

PERIFLEX® & ANAMIX® EARLY YEARS Caregiver's Guide



Periflex & Anamix Early Years are used and trusted by healthcare professionals in over 25 countries.

Periflex and Anamix Early Years are medical foods for the dietary management of inborn errors of metabolism and must be used under medical supervision.

*UCD Anamix Infant has a different formulation.



Current user of Nutricia's Early Years formula

Living life to the fullest!

Tommy, Diagnosed with PKU

Table of Contents

| | |
|---|----|
| About Inborn Errors of Metabolism | 4 |
| Feeding Your Little One | 5 |
| Formula Preparation | 9 |
| • How to use a gram scale | |
| • How to Measure using a scoop | |
| • How to make a bottle of Periflex/Anamix Early Years | |
| Nutricia Metabolic's Tips for Parents Video Series | 11 |
| Daily Tracking Sheet | 13 |
| Our Periflex/Anamix Early Years formula range | 15 |
| Travel Tips | 19 |
| Emergency Tips | 21 |
| Support & Resources | 26 |



Congratulations on our new addition!

Nutricia is committed to supporting your little one with the best nutrition possible from the early years and across various life stages. We understand that it can be overwhelming when you first learn that your baby is diagnosed with a metabolic disorder, which is why we want you to know that we are here to support you along each step of the way.

Our Caregiver's Guide covers everything from feeding your baby to information on the latest science behind important nutrients for your baby's nutrition and development—such as DHA and our unique prebiotic fiber blend. Our Periflex® & Anamix® Early Years are the most **advanced** metabolic infant formulas. The prebiotics in our Early Years formula promote digestive health and help support the immune system.

This booklet is only the beginning of the support you will receive from us. Through our **Nutricia Connect** program, our goal is to provide families like yours with support at various stages of life's journey including:



Information and support on formula and feeding your baby



Special messages and gifts as your baby grows



Links to helpful articles, blogs, videos and more!

Managing a metabolic disorder is an ongoing journey, and our goal is to make sure you have a partner with you through your child's early years to their next stage of life.



SCAN TO SIGN UP

Introduction

What are inborn errors of metabolism?

Inborn errors of metabolism are rare genetic disorders in which the body cannot properly break down certain nutrients. The disorders are usually caused by defects in specific proteins (enzymes) that help metabolize these nutrients.¹

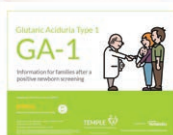
A nutrient that is not broken down can build up in the body and cause a wide array of symptoms.

There are a large number of inborn errors of metabolism that are screened for through a newborn screening test. The newborn screening test looks for certain disorders in newborns. This allows steps to be taken before symptoms develop. Working with your child's dietitian on a proper diet is just one of these steps.

For more information on your child's specific metabolic disorder, please visit **NutriciaMetabolics.com** to download educational tools or scan below.



PKU



GA-1



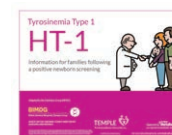
IVA



MSUD



MMA/PA



TYR



HCU

Feeding

Your Little One

Your metabolic dietitian has recommended a special infant formula for your baby to provide the right nutrition. This formula is often called metabolic formula, medical food or special milk. Always follow your dietitian's instructions on how to prepare and feed your baby and consult your metabolic team if you have any specific questions, concerns or before changing your child's feeding regimen.

Understanding Hunger Cues:

Here are some common hunger cue signals that you may soon be able to recognize and that can help you tell if your baby is hungry.

- ★ Wakes and tosses
- ★ Sucks on fist
- ★ Cries or fusses
- ★ Opens mouth while feeding to indicate wanting more

Burping Your Baby:

During feeding, it is natural for your baby to swallow air. By releasing some of this air in the form of a burp, it frees up space in your baby's stomach so he/she can feel comfortable and become less fussy.

Tips to help burp your baby

- ★ If you notice that your baby is swallowing air as he/she feeds, it may be helpful to stop feeding rather than letting your baby cry. The fussiness and crying can lead to him/her swallowing more air.
- ★ Try frequent burps during feeding or after every 2-3 ounces even if your baby shows no signs of discomfort.
- ★ When trying to burp your baby, try different positions such as upright or in a seated position and gently rub or pat your baby's back.



Feeding

Your Little One

Tommy, PKU

Spitting up

It is a common occurrence that babies spit up after feeding. As your baby gets older this will decrease. Spitting up typically happens when they have eaten too much or there is air in the baby's stomach. A small amount of spit up is normal, however, if your baby is not acting like his/her normal self or if your baby experiences excessive spit up or different colored spit up, it could be a sign of another underlying issue, and your baby's doctor or metabolic dietitian should be contacted.

