



For the most valuable in life.

SPECIAL FORMULA

HiPP ANTI REFLUX

in cases of frequent
burping and spitting-up

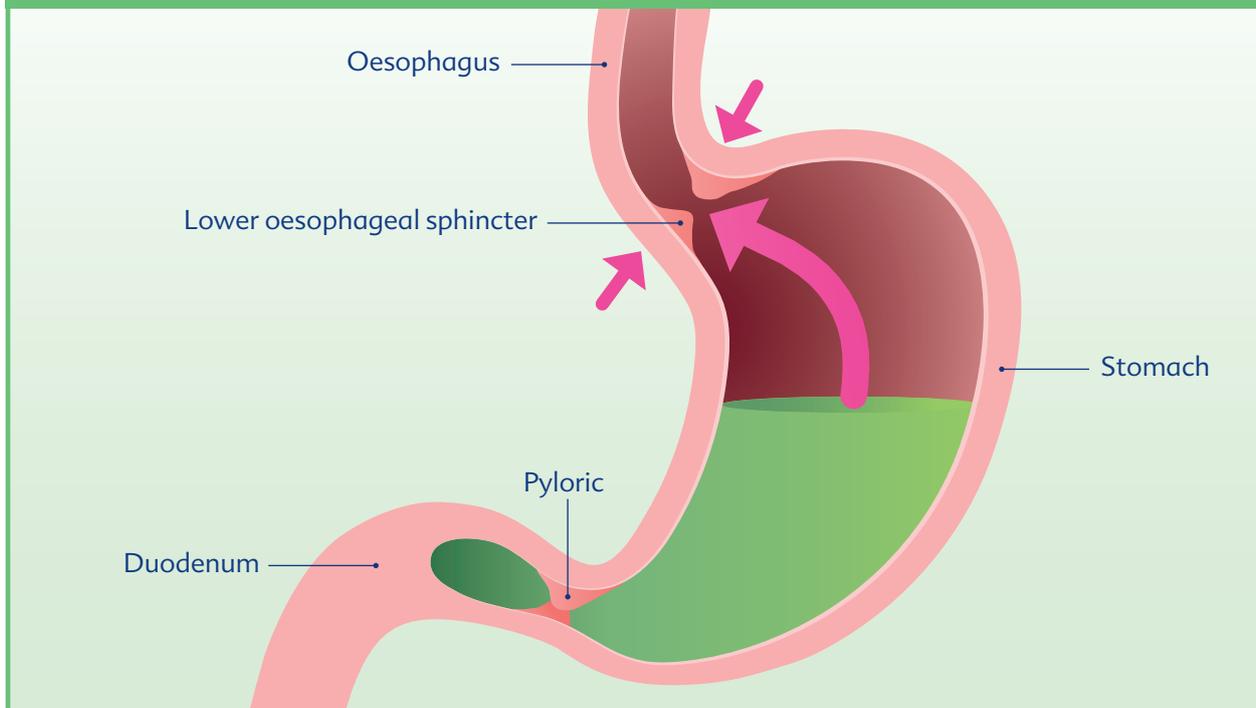


Information for health care professionals

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

Gastro-oesophageal reflux — a frequent occurrence in infants

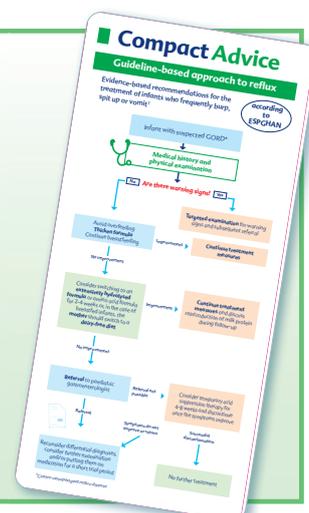
Gastro-oesophageal reflux (GOR) is the passage of gastric contents into the oesophagus with or without regurgitation and/or vomiting.¹



- at 4 months of age, 2/3 of all infants spit up at least once a day, 40% of infants even after nearly every meal²
- the main reason is the still immature lower oesophageal sphincter
- with most children the reflux is harmless and they are developing well³
- reflux and regurgitation can, however, affect the quality of life of both parents and infants⁴, and are often the reason for a visit to the doctor⁵

In some infants, GOR leads to troublesome symptoms that affect daily functioning and/or complications. In such case it is gastro-oesophageal disease (GORD).¹ In order to rule out other diseases, a consultation with the paediatrician is necessary.

