
- of which docosahexaenoic acid (DHA)	mg	130	17
Carbohydrate	g	55.1	7.18
- of which sugars	g	4.9	0.64
Fibre (2'-fucosyllactose; 2'-FL) (oligosaccharide)	g	0.15	0.02
Protein (nitrogen)	g	14.0 (2.24)	1.83 (0.29)
Salt	g	0.58	0.08
Vitamins			
Vitamin A (RE)	µg	459	60
Vitamin D ₃	µg	13	1.69
Vitamin E	mg	10.9	1.4
Vitamin K ₁	µg	67.4	8.8
Vitamin C	mg	65	8.5
Thiamin (vitamin B ₁)	mg	0.78	0.1
Riboflavin (vitamin B ₂)	mg	0.55	0.07
Niacin (NE)	mg	3.63	0.47
Vitamin B ₆	mg	0.44	0.06
Folacin (folic acid)	µg	78	10
Vitamin B ₁₂	µg	1.3	0.17
Pantothenic acid	mg	3.11	0.41
Biotin	µg	21.8	2.8
Minerals			
Sodium	mg	233 (10.1)	30 (1.30)
Potassium	mg	550 (14.1)	72 (1.84)
Chloride	mg	415 (11.7)	54 (1.52)
Calcium	mg	602 (15.0)	78 (1.95)
Phosphorus (phosphate)	mg	389 (12.6)	51 (1.65)
Magnesium	mg	43.6 (1.79)	5.7 (0.23)
Iron	mg	7.78	1.01
Zinc	mg	4.15	0.54
Copper	mg	0.36	0.05
Manganese	mg	0.39	0.05
Iodine	µg	93.4	12.2
Selenium	µg	20.8	2.7
Chromium	µg	11.9	1.6
Molybdenum	µg	13	1.7
Choline	mg	156	20.3
L-carnitine	mg	15	2
Taurine	mg	31.6	4.1
Inositol	mg	114.1	14.9

PROTEIN & AMINO ACIDS

	g/100 g protein	g/100 g powder	g/100 ml*
Protein source			
Amino acids	100	14.0	1.83
Amino acids			
- Essential			
Histidine	2.56	0.36	0.05
Isoleucine	6.69	0.94	0.12
Leucine	10.9	1.52	0.20
Lysine	6.03	0.85	0.11
Methionine	2.51	0.35	0.05
Phenylalanine	5.58	0.78	0.10
Threonine	4.46	0.63	0.08
Tryptophan	1.72	0.24	0.03
Valine	7.67	1.08	0.14
Arginine	6.06	0.85	0.11
- Non-essential			
Alanine	3.34	0.47	0.06
Asparagine	9.77	1.37	0.18
Cystine	1.32	0.19	0.02
Glutamine	12.5	1.75	0.23
Glycine	2.60	0.36	0.05
Proline	3.34	0.47	0.06
Serine	3.34	0.47	0.06
Tyrosine	5.58	0.78	0.10
Non-protein calorie: N	220 :1	200 : 1	
Casein : whey	N/A		

CARBOHYDRATES

	% total carbohydrates	g/100 g powder	g/100 ml*
Carbohydrate source			
Maltodextrin	97.2	53.6	6.98
Modified corn starch	2.8	1.54	0.20

FIBRE

	% total fibre	g/100 g powder	g/100 ml*
Fibre source			
2'-fucosyllactose (2'-FL) (oligosaccharide)	100	0.15	0.02

FAT & FATTY ACIDS

	% total fatty acids	g/100 g powder	g/100 ml*	
Fat source				
High oleic safflower oil	41.3	10.45	1.36	
MCT from palm kernel oil	33.0	8.35	1.09	
Soy oil	22.8	5.77	0.75	
Arachidonic acid (AA)-rich oil	1.5	0.38	0.05	
Docosahexaenoic acid (DHA)-rich oil	1.4	0.35	0.05	
Fatty acids ***	g/100 g fat	g/100 g	g/100 ml*	
- Essential				
Linoleic acid	C18:2	17.3	4.37	0.57
Linolenic acid (alpha)	C18:3	1.91	0.49	0.06
Homo gamma linolenic acid	C20:3	0.05	0.01	trace
- Polyunsaturated				
Arachidonic acid (AA)	C20:4	0.55	0.14	0.02
Docosapentaenoic acid	C22:5	-	-	-
Docosahexaenoic acid	C22:6	0.50	0.13	0.02
- Monounsaturated				
Palmitoleic acid	C16:1	0.09	0.02	trace
Oleic acid	C18:1	33.0	8.37	1.09
Eicosenoic acid	C20:1	0.17	0.04	trace
Erucic acid	C22:1	-	-	-
Nervonic acid	C24:1	0.07	0.02	trace
- Saturated				
Caproic acid	C6:0	-	-	-
Caprylic acid	C8:0	16.5	4.17	0.54
Capric acid	C10:0	13.0	3.28	0.43
Lauric acid	C12:0	0.13	0.03	trace
Myristic acid	C14:0	0.19	0.05	trace
Palmitic acid	C16:0	4.45	1.13	0.15
Margaric acid	C17:0	0.04	0.01	trace
Stearic acid	C18:0	2.04	0.52	0.07
Arachidic acid	C20:0	0.25	0.06	0.01
Behenic acid	C22:0	0.22	0.06	trace
Lignoceric acid	C24:0	0.11	0.03	trace
P/S ratio	0.55			
n6 : n3	7.40 : 1			

*** other fatty acids at trace levels in powder

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