



NUTRICIA
neocate®

CAREGIVERS' GUIDE
TO TRANSITIONING TO
NEOCATE® SYNEO® INFANT



Caregivers' Guide to Transitioning to Neocate® Syneo® Infant

Neocate Syneo Infant is a nutritionally complete, hypoallergenic amino acid-based formula. It contains Syneo, a patented, clinically tested synbiotic (prebiotic + probiotic).

For most infants, changing to a new infant formula is simple and doesn't require a transition period. However, some caregivers and clinicians may prefer to transition over a period of time to give the infant time to adjust to the new formula. Also, some infants starting Neocate Syneo Infant may be new to formula – for instance supplementing breast milk, or transitioning from breast milk to Neocate Syneo Infant. For more information, see **“What to expect when starting your baby on Neocate Syneo Infant”** on page 4.

For infants requiring a transition period, we suggest a strategy called fading. Each infant may have his or her own unique pace. For some infants: the slower, the better - others may transition very quickly. The goal is successfully moving forward, even if the pace is very gradual.

The three simple steps & table below are a guide to fading that you can discuss with your infant's healthcare team to see if fading is the right strategy for your baby. **Neocate Syneo Infant should be used under medical supervision.**

1. Start by mixing a small amount of prepared Neocate Syneo Infant with your baby's current formula. You should mix each formula separately following the directions on the can, and then combine the prepared formulas in a clean bottle. If you're breastfeeding, use the expressed milk in a bottle (just be sure to get your baby comfortable with a bottle first).
2. Then over a period of days, or weeks in some cases, gradually increase the ratio of Neocate to your baby's current formula in the bottle.
3. If your baby starts to resist, just reduce the ratio a bit until it's accepted, then get back to fading. Be patient, but persistent.



DAY	Proportion and Amount of Current Infant Formula or Breast Milk		Proportion and Amount of Neocate Syneo Infant
DAY 1	75% Child should take _____ fl oz Examples: 75% of a 4 fl oz bottle is 3 fluid ounces 75% of a 6 fl oz bottle is 4½ fluid ounces		25% Child should take _____ fl oz Examples: 25% of a 4 fl oz bottle is 1 fluid ounce 25% of a 6 fl oz bottle is 1½ fluid ounces
DAY 2	50% Child should take _____ fl oz		50% Child should take _____ fl oz
DAY 3	25% Child should take _____ fl oz		75% Child should take _____ fl oz
DAY 4	None		100% Child should take _____ fl oz

Questions and Answers about Neocate® Syneo® Infant

DIRECTIONS FOR PREPARATION:

How do I mix Neocate Syneo Infant?

The following instructions are also on the can of Neocate Syneo Infant. Your baby's health depends on carefully following these directions. Proper hygiene, preparation, dilution and storage are important when preparing infant formula. We recommend cooled boiled water for preparation and the use of sterilized bottles. Ask your baby's healthcare team if you need to use cool boiled water for mixing and if you need to boil (sterilize) bottles, nipples, and rings before use.

1. Wash hands thoroughly and clean preparation area.
2. Add 1 unpacked level scoop (4.7g) of powder to each 1 fl oz of water.
3. Cap bottle; shake well. Feed immediately OR refrigerate immediately at 35-40°F (2-4°C) and use within 24 hours. Once feeding begins, use within 1 hour or discard.

Do not boil formula and do not use a microwave oven to prepare or warm formula; serious burns may result.



Use only under medical supervision.

Amount of water	Amount of Neocate Syneo Infant Powder to add	Approximate final volume
3 fl oz	3 scoops or 14.1g	3.3 fl oz
5 fl oz	5 scoops or 23.5g	5.5 fl oz
8 fl oz	8 scoops or 37.6g	9 fl oz

Formula dilution will vary depending on the age, body weight and medical condition of the infant. Neocate Syneo Infant is suitable as a sole source of nutrition for infants under one year of age.

What can happen to the probiotic in Neocate Syneo Infant if I use water warmer than 104°F (40°C)?

Probiotics in powdered formula, including the one in Neocate Syneo Infant, can survive and retain their benefits when formula is prepared with water that is lukewarm, at less than 104°F (40°C). The probiotic in prepared Neocate Syneo Infant is sensitive to heat, and mixing with water warmer than 104°F (40°C) or

warming formula above 104°F (40°C), even for a few seconds, may lessen the benefits of the probiotic cultures.

How long can I keep prepared Neocate Syneo Infant?

Freshly prepared Neocate Syneo Infant is best. Formula prepared in advance should be stored in the refrigerator at 35-40°F (2-4°C) and used within 24 hours of preparation. Neocate Syneo Infant formula remaining in the bottle after one hour of feeding should be discarded. If Neocate Syneo Infant is not fed immediately, we recommend a "counter time" (time at room temperature if the baby has NOT yet started to feed from the bottle) not to exceed 4 hours.

Can I warm Neocate Syneo Infant that's been refrigerated?

Yes, although we recommend doing so carefully. Too high of a temperature (above 104°F, or 40°C) may lessen the benefits of the probiotic cultures. If you choose to warm Neocate Syneo Infant, we recommend against using a microwave, as we do for all of our formulas, due to the risk of hot spots and burns. Instead, gently warm cold formula using a bottle warmer, a warm water bath, or by holding the bottle under warm, running water. We suggest using a thermometer to ensure the temperature does not exceed 104°F (40°C).

STORAGE & USE:

How long can I use Neocate Syneo Infant after the can is opened?

Sealed cans of Neocate Syneo Infant should be stored in a cool, dry place and used by the expiration date, which is located on the bottom of each can. We recommend that, after the can is opened, it should be used within 2 weeks. This is because having the can of Neocate Syneo Infant open for more than 2 weeks, even with the lid on, may lessen the benefits of the probiotic cultures.

Questions and Answers about Neocate® Syneo® Infant

WHAT TO EXPECT WHEN STARTING YOUR BABY ON NEOCATE SYNEO INFANT:

Will there be any differences in my baby's stools when transitioning to Neocate Syneo Infant from breast milk or other formulas?

Infants usually adjust to a hypoallergenic formula and settle into a routine after a few days or weeks. The same may be true when adding prebiotics and/or probiotics to the diet - a gradual transition may help.

The research behind Neocate Syneo Infant suggests that there may be some initial changes in stool characteristics (e.g. color and consistency) during the early transition onto this product from a formula without pre- and probiotics. Stools may be softer, more like breastfed infants. In the first days/weeks of use, your baby may also have more gas or flatulence, which may cause some temporary discomfort or fussiness.

Neocate Syneo Infant should be used under medical supervision. Talk to your baby's doctor or other healthcare professional about the need to transition gradually onto Neocate Syneo Infant.

PREBIOTICS AND PROBIOTICS:

What are prebiotics and probiotics?

Probiotics, often called good or helpful bacteria, are live microorganisms that when administered in adequate amounts confer a health benefit on the host. The probiotic in Neocate Syneo Infant is *Bifidobacterium breve* M-16V.

Prebiotics, the food for probiotics, are non-digestible food ingredients that beneficially affect the host by selectively stimulating the growth and/or activity of one or more of a limited number of bacteria in the colon that can improve the host health. The prebiotic blend in Neocate Syneo Infant is a combination of short- and long-chain fructooligosaccharides (lcFOS/scFOS).

fl oz = fluid ounce

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Nutricia North America supports the use of breast milk wherever possible.

Neocate® is a family of hypoallergenic, amino acid-based products and must be used under medical supervision. Neocate Syneo Infant is indicated for cow milk allergy, multiple food allergies and related GI and allergic conditions including food protein-induced enterocolitis syndrome, eosinophilic esophagitis and gastroesophageal reflux. Talk to your healthcare provider about product recommendations.

How do I know that the probiotic in Neocate Syneo Infant is safe?

The probiotic (*B. breve* M-16V) used in Neocate Syneo Infant has been in use in nutritional products since 1976. It has been extensively studied by Nutricia as well as other researchers. Some of this research has taken place in healthy infants, in low birth weight infants, and in infants with allergies. Specifically, we've studied the probiotic in several clinical trials, all of which showed that it was safe and well tolerated when added to Neocate.

Are the prebiotics and probiotic in Neocate Syneo Infant safe for use by infants with cow milk allergy?

The prebiotic blend in Neocate Syneo Infant is derived from chicory root inulin - a plant-based, non-dairy source. The probiotic in Neocate Syneo Infant is cultured using a dairy-free process that also does not use ingredients derived from other major food allergens. This makes the synbiotic blend suitable for all cow milk-allergic infants.

Neocate Syneo Infant is backed by 4 clinical studies in infants and children with cow milk allergy. These studies demonstrate that Neocate Syneo Infant is safe and well tolerated. Neocate Syneo Infant has been shown to be hypoallergenic based on criteria developed by the American Academy of Pediatrics (AAP) subcommittee on Nutrition and Allergic Diseases. Neocate Syneo Infant is made in the same dedicated 100% dairy protein-free facility as our other Neocate powdered products.

CONTACT US:

For other questions about Neocate Syneo Infant, call **1-800-NEOCATE** (1-800-636-2283), Monday - Friday, 8:30 am - 5:00 pm, ET to speak with a Nutrition Specialist.