Recommendation of ESPGHAN for the distinction between harmless GOR and GORD or other diseases¹ (see HiPP Compact Advice Card Reflux)



Conservative measures against reflux:

for breastfed infants ^{1,6}	for bottle-fed infants ¹
<ul style="list-style-type: none">● continue breastfeeding● breastfeeding advice from a trained professional● if infants suffer from severe reflux, thickening the breast milk may be considered	<ul style="list-style-type: none">● thickening of the formula● smaller but more frequent feeds
<p>If the condition does not improve, formula containing extensively hydrolysed protein (or an amino acid-based formula) may be used, or with breastfed infants, the mother may try to go on a dairy-free diet, as reflux may also be a symptom of a cow's milk protein allergy.</p>	
<p>Head elevation or left lateral positioning can alleviate the symptoms. Infants should generally sleep on their backs. Providing parents with information, advice and support is an important part in the treatment of GOR/GORD.¹</p>	

Thickened formulas effectively reduce the occurrence of reflux:

- use of thickeners may improve the occurrence of overt regurgitation/vomiting as symptoms of GOR in infants¹
- thickened formulas reduce the frequency and severity of regurgitation and are indicated in formula-fed infants with persisting symptoms despite reassurance and appropriate feeding volume intake⁷
- AR formulae can be recommended because they accelerate the process of regression⁸

References:

- 1 Rosen R et al. JPN. 2018;66: 516–554.
- 2 Baird DC et al. Am Fam Physician. 2015;92(8):705–714.
- 3 Winter HS 2018 www.uptodate.com (abgerufen 20.06.2018).
- 4 Craig WR et al. Cochrane Database Syst Rev. 2004;(4): CD003502.
- 5 Campanozzi A et al. Pediatrics. 2009; 123:779–783.
- 6 NICE guideline NG12015. www.nice.org.uk/guidance/ng1 (abgerufen 23.04.2018).
- 7 Salvatore S et al. Nutrition. 2018 May;49:51–56.
- 8 Vandenplas Y et al. Pediatr Gastroenterol Hepatol Nutr. 2016; 19(3): 153–161.
- 9 Iacono G et al. Dig Liver Dis. 2002;34(7):532–533.
- 10 Wenzl TG et al. Pediatrics. 2003; 111: e355–359.
- 11 Miyazawa R et al. Acta Paediatr. 2007; 96: 910–914.

HiPP AR Formula

with carob bean gum

Carob bean gum

- natural, tried-and-tested thickening agent
- reflux-reducing effect thanks to increased viscosity
- documented reflux-reducing effect as an ingredient in AR formula^{9,10,11}
- effective reduction of burping and spitting-up

Natural lactic acid cultures *L. fermentum*

- originally derived from breast milk*

Suitably low protein content and with LCPS **DHA and AA** to ensure its suitability from birth.

With Metafolin®

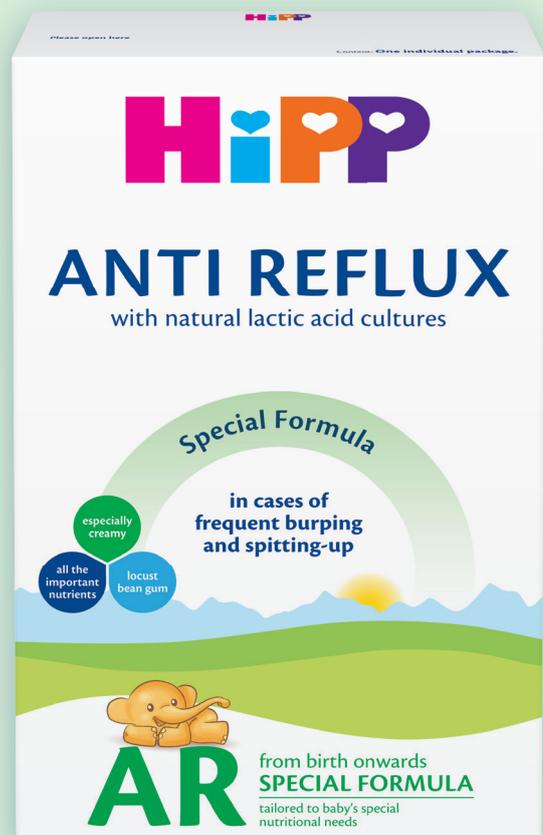
Important information:

HiPP AR Special Formula is suitable for the dietary management of frequent burping and spitting up in infants and may, under medical supervision, be used from birth onwards for the exclusive feeding of the baby, and from 6 months as part of a mixed diet.

Do not use HiPP AR Special Formula in cases of a known or suspected cow's milk protein allergy. Not suitable for parenteral use.

Why is the use of AR formula preferable to the use of a thickening agent?

- its energy density and nutrient composition are equivalent to that of infant formula
- it meets the nutritional needs of an infant, without leading to an increased energy intake. A thickener, on the other hand, provides (undesirable) additional energy^{7,8}
- it is easy to use (similar to infant formula): Preparation mistakes like using too much thickening agent are impossible to make



* Breast milk contains a large number of natural lactic acid cultures, which may differ individually.