The Ultimate Baby Formula Ingredient & Allergen Guide

Full Edition (UK 2025)

Comparing major baby formula products and common allergens

The Ultimate Baby Formula Ingredient & Allergen Guide (UK Edition 2025)

FORMULA	COW'S MILK	FISH	RAPESEED OIL	COCONUT	SUNFLOWER OIL	EGG	SOYA	VEGETARIAN	HALAL / KOSHER CERTIFIED	ADDITIONAL INFO
Aptamil 1 First Infant Milk	O	0	0	0	•	8	O	N	Y	
Aptamil 1 Advanced First Infant Milk	O	O	O	0	0	0	8	N	Y	
Aptamil 2 Follow On Milk	O	②	0	0	0	8	0	N	Υ	
Aptamil 2 Advanced Follow On Milk	Ø	②	0	0	0	O	8	N	Υ	
Aptamil 3 Toddler Milk	②	O	0	0	0	8	0	N	Υ	
Aptamil 3 Advanced Toddler Milk	②	②	②	0	0	8	0	N	Υ	
Aptamil Anti Reflux Formula	0	②	0	0	0	8	②	N	Υ	
Aptamil Comfort Formula	O	②	0	0	0	8	0	N	Υ	
Aptamil Pepti 1 Formula	O	0	0	0	0	8	8	N	N	Porcine (pork) enzyme used for protein hydrolisis
Aptamil Pepti 2 Formula	0	0	0	0	0	8	8	N	N	Porcine (pork) enzyme used for protein hydrolisis
SMA 1 First Infant Formula	0	8	0	8	0	8	0	N	Υ	
SMA 1 Advanced First Infant Formula	O	8	0	8	0	8	8	N	N	Porcine (pork) enzyme used for protein hydrolisis
SMA 2 Follow On Milk	•	8	O	8	•	8	O	N	Y	

Contains this Does not contain Y Yes N No ingredient

Stop guessing... Start knowing... Test your baby's sensitivities www.thetestclinic.com



A BCMA (British Complementary Medicine Association) and CMA (Complementary Medical Association) centre, delivering testing and wellness services at NHS approved locations.





Is Your Baby's Formula Causing Hidden Reactions?

A Parent's Guide to Understanding What is Really Inside Baby Formula

Across the UK, thousands of parents struggle to understand why their baby is unsettled, gassy, or reacting poorly to formula milk — even after trying several different brands or "specialist" versions. Many are told by their GP to simply switch from one formula to another, yet the same problems continue.

At The Test Clinic, we have conducted hundreds of Baby & Toddler Intolerance Tests on infants from all backgrounds. Through these results, we have discovered an important pattern:



In around 95% of cases, babies show some level of intolerance to cow's milk — one of the main ingredients found in almost every formula on the UK market.

Even "gentle," "comfort," or "hypoallergenic" versions often contain milk in some form — whether as whey protein, skimmed milk, or hydrolysed milk protein. So, for babies who are milk-sensitive, these products may still cause symptoms such as reflux, bloating, eczema, mucus in stools, or excessive crying.

But it is not just milk. Our test data consistently shows sensitivities to several other ingredients that are commonly added to baby formulas, including **sunflower oil, rapeseed oil, coconut oil, fish oil, soya and egg.**

These are what we call additional trigger ingredients — and they are found in nearly all mainstream baby formulas to some degree.

Whilst formulas contain many other ingredients such as vitamins, minerals, and stabilisers, it is these key allergens that most frequently appear as problem foods in our intolerance test results.

This guide has been created to help parents understand some of the key ingredients inside their baby's formula and to offer a simple, evidence-based comparison between the most popular brands in the UK.

What makes this guide unique?

Unlike generic ingredient lists published by manufacturers, this document is based on real intolerance trends observed in babies tested at The Test Clinic. No other organisation has compiled this information in such a clear, parent-friendly way.

