

YOUR GUIDANCE CAN HELP BREAK THE CYCLE



Recommend
for the dietary management of
reflux and regurgitation



Recommend
for the dietary management of
colic and constipation

THIS INFORMATION IS FOR HEALTHCARE PROFESSIONALS ONLY

Disorders of Gut-Brain Interaction (DGBI): The most common are reflux, colic and constipation¹



55%
OF INFANTS

**EXPERIENCE AT LEAST
ONE DGBI SYMPTOM
BETWEEN BIRTH AND
6 MONTHS^{1,2}**

DGBIs in infants can cause significant distress and often lead to parental anxiety, sleep deprivation, reduced family quality of life, and add to the workload in clinical practice^{3,4}

*Rome IV is a consensus-driven, evidence-based framework for diagnosing DGBIs⁵

ROME IV diagnostic criteria*⁵

REFLUX⁵

Otherwise healthy infants, between 3 weeks and 12 months old

Regurgitation 2+ times per day for 3+ weeks

No retching, haematemesis, aspiration, apnoea, failure to thrive, feeding or swallowing difficulties, or abnormal posturing



COLIC⁵

Starts and stops before 5 months of age

Recurrent, prolonged crying or fussing without an obvious cause which caregivers cannot prevent or resolve

No evidence of failure to thrive, fever, or illness



CONSTIPATION⁵

At least 1 month of two of the following criteria:

- ≤ 2 bowel movements/week
- excessive stool retention
- large faecal mass in rectum
- painful or hard bowel movements
- large-diameter stools



Guideline recommendations: A Stepped Care Approach to manage common DGBIs^{3,6-8}

Guidelines recognise the role nutrition plays in the management of the common DGBIs in infants and recommend conservative and nutritional approaches ahead of medical interventions^{3,6-8}

PARENTAL REASSURANCE AND SOOTHING STRATEGIES

NUTRITIONAL MANAGEMENT, SUCH AS SPECIALISED FORMULAS

THE USE OF MEDICAL TREATMENTS ONLY IF NEEDED

WHAT HAPPENS IN PRACTICE:

Medications are often inappropriately used first-line⁹
Special formulas are often delayed until third-line or later⁹
Repeat medical visits and ineffective prescriptions are common^{4,10}

When parents are exhausted and infants are distressed, clear guidance makes a difference^{3,10}

Relief all round

A STEPPED CARE APPROACH

is recommended by NICE for the management of reflux and regurgitation in formula-fed infants⁶

1

Review feeding history, assess for overfeeding, and trial smaller, more frequent feeds⁶

2



Offer a trial of thickened formula⁶

If the stepped care approach is unsuccessful, stop the thickened formula and offer alginate therapy for a trial period of 1-2 weeks⁶

Note:

- Aptamil Anti-Reflux is best prepared in hand hot water. Please follow instructions on the pack.
- It is recommended that a single-hole fast-flow teat is used.
- Aptamil Anti-Reflux should not be used in combination with antacids or other thickeners and is not suitable for premature infants.

A STEPPED CARE APPROACH

for the management of colic in formula-fed infants^{5,7}

1

Offer parents reassurance and advice on soothing techniques^{5,7}

2



Offer dietary management such as use of a specialised feed⁵

3

Only if parents feel unable to cope should medical treatment be considered⁷

Note:

- A variable or fast-flow teat is recommended as Aptamil Comfort is slightly thicker compared to a standard formula.
- Stools may be looser in consistency and greener in colour, due to the characteristics of the formula.



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**Relief all round with
Aptamil Anti-Reflux**



Aptamil Anti-Reflux combines unique ingredients

- ✓ Thickened with carob bean gum, a plant-derived thickener
 - Helps to normalise oesophageal pH¹¹
 - Greater viscosity in the stomach vs starch-based feeds¹²
- ✓ Our blend of scGOS/lcFOS prebiotic oligosaccharides
 - Clinically proven to bring the gut microbiota closer to that of a breastfed infant^{13,14}

lcFOS: long chain fructo-oligosaccharides
scGOS: short chain galacto-oligosaccharides

Aptamil Anti-Reflux is an effective, clinically proven approach for managing reflux and regurgitation in formula-fed infants¹⁵

Study overview¹⁵

Prospective, multicentre, observational study
190 formula-fed infants,
mean age 1.9 months

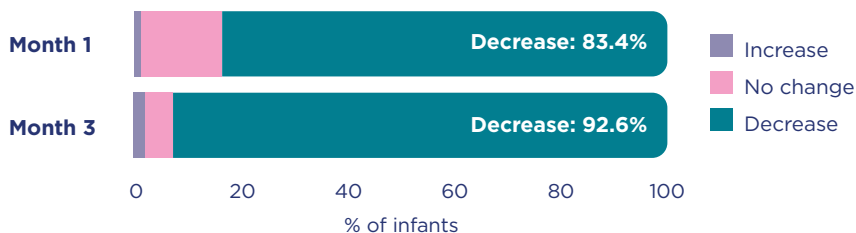
Baseline characteristics (n=157)¹⁵

97% regurgitated ≥ 3 times/day
71% cried for ≥ 1 hour/day

Results¹⁵

After one month,
over 8 in 10 infants had fewer regurgitation episodes

Change in number of regurgitation episodes over the study period



The data represent the percentage of infants with a reported increase, no change, or decrease in the number of regurgitation episodes per day with use of the study formula, between baseline and month 1 (n=157) and between baseline and month 3 (n=135).