Tips to help reduce spitting up:

- ★ Keep your baby upright for 30 minutes after feeding
- ★ Try smaller, frequent feedings
- ★ Take the time to burp your baby more frequently to reduce air from building in his/her stomach

Hiccups

Hiccups are very normal in infants and may occur several times a day. Some babies may have even started hiccupping when they were in the womb. Most babies aren't bothered by the hiccups as much as the parents are. Often times, the hiccups may occur during a feeding. If this is the case, change the baby's feeding position, try to burp him/her or wait a few minutes until the hiccups pass.

Diarrhea or Vomiting

Please contact your metabolic team if your baby shows signs of diarrhea or vomiting or any other symptoms you may be concerned about.

Keep in mind that all babies are different. If you notice your baby is acting differently or fussier than normal, this could indicate that you should seek assistance from your dietitian or doctor.

Formula

Preparation

How do I use my baby's formula?

Your child's dietitian will advise you on the appropriate amount of formula needed for your baby. The mixed formula should be given at regular intervals as directed by your dietitian.

How should I prepare the formula?

The amount of formula your baby needs will vary depending on age, body weight, and medical condition. Your dietitian will advise you on the specific amount of powder and water needed to make your baby's bottle.

Scan the QR codes below to watch our helpful formula preparation videos



How to Use a
Gram Scale



How to measure
Periflex® and
Anamix® Early Years
using a scoop



How to prepare
a bottle with Periflex®
or Anamix® Early
Years powder



Can I warm the formula?

Formula prepared using room temperature water does not need to be warmed. Refrigerated bottles may be warmed by placing the bottle into a bowl of warm water until the formula becomes lukewarm (barely warm, not hot). You can also use an electric bottle warmer.

Never warm a bottle in the microwave, as this can cause serious burns in your baby's mouth.

Can I reuse formula?

Prepared formula stored in the refrigerator must be used within 24 hours of preparation and may be served at room temperature. If your baby does not finish his/her formula in the bottle after a feeding, the remaining formula must be discarded after one hour.

Always follow your dietitian's instructions on how to record any amount of formula that your baby has not consumed.

How can I store formula?

An unopened can of powdered formula can be stored at room temperature until the expiration date listed on the bottom of the can. Once the can is opened, it must be stored in a cool, dry place. The powder in an opened can must be used within two weeks.

Nutricia Metabolic's Tips for Parents Video Series

SUPPORTING YOUR NEWBORN FROM THE EARLY YEARS AND BEYOND

Whether you are a mom, dad, grandparent, or foster parent, we provide a full range of trusted metabolic formulas that grow as your child grows and valuable resources to support you along the way. Having access to the right nutrition resources will make it easier for you to spend more time exploring and making memories with your child.

To show our commitment to ensuring proper nutrition in the early years, we created a Pediatric Video Series to make feeding your little one a breeze from Day 1. We want to make getting your little one started on the right feeding regimen as easy as possible!

Whether it is learning how to measure your infant's metabolic formula on a gram scale or simply preparing a bottle, we have the video for you. In our ten-video series, **Metabolic Tips for Parents** Nutricia Metabolic's Medical Advisor and Dietitian, **Rachel Powers** discusses valuable infant and toddler feeding tips to help your infant along the way until their transition to one of our next-stage formula and solid foods.



SCAN TO WATCH OUR METABOLIC TIPS
FOR PARENTS VIDEO SERIES

- How to Prepare a Bottle of Periflex® or Anamix® Early Years
- How to Prepare a Bottle of Periflex or Anamix Early Years Using a Scoop
- How to Use a Gram Scale
- Signs Your Baby is Ready for Solids
- Starting Solid Foods on a Low Protein Diet: Tips & First Foods
- Is it Low Protein? How to Read a Label
- Part 1: Transitioning Your Child with a Metabolic Disorder from Infant to Next Stage Formula
- Part 2: Transitioning Your Child with a Metabolic Disorder from Infant to Next Stage Formula
- Giving Up the Bottle: Why is it so Hard?
- Dealing With Formula Refusal From Your Toddler

Name: _____

Here is a feeding, sleeping and diaper tracker. Ask your dietitian if they'd like to view these records.

| Date | Time | Type of Formula/Food/ Breast Milk | Feeding Volume | Diaper Changes (Wet or Dry) | Sleep | Comments |
|------|------|--------------------------------------|----------------|--------------------------------|-------|----------|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Scan the QR Code to download an electronic version that you can share with your dietitian.



| Date | Time | Type of Formula/Food/ Breast Milk | Feeding Volume | Diaper Changes (Wet or Dry) | Sleep | Comments |
|------|------|--------------------------------------|----------------|--------------------------------|-------|----------|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Our Periflex/Anamix Early Years

formula range

Your dietitian has prescribed Periflex/Anamix Early Years as your child's metabolic formula. These are the most advanced formulas for infants with inborn errors of metabolism.

Confidence you can trust

- ✧ Trust – Periflex & Anamix Early Years formulas have a world of experience - trusted and used in 25 countries
- ✧ Support – Nutricia is your partner to help support your family and child through their early years to the next stages of life
- ✧ Nutricia has been providing metabolic formulas for over 30 years

Best-in-class nutrition

- ✧ DHA & ARA - DHA is important for brain and eye development^{2,3}
- ✧ Prebiotic fiber – Help support your baby's immune system and digestive health^{4,5*}
- ✧ Calcium & Vitamin D – To help build and maintain strong bones and teeth



What are the Periflex / Anamix Early Years formulas?

Periflex and Anamix Early Years are powdered infant formulas designed for the dietary management of inborn errors of metabolism for infants from birth. The Periflex/Anamix Early Years formula are free† from the amino acid(s) your baby can't break down, and are tailored to meet his/her nutritional needs for growth and development. Bringing your child the latest innovation in metabolic infant formulas, the Periflex/Anamix Early Years are the only metabolic infant formulas that contain a prebiotic fiber blend* and DHA & ARA.



*UCD Anamix Infant has a different formulation than the Early Years formulas and does not contain prebiotic fiber.

† Please note GA-1 Anamix Early Years contains low levels of tryptophan; MMA/PA Anamix Early Years contains low levels of isoleucine.

Why has Periflex / Anamix Early Years been recommended for my baby?

The formula has been recommended to help control certain amino acids that your baby can't break down while meeting all other nutritional requirements for growth and development. Periflex/Anamix Early Years provides your baby with the best start in life, as well as the experience and reassurance of a product that has been used successfully worldwide.

What are DHA & ARA?

DHA and ARA are fatty acids important for your baby's development. DHA, in particular, is important for your baby's brain and eye development up to 2 years of age.^{2,3} His/her brain will grow rapidly in the early years of life, so a formula with DHA is especially important during this time. Periflex / Anamix Early Years provide DHA comparable to the amounts found in breast milk.⁶

What are prebiotics?

Prebiotics are a form of dietary fiber that feed the beneficial bacteria in your baby's digestive tract, where nearly 70% of the immune system is located.⁷ Human milk naturally contains prebiotics called human milk oligosaccharides (HMOs).⁸ Prebiotic fibers are important to support infant immune and digestive health.⁹

The prebiotic fibers used in Periflex/Anamix Early Years have been clinically demonstrated to help maintain good digestive and immune health for babies.^{4,5} This may be especially important when exclusive breastfeeding is not an option. Periflex/Anamix Early Years are the only metabolic infant formulas to contain prebiotics.

What are the benefits of Vitamin D and Calcium?

Vitamin D and Calcium are important nutrients for bone and dental health. These nutrients help build and maintain strong bones and teeth.



Travel

Tips

When taking trips away from home, it is best to be prepared, especially when travelling with a little one. Here are just a few tips to help get you started. Before packing for your trip, make a list of all of the items you will need to take with you to feed your baby as directed by your metabolic dietitian.

- ✧ Make sure you have packed enough formula to cover all the feedings for your baby, plus some extra formula just in case. Make sure to take some of the formula in your carry-on bag for a few days in case your luggage gets misplaced.
- ✧ Pack the formula powder and sterile water separately until you are ready to feed.
- ✧ There are many portable, on-the-go bottle coolers and warmers and sterilizing bags available. Check with any baby store or online retailer for these items.
- ✧ When travelling through the airport, TSA allows medically required liquids, such as baby food, formula, breast milk and medications in excess of 3.4 ounces in reasonable quantities for the flight. Please visit www.tsa.gov for more information. It is best to keep the formula easily accessible to use at the airport and on the plane.
- ✧ Make sure you have a list of all emergency contacts, medications and health information for your child saved in an easily accessible place, just in case you need it at any time.
- ✧ Ask your metabolic clinic if they can provide a travel letter explaining the need for the formula, which may help with getting through airport security.



Emergency

Tips

Preparation instructions for Periflex®/Anamix® Early Years?

Ask your baby's dietitian for specific recommendations on how to mix your child's Periflex/Anamix Early Years.

Please note, your dietitian may also direct you to use a gram scale. For instructions on how to mix formula using gram scale, please see further below.

Note: One unpacked level scoop is approximately 5 grams of powder. A scoop is provided in the Periflex/Anamix Early Years can.

To make individual bottles:

- ★ Wash hands thoroughly and clean the preparation area.
- ★ Pour the required amount of cooled, boiled water into the sterilized feeding bottle.
- Add the prescribed number of leveled scoops of Periflex/Anamix Early Years (and any other prescribed formula and/or breast milk) in the sterilized feeding bottle.
- ★ Place cap on the bottle and shake until the powder dissolves.
- ★ Shake immediately before use



For larger volumes or when using a gram scale:

Items required:

- Weighing container – To weigh powdered formulas separately on the gram scale.
- Mixing container – To mix formulas and water together.
- Sterilized feeding bottle – To feed your baby.
- Gram scale – To weigh the formula powder.
- Early Years formula – use the amount directed by your metabolic dietitian.
- Standard infant formula, if required – use the amount directed by your metabolic dietitian



Note: Always follow your dietitian's directions. Choose a gram scale that has a “zero” or “tare” function. The “tare” function allows the scale to be reset to zero when weighing formula.

How to measure and mix larger batch formula

1. Make sure the scale is turned on and shows zero on the digital display
2. Place an empty, clean, sterilized weighing container on the scale
3. Tare the scale back to zero
4. Use a clean spoon or the scoop provided in the formula can and measure out the required amount of Periflex / Anamix Early Years powder in the weighing container
 - The digital display will tell you when you reached the required amount of grams of formula
 - If you added more than the needed amount, just take a clean spoon and take the necessary amount of powder out
5. Pour the measured Periflex / Anamix Early Years powder into a mixing container
6. If adding expressed breast milk, add the required amount directly to the mixing container.
7. Add the required amount of water to the mixing container.
8. All of the weighed powder(s) should now be in the mixing container with the required amount of water.
9. Stir or shake and store in the refrigerator for up to 24 hours




























Note: Talk to your dietitian about direct breastfeeding, if appropriate.



Aspen, PKU

We are with you, from your baby's early years to the Next Stage!

Nutricia provides a full range of formulas from infancy to adulthood to meet the changing needs of your child as he/she grows older.

| DISORDER | INFANT | CHILDREN AND ADULTS | FLEXIBILITY FOR CHILDREN AND ADULTS |
|----------|--|--|--|
| PKU | PKU Periflex® Early Years  | PKU Periflex® Junior Plus Periflex® Advance PhenylAde® GMP Drink Mix  | PhenylAde® GMP Ready PKU Lophlex® LQ PhenylAde® GMP Mix-In  |
| MSUD | MSUD Anamix® Early Years  | Complex Essential MSD®  | MSUD Lophlex® LQ Complex MSD® Amino Acid Blend  |
| HCU | HCU Anamix® Early Years  | HCU Anamix® Next  | HCU Lophlex® LQ HCU Maxamum®  |
| MMA/PA | MMA/PA Anamix® Early Years  | MMA/PA Anamix® Next  | MMA/PA Maxamum®  |
| IVA | IVA Anamix® Early Years  | IVA Anamix® Next  | IVA Maxamum®  |
| TYR | TYR Anamix® Early Years  | TYR Anamix® Next  | TYR Lophlex® GMP Mix-In  |
| GA-1 | GA-1 Anamix® Early Years  | GlutarAde® Essential  | GlutarAde® Amino Acid Blend  |
| SOD | SOD Anamix® Early Years  | | |
| UCD | SOD Anamix® Infant  | UCD Anamix® Junior  | Essential Amino Acid Mix  |

Support & Resources

Join our Nutricia Connect family!

- Personalized formula coverage assistance to help with claims, reimbursement and access issues
- Specialized nutrition experts to answer product-related questions
- Disorder specific educational tools
- Inspirational stories and informational videos
- Low protein recipes to help achieve diet goals
- And more!



Join our Nutricia Connect Today!

Sign-up to receive helpful tips and advice on your baby's growth and development

NutriciaMetabolics.com



SCAN TO SIGN UP



NUTRICIA



Contact us to place an order or for any questions:

US: 1-800-365-7354

Monday – Friday, 8:30am – 5:00pm ET

NutriciaMetabolics.com



Facebook.com/NutriciaMetabolicNutrition



Youtube.com/LowProLiving



Instagram.com/NutriciaMetabolics

References:

1. <http://www.nlm.nih.gov/medlineplus/ency/article/007257.htm>. Accessed June 18, 2015. 2. Birch EE, et al. Am J Clin Nutr. 2010;91(4):848-59. 3. Koletzko B, et al. J Perinat Med. 2008;36(1):5-14. 4. Moro G, et al. J Pediatr Gastroenterol Nutr. 2002;34(3):291-5. 5. Knol J, et al. J Pediatr Gastroenterol Nutr. 2005;40(1):36-42. 6. Iranpour R, et al. J Res Med Sci. 2013;18(1):1-5. 7. Vighi G, et al. Clin Exp Immunol. 2008;153 Suppl 1:3-6. 8. Bode L. Glycobiology. 2012;22(9):1147-62. 9. Smilowitz JT, et al. Annu Rev Nutr. 2014;34:143-69.

Nutricia leads the development of advanced medical nutrition. Nutricia products and services transform the daily lives of millions of infants, children, adults and seniors.

All products shown are for the dietary management of inborn errors of metabolism and must be used under medical supervision.