

Kendamil®

healthcare professional guide



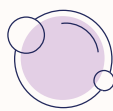
European
made



whole milk
fats



no palm
oil



DHA &
ARA



no soy



halal &
kosher



dual
prebiotics



natural
MFGM

Parents often feel distressed when their baby struggles with feeding, whether through formula feeding or supplementing. As a healthcare professional, it's important for you to recognise the symptoms of common feeding problems and provide helpful advice so parents can find a solution. After all, feeding a baby should be a natural and stress-free experience.

Many babies can struggle with feeding during their first few months of life. Some of these issues are normal and part of their growth and development outside of the womb, while others may be indicators of other issues.

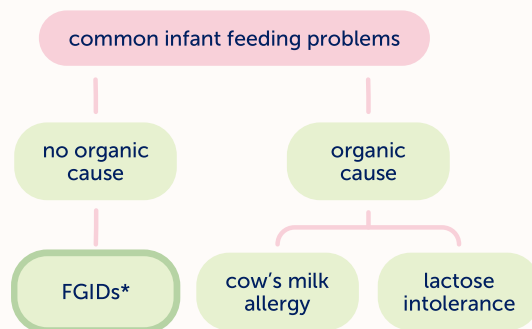


figure 1: common feeding problems
*Functional Gastrointestinal Disorders

| Colic | Regurgitation | Constipation |
|--|--|---|
| Symptoms | | |
| <ul style="list-style-type: none"> Intense crying bouts; >3 hours a day; >3 days a week for; >3 weeks Crying in the late afternoon or evening that lasts several hours Drawing knees to chest Arching back while crying | <ul style="list-style-type: none"> Regurgitation or vomiting Frequent hiccups Constant or sudden crying Irritability and pain Arching of the neck, back during or after feeding Poor sleeping habits | <ul style="list-style-type: none"> Abnormally delayed or infrequent passage of stools (often fewer than 3 complete stools per week) Small, dry, hard stools Foul smelling gas and stools Poor appetite Excessive flatulence Pain and/or straining when passing stools Lack of energy or irritable mood |
| Potential Causes | | |
| <ul style="list-style-type: none"> Immature digestive system Altercation of gut microflora. Excess gas Increase in gut hormones Reduced lactose digestion | <ul style="list-style-type: none"> Developing lower esophageal sphincter in early life | <ul style="list-style-type: none"> Dehydration Medicines Psychological reasons Immature digestive system Toilet training |

figure 2: types of FGIDs*

*Functional Gastrointestinal Disorders

what are functional gastrointestinal disorders (FGIDs)?

An FGID includes chronic or recurrent symptoms, in otherwise healthy individuals, that cannot be explained by any obvious structural or biochemical abnormalities. A functional condition is one that impairs the normal functioning of bodily processes without there being any apparent abnormality e.g. motility, peristalsis, microbiome, valve competence.

"The most common FGIDs in 0–6-month-old infants are Colic (5-20%), constipation (3-27%) and GOR/regurgitation 30-67%"

In cases where these common symptoms are presented, practical feeding advice and reassurance to parents provided early on could omit the need for inappropriate prescribing of specialist formulas and medications.

how can Kendamil help with symptoms of FGIDs?

Infant milk formulas are required to have the same nutritional composition of fats, protein and carbohydrates. The difference though lies in the source of the fat. Kendamil is the only European formula available in the US that uses whole milk fats. All other standard formula brands use 100% vegetable oil as the fat source.

Kendamil is made without palm or fish oil

Our factory and production process are **palm and fish oil free**, both of which have negative environmental impacts, destroying rainforests and natural marine life.

By using **plant-based DHA and ARA**, in addition to local whole milk, Kendamil is uniquely vegetarian (therefore Halal) as well as Kosher, making us suitable for families everywhere.

Palm oil has been shown to have a negative impact on infants' ability to absorb fats and calcium, reducing bone mineral content and bone mineral density. Palm oil can also make stools harder, potentially resulting in constipation and/or medicalisation. Omitting palm oil is a better choice for our environment, and for infant health.

benefits of whole milk include:

softer stools

less crying and irritability

reduction in gut discomfort

reduction in fatty acid soaps



Kendamil
infant



other brands

*EFAs=essential fatty acid

If you are asked for advice on FGIDs by a parent who is bottle or combination, feeding please consider directing them to Kendamil, and to our Trust Pilot page where many parents have had very positive results.

References on file and available upon request.

