

# HiPP Comfort Special Formula - in cases of wind, colic\* and constipation

The special ingredients of HiPP Comfort Special Formula can have a positive effect on digestion.

## Special fat structure, with a high $\beta$ -palmitate content

- Particularly easy-to-digest fat, whose structure very closely resembles that of the fatty acids in breast milk
- Reduces the formation of fatty acid soaps and leads to softer stool and less constipation<sup>5,6</sup>

## Reduced lactose content

- Reduces wind and cramps caused by temporary lactase deficiency<sup>7</sup>
- Up to 40% less crying<sup>7-9</sup>

## Hydrolysed protein, making it easier to digest

- Easier to digest and improved stool consistency
- Studies show a significant reduction in symptoms in the gastrointestinal tract and in crying when feeding babies a protein hydrolysate<sup>10-13</sup>

## Studies show: valuable dietary fibres (GOS\*\*) to promote healthy intestinal microbiota

- Development of positive intestinal microbiota by promoting lactobacilli and bifidobacteria<sup>14</sup>
- Soft stool thanks to prebiotic fibres<sup>15,16</sup>

## Natural lactic acid culture *L. fermentum* (originally obtained from breast milk)<sup>\*\*\*</sup>

## Suitably low protein content and with LCs (DHA and AA) similar to HiPP Infant Formulae, to ensure its suitability from birth

\*in cases of lactose-related colic

\*\*Galacto-oligosaccharides obtained from lactose

\*\*\*Breast milk contains a large number of natural lactic acid cultures that can vary from mother to mother



### Important information:

Breastfeeding is best for your baby. HiPP Comfort Special Formula is suited as a dietary treatment for increased wind or constipation in infants and can be used under medical supervision from birth onward for exclusive nutrition.

[hipp.com/hcp](http://hipp.com/hcp)

### References:

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Special Formula

# HiPP Comfort

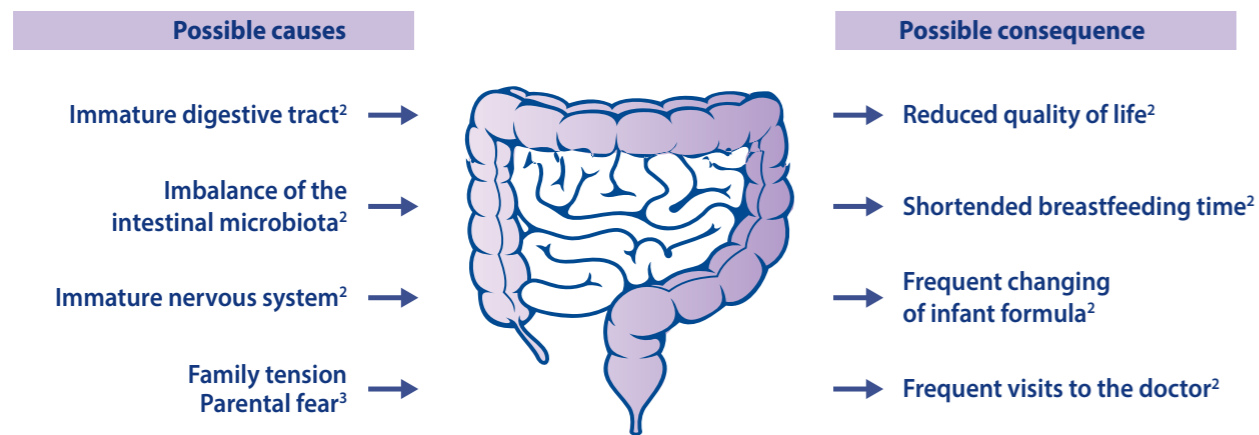
In cases of wind,  
colic\* and constipation



Information for healthcare professionals

\* Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

## Every second infant suffers from non-specific digestive problems<sup>1</sup>



### Rome IV diagnostic criteria<sup>4</sup>

#### Infant colic

- An infant who is <5 months of age when the symptoms start and stop
- Recurrent and prolonged periods of infant crying, fussing, or irritability reported by caregivers that occur without obvious cause and cannot be prevented or resolved by caregivers
- No evidence of infant failure to thrive, fever, or illness

#### Functional Constipation

Must include 1 month of at least 2 of the following in infants up to 4 years of age:

- 2 or fewer defecations per week
- History of excessive stool retention
- History of painful or hard bowel movements
- History of large-diameter stools
- Presence of a large fecal mass in the rectum

In toilet-trained children, the following additional criteria may be used:

- At least 1 episode/week of incontinence after the acquisition of toileting skills
- History of large-diameter stools that may obstruct the toilet

## Recommendations on how to handle infantile colic<sup>2</sup>

### Clarification and reassurance for parents

- Crying as sign of hunger and fatigue
- Calm and regular daily routine
- Time limit of this phase (3-4 months with the peak at the age of 4-6 weeks)
- Comforting measures, such as holding the baby during a crying phase, can help
- Encouragement to continue breastfeeding, to take care of their own well-being and seek help

### Nutritional measures

- A hydrolysed, lactose-reduced formula with prebiotics and probiotics can reduce the crying time of children who are not breastfed

**Medication** (e.g. proton pump inhibitors, simethicone) **is ineffective** and can produce side effects.

## Recommendations on how to handle constipation<sup>2</sup>

### Clarification and reassurance for parents

- Information on normal infant stool behaviour
- Breastfed children rarely experience constipation; however, some breastfed children have bowel movements less than once a week

### Nutritional measures

- Continue breastfeeding; evaluation after 2-4 weeks
- Correct preparation of formula for bottle-fed infants
- A cows' milk protein allergy may be the reason for constipation in some children; however, constipation as the only manifestation of a cows' milk protein allergy is extremely rare
- Children who are not breastfed can benefit from a formula with hydrolysed protein, prebiotics and  $\beta$ -palmitate

In the case of children who are not breastfed and have functional constipation, nutritional recommendations may not be sufficient, thus **medication** (laxatives) can have top priority in terms of treatment.