When is an amino acid formula appropriate?

NOTE: Choosing the correct formula for a patient is always up to the Health Care Professional

Guidelines for dietary management of formula-fed children with CMPA

 CMPA → EHF → AAF
CMPA/ Multiple Food Allergies → AAF

Extensively hydrolyzed formula (EHF):
• Hypoallergenic infant formula made with extensively hydrolyzed proteins

Amino acid–based formula (AAF):
• Hypoallergenic infant formula made with amino acids

Adapted from American Academy of Pediatrics (AAP) 2014 and European Society for Paediatric Gastroenterology, Hepatology and Nutrition (ESPGHAN) 2012.1,2

The AAP specifically recommends hypoallergenicity of a formula be clinically demonstrated.

According to the AAP, a formula can be considered as “hypoallergenic” if, at a minimum, it has been shown to ensure with 95% confidence that 90% of infants with documented cow’s milk allergy will not react with defined symptoms to the formula under double-blind, placebo-controlled conditions.2

Hypoallergenic, free amino acid–based formulas can be an important part of dietary management of food allergies

Free amino acid formula may also be appropriate for:

CMPA
Symptoms that persist after use of an extensively hydrolyzed formula

The AAP and ESPGHAN recommend the use of the amino acid-based formula for the nutritional management of CMPA or if EHF is not tolerated.1,2

Multiple food allergies
Amino acid–based formulas have been shown to be effective in the nutritional management of infants and children with multiple food allergies.3

Eosinophilic GI disorders
The ACG, ESPGHAN, and NASPGHAN recognize the use of an amino acid–based diet as effective dietary management for eosinophilic GI disorders.4,6

Malabsorption/Maldigestion
Amino acid–based formulas are appropriate for use in infants and children with severe malabsorption.7
Use of a formula with MCT may help minimize fat malabsorption.8,9

Short-bowel syndrome (SBS)
Amino acid–based formulas may be appropriate for use in infants and children with SBS to support the transition from parenteral to enteral nutrition7,10-12 and help promote weight gain.12

AAP = American Academy of Pediatrics; ACG = American College of Gastroenterology; ESPGHAN = European Society of Pediatric Gastroenterology, Hepatology and Nutrition; NASPGHAN = North American Society of Pediatric Gastroenterology, Hepatology, and Nutrition; WAO = World Allergy Organization.


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