Infant relief¹⁵

94%

of parents reported improved infant well-being by month 1

87%

saw further improvement by month 3

Crying ≥ 1 hour/day dropped to ~11% at month 3



Digestive tolerance¹⁵

Stool frequency/consistency stayed within the normal range

The incidence of diarrhoea remained low throughout

92% of parents rated formula acceptance after 1 month as good/very good

After 3 months **98%** rated formula acceptance as good/very good



Good safety profile¹⁵

Monitoring of adverse events did not reveal any safety concerns



Adequate growth¹⁵

All growth parameters were within the expected range

Aptamil Comfort is a clinically proven approach for managing colic and constipation in formula-fed infants^{16,25}

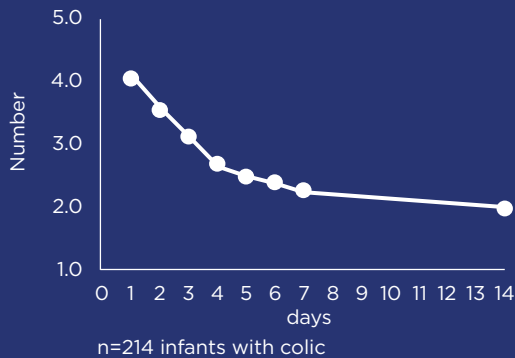
Study overview¹⁶

- Prospective, multicentre, observational study
- 604 formula-fed infants, mean age 1.4 months

Results¹⁶

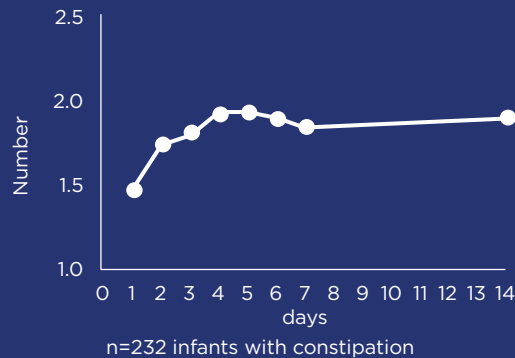
79%
reduction in daily episodes of colic (p<0.005)

Daily episodes of colic



63%
increase in daily number of stools (p<0.005)

Daily number of stools



95%

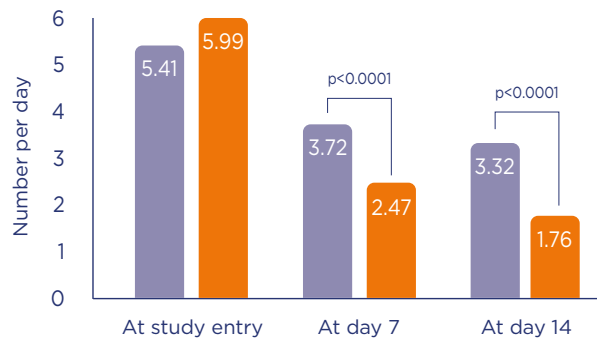
of paediatricians (n=96) reported a positive improvement in formula-fed infants' symptoms of colic and constipation when they switched to Aptamil Comfort

Study overview²⁵

- Prospective randomised controlled study
- 199 formula-fed infants, mean age <4 months

- Comfort milk n=96
- Standard formula + simethicone drops n=103

Frequency of crying episodes owing to colic²⁵



71%

reduction in crying episodes from baseline to day 14²⁵

YOUR GUIDANCE CAN HELP BREAK THE CYCLE

BREAK THE CYCLE WITH TRUSTED SOLUTIONS

Recommend clinically proven
Aptamil Anti-Reflux and
Aptamil Comfort



IMPORTANT NOTICE: Breastfeeding is best. Aptamil Comfort is a food for Special Medical Purposes for the dietary management of colic and constipation. It should only be used under medical supervision, after full consideration of the feeding options available including breastfeeding. Suitable for use as the sole source of nutrition for infants from birth and as part of a balanced diet from 6-12 months. Refer to label for details. Aptamil Anti-Reflux is a food for special medical purposes for the dietary management of frequent reflux and regurgitation. It should only be used under medical supervision, after full consideration of the feeding options available including breastfeeding. Suitable for use as the sole source of nutrition for infants from birth and as part of a weaning diet from 6-12 months. This product should not be used in combination with antacids or other thickeners and is not suitable for premature infants. Refer to label for details.

References:

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