Our goal is not to promote any specific brand — but to empower parents with transparent, practical information that can help them make informed feeding decisions, particularly when allergies or intolerances are suspected.

Note: This guide is for educational purposes only and should not replace medical advice.
Always speak with a healthcare professional before making changes to your baby's feeding
routine.

How to Use this Guide

The comparison chart lists popular UK baby formulas (Aptamil, SMA, Kendamil, Cow & Gate, etc.)

We have created this Full Guide to help parents understand what is really inside their baby's formula by offering a simple, evidence-based comparison between the most popular brands in the UK. Each product has been cross-checked for presence of the seven key ingredients / potential allergens



The chart list is presented in an easy to understand, colour coded format.

Key:



Contains this ingredient



Does not contain this ingredient



Yes (Vegetarian/Halal/Kosher)



No (Vegetarian/ Halal/Kosher)

Our goal is not to promote any specific brand, but to empower parents with transparent, practical information that can help them (and their GP's) make informed feeding decisions, particularly when allergies or intolerances are suspected.

- All ingredient information presented in the following comparison charts have been obtained from the respective manufacturer's websites together with direct email correspondence and telephone calls.
- Vegetarian, Halal & Kosher suitability is based on manufacturer statements, product labelling and direct email correspondence.



This guide can be used alongside your baby's intolerance test results to help identify which products are more likely to suit your child





Note: Always consult a healthcare professional before making significant changes to your baby's feeding plan.

The Ultimate Baby Formula Ingredient & Allergen Guide (UK Edition 2025)

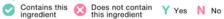
The Ultimate Baby Formula Ingredient & Allergen Guide (UK Edition 2025)

FORMULA	COW'S MILK	FISH	RAPESEED OIL	COCONUT	SUNFLOWER OIL	EGG	SOYA	VEGETARIAN	HALAL / KOSHER CERTIFIED	ADDITIONAL INFO
Aptamil 1 First Infant Milk	O	Ø	Ø	0	•	8	•	N	Υ	
Aptamil 1 Advanced First Infant Milk	0	②	0	0	0	0	8	N	Y	
Aptamil 2 Follow On Milk	②	②	②	②	0	8	0	N	Υ	
Aptamil 2 Advanced Follow On Milk	0	0	0	0	0	O	8	N	Υ	
Aptamil 3 Toddler Milk	O	O	0	0	0	8	0	N	Υ	
Aptamil 3 Advanced Toddler Milk	②	②	0	②	0	8	0	N	Υ	
Aptamil Anti Reflux Formula	0	②	0	0	0	8	0	N	Υ	
Aptamil Comfort Formula	②	②	0	0	0	8	0	N	Υ	
Aptamil Pepti 1 Formula	0	0	0	0	0	8	8	N	N	Porcine (pork) enzyme used for protein hydrolisis
Aptamil Pepti 2 Formula	0	0	0	0	0	8	8	N	N	Porcine (pork) enzyme used for protein hydrolisis
SMA 1 First Infant Formula	0	8	0	8	0	8	0	N	Υ	
SMA 1 Advanced First Infant Formula	②	8	0	8	O	8	8	N	N	Porcine (pork) enzyme used for protein hydrolisis
SMA 2 Follow On Milk	O	8	0	8	0	8	0	N	Υ	

The Ultimate Baby Formula Ingredient & Allergen Guide (UK Edition 2025)

FORMULA	COW'S MILK	FISH	RAPESEED OIL	COCONUT	SUNFLOWER	EGG	SOYA	VEGETARIAN	HALAL / KOSHER CERTIFIED	ADDITIONAL INFO
SMA 2 Advanced Follow On Milk	Ø	8	0	8	0	8	8	N	N	Porcine (pork) enzyme used for protein hydrolisis
SMA 3 Toddler Milk	②	8	0	8	0	8	0	N	Y	
SMA 3 Advanced Toddler Milk	O	8	0	8	0	8	8	N	N	
SMA Althera Formula Powder	0	8	0	0	0	8	8	Υ	Υ	
SMA Alfamino Formula Powd er	8	8	0	8	0	8	8	Υ	Υ	
SMA Comfort Formula Powder	O	8	0	8	0	8	8	N	N	
SMA Anti-Reflux Formula Powder	②	8	0	8	0	8	8	N	N	
Cow & Gate 1 First Infant Milk	0	0	0	0	0	8	0	N	Υ	
Cow & Gate Hungry First Infant Milk Powder	0	0	0	②	0	8	0	N	Υ	
Cow & Gate 2 Follow On Milk Powder	0	0	0	0	0	8	②	N	Υ	
Cow & Gate 3 Toddler Milk Powder	0	8	0	0	0	8	②	N	Υ	
Cow & Gate 4 Toddler Milk Powder	0	8	0	0	0	8	0	N	Υ	
Cow & Gate Anti Reflux Powder	0	0	0	0	0	8	0	N	Υ	





Stop guessing... Start knowing... Test your baby's sensitivities www.thetestclinic.com



The Ultimate Baby Formula Ingredient & Allergen Guide (UK Edition 2025)

FORMULA	COW'S MILK	FISH	RAPESEED OIL	COCONUT	SUNFLOWER OIL	EGG	SOYA	VEGETARIAN	HALAL / KOSHER CERTIFIED	ADDITIONAL INFO
Cow & Gate Comfort Powder	O	O	O	②	•	8	•	N	0	
HIPP Organic 1 First Infant Milk Powder	O	②	0	8	0	8	8	N	N	animal rennet (non halal cow) used in the separation process
HIPP Organic 2 Follow On Milk	O	②	0	8	0	⊗ <	8	N	N	animal rennet (non halal cow) used in the separation process
HIPP Organic 3 Growing Up Milk	0	0	0	8	0	8	8	N	N	animal rennet (non halal cow) used in the separation process
HIPP Organic Anti Reflux Milk Powder	0	0	0	8	0	8	8	N	N	animal rennet (non halal cow) used in the separation process
HIPP Organic Comfort Milk Powder	0	0	0	8	0	8	8	N	N	animal rennet (non halal cow) used in the separation process
Kendamil 1 First Infant Powder	0	8	0	0	0	8	8	Υ	Υ	
Kendamil 2 Follow On Milk Powder	0	8	0	0	0	8	8	Υ	Υ	
Kendamil 3 Toddler Milk Powder	0	8	0	0	0	8	8	Υ	Υ	
Kendamil Comfort Milk Powder	0	8	0	0	0	8	8	Υ	Υ	
M										
Neocate LCP Milk Powder	8	8	0	0	0	8	8	Υ	Υ	

The Ultimate Baby Formula Ingredient & Allergen Guide (UK Edition 2025)

FORMULA	COW'S MILK	FISH	RAPESEED OIL	COCONUT	SUNFLOWER OIL	EGG	SOYA	VEGETARIAN	HALAL / KOSHER CERTIFIED	ADDITIONAL INFO
Nutramigen 1 Hypoallergenic Formula	O	8	8	0	O	8	0	N	N	Hydrolysed casein (undisclosed source) from milk
Nutramigen 2 Hypoallergenic Formula	O	8	8	②	0	8	0	N	N	Hydrolysed casein (undisclosed source) from milk
Nutramigen 3 Hypoallergenic Formula	O	8	8	0	0	8	0	N	N	Hydrolysed casein (undisclosed source from milk
Nutramigen Puramino Formula Powder	8	8	8	0	Ø	⊗	②	N	Υ	
Similac Arize Infant Formula	8	8	8	Ø	②	8	O	Υ	Υ	Contains Lactose bu not Casein
Alpro Soya Growing Up Drink For Ages 1 to 3+	8	8	8	8	0	8	0	Υ	Υ	
Alpro Oat Growing Up Drink For Ages 1 to 3+	8	8	0	8	0	8	8	Υ	Υ	
Kendamil Goat Milk 1 First Infant Milk	8	8	0	②	0	8	8	Υ	Υ	Contains Whole Gos Milk
Kendamil Goat Milk 2 Follow On Milk	8	8	0	0	O	8	8	Υ	Υ	Contains Whole Gos Milk
Kendamil Goat Milk 3 Toddler Milk	8	8	0	②	0	8	8	Υ	Υ	Contains Whole Gos Milk
All ingredient information presented above has been obtained from the respective manufacturer's websites together with direct correspondence. This may change over time.										
Note: This guide is for educational purposes only and should not replace medical advice. Always speak with a healthcare professional before making changes to your baby's feeding routine.										

Stop guessing... Start knowing... Test your baby's sensitivities www.thetestclinic.com



Ingredient & Allergen Breakdown

Most baby formulas contain a small group of key ingredients that can trigger sensitivities in babies — especially milk, soya, certain oils and fish derivatives.

These are the same ingredients we see (as sensitivities) most often in our Baby & Toddler Intolerance Test results and understanding them is the first step toward finding a formula that truly suits your baby.



Cow's Milk

Why it can cause Issues

Cow's milk proteins are complex and can be difficult for immature digestive systems to break down. Even in "partially hydrolysed" or "hypoallergenic" formulas, milk proteins are still present in smaller fragments, which can continue to trigger reactions.

What Parents should know

Why is it Used?

Cow's milk (and its derivatives) are the foundation of nearly all baby formulas. It provides protein, fat, and calcium — but for many babies, it is also the most commonly reactive ingredient.

Typical Symptoms

- Reflux or vomiting
- Digestive discomfort
- Constipation or mucus in stools
- Skin rashes or eczema
- Poor weight gain

Formulas such as Aptamil Pepti 1, SMA Althéra, or Nutramigen are often prescribed as "solutions," yet all still contain milk in a modified or broken-down form. For milk-intolerant babies, this means the underlying problem may continue.



Why it can cause Issues

Some babies show sensitivity to sunflower oil proteins or its oxidation by products. These reactions can cause bloating, gas, or skin irritation. In many formulas, sunflower oil is combined with rapeseed oil — creating a double exposure to potential triggers.

Why is it Used?

Sunflower oil is one of the most common fat sources in baby formulas, used to provide energy and essential fatty acids.

What Parents should know

Even formulas marketed as "gentle on digestion" can still include sunflower oil as a main ingredient. For sensitive babies, avoiding this ingredient can sometimes make a noticeable difference.

Ingredient & Allergen Breakdown



Why it can cause Issues

Whilst generally safe, we have observed that some babies with digestive discomfort, colic, or eczema test positive for rapeseed oil sensitivity. This may be due to residual proteins or the oil's omega-6 fatty acid content, which can promote inflammation in sensitive individuals.

Why is it Used?

Rapeseed oil (also known as canola oil) is widely used as a plant-based fat source. It is cheaper than some alternatives and helps meet infant fat requirements.

What Parents should know

Rapeseed oil is common in both standard and "advanced" formulas, including many labelled for "sensitive tummies."



Why it can cause Issues

Although a natural product, coconut oil can cause loose stools or gas in sensitive babies. It may also affect eczema levels in infants who react to coconut-derived products.

Why is it Used?

Coconut oil is often included in premium or "gentle digestion" formulas to mimic the medium-chain fats found in breast milk.

What Parents should know

If your baby's intolerance results show coconut sensitivity, check labels carefully as it is found in both mainstream and "organic" formulas.



Egg

Why it can cause Issues

Egg is a major allergen, and even trace amounts can trigger reactions in sensitive infants.

Why is it Used?

Egg or egg-derived lecithins may occasionally appear as emulsifiers or in fortified formulas.

What Parents should know

Always look for terms such as "egg lecithin" or "albumin" on the ingredient list if your child has shown egg sensitivity.

Ingredient & Allergen Breakdown



Why it can cause Issues

Soya intolerance often overlaps with milk intolerance — so switching to a soy formula may not resolve the issue. The NHS also advises against soya formulas for infants under 6 months due to hormonal (phytoestrogen) concerns.

Why is it Used?

Soya is used in "lactose-free" and "milk-free" formulas as a protein alternative to cow's milk.

What Parents should know

Always check for "soya lecithin" or "soy protein isolate." If your baby has tested positive for soya intolerance, avoid soyabased formulas even if they are marketed as "milk-free."



Why it can cause Issues

Babies sensitive to fish or seafood proteins may experience eczema flare-ups, digestive issues, or increased mucus production.

Why is it Used?

Fish oil provides DHA and omega-3 fatty acids essential for brain and eye development. It's found in nearly all "follow-on" and "toddler" formulas.

What Parents should know

Formulas containing fish or fish oil may not be suitable for babies who show a fish sensitivity through testing. Always check the ingredient list.

Summary

The allergens listed in this guide (milk, soya, fish, egg, sunflower oil, rapeseed oil and coconut oil) are the most common sensitivities we see in babies through our testing data.

Whilst baby formulas contain many additional ingredients, it is difficult to analyse them all in depth—and some of these may also act as secondary triggers.

This guide therefore focuses on the main evidence-based allergens that appear most often in baby formulas and in our real-life test results. Our aim is to help parents make better-informed decisions about what might be causing their baby's discomfort, and to guide them toward formulas that may be more suitable.

Halal & Kosher Considerations



Why Faith Based Suitability Matters

For many families, choosing the right baby formula isn't just about health or digestion — it is also about ensuring the product aligns with their religious and ethical values.

In the UK, a large number of baby formulas are not halal or kosher certified, yet this information is rarely made clear to parents. Many healthcare professionals and GPs are often unaware of this fact and continue to prescribe these formulas as alternatives for babies with allergies or intolerances.

At The Test Clinic, we have spoken with many parents who were shocked to discover — often after months of use — that the formula prescribed for their baby was not halal or kosher compliant. This can be deeply distressing for families trying to maintain a faith-based diet for their child.

The Issue with Hydrolysed & Hypoallergenic Formulas

Formulas such as Aptamil Pepti 1, SMA Althéra, and Nutramigen are commonly prescribed for babies with suspected milk allergy or intolerance. These formulas are sometimes labelled as "hypoallergenic" because they use hydrolysed cow's milk proteins (partially broken down to reduce reactivity).

However, what many parents are not told is that some of these products use enzymes derived from **porcine (pork) sources** in the hydrolysis process — making them non-halal and non-kosher.

Even though the final product may not contain pork itself, the use of porcine-derived enzymes in the manufacturing process disqualifies the product from being halal or kosher certified.

Manufacturers such as Danone (Aptamil) and Nestlé (SMA) acknowledge this in their own ingredient and production statements, though this information can sometimes be difficult for parents to find without direct enquiry.

Halal & Kosher Considerations (cont.)

What Should Parents Do?

- Check directly with the manufacturer for written confirmation of halal or kosher suitability before use.
- Do not assume "hypoallergenic" means halal or kosher. These are separate criteria.
- If your baby has an intolerance or allergy and you wish to maintain religious dietary standards, discuss both aspects with your healthcare provider and explore alternative options such as amino-acid based or plant-based feeding solutions (if appropriate).
- ✓ Refer to our comparison chart for at-a-glance guidance on the halal & kosher status of leading UK formulas, based on publicly available manufacturer data.

Our Position

At The Test Clinic, we believe parents have a right to transparency — not only about what ingredients are in baby formulas, but also about how these products are produced and whether they meet ethical or faith-based requirements.

By including halal and kosher information in this guide, our goal is to empower parents with clarity and choice, helping them make feeding decisions that align with both their baby's health and their personal values.





How to Find a Formula That Suits Your Baby

Your Step-by-Step Formula Finder Checklist

Finding a baby formula that truly suits your child can feel like a minefield — especially when your baby is reacting, crying after feeds, or struggling with digestion. Here is a structured way to approach it using your intolerance results and this guide together.



If your baby has had an intolerance test through The Test Clinic, start by reviewing the results and highlighting any positive sensitivities (e.g., cow's milk, soya, sunflower oil, etc.).

If you haven't yet tested, consider booking The Baby & Toddler Intolerance Test to identify what's actually causing discomfort before switching formulas blindly.



Use the comparison table in this guide to crosscheck your baby's trigger ingredients against the list of major formulas.

- Mark which products contain your baby's sensitivities. Cross out unsuitable options.
- Shortlist any formulas that appear to exclude those ingredients.



*If faith-based compliance is important to you, use the Halal/Kosher column in the chart and/or verify directly with the manufacturer.

Remember: "hypoallergenic" does not automatically mean halal or kosher.



Even within the same brand, different product lines (e.g. "Advanced," "Comfort," "Anti-Reflux") can have very different ingredient profiles. Always read the full ingredient list to ensure it matches your baby's sensitivities.

How to Find a Formula That Suits Your Baby (Cont.)

Your Step-by-Step Formula Finder Checklist



When switching to a new formula:

- Transition slowly over 3-5 days (mixing old and new in increasing ratios).
- Monitor for improvements in symptoms such as reflux, skin irritation, stool consistency, or sleep quality.
- Keep a short daily log of your baby's feeding and reactions — this helps spot patterns clearly.



- If symptoms persist, review your shortlist again and consult your practitioner.
- Remember that your baby's tolerance may change over time — regular reassessment helps prevent unnecessary discomfort.
- Keep testing data and notes together for easy reference.



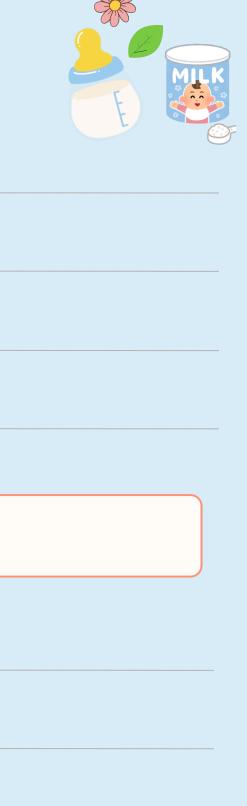
Our practitioners at The Test Clinic are always available to review your baby's results and discuss next steps. We understand how emotional and confusing this process can be — and our goal is to help parents make safe, confident, and informed decisions.



My Baby's Formula Finder WORKSHEET

My Baby is Sensitive to the Following Ingredients (consider avoiding):

Potential Options to Consider:





About The Test Clinic

Helping Parents Find Answers — Not Just Assumptions

At The Test Clinic, our mission is simple: to help families uncover the real reasons behind ongoing health and wellness issues — safely, sensitively and scientifically.

For many parents, the journey to understanding their baby's discomfort can feel endless. You've changed formulas, seen doctors, tried new bottles, altered feeding schedules — yet the symptoms keep returning. We understand how distressing and confusing that can be.

That's exactly why we developed our Baby & Toddler Intolerance Test — a gentle, non-invasive test that helps identify which foods and ingredients may be contributing to your child's symptoms.

Our work is built on hundreds of real test results, collected from babies across the UK and beyond. These results have helped parents finally discover the underlying sensitivities that standard allergy tests often miss.



Who We Are

- UK-based wellness and testing clinic, operating since 2015
- Main Clinic in Ilford (Essex) and from NHS Centres/locations across London and England.
- BCMA & CMA accredited, ensuring high standards of complementary medical practice
- Thousands of parents supported, both in-clinic and through our home testing kits
- Evidence-based approach, combining bioresonance testing with practical dietary guidance

We believe that healthcare should feel personal, transparent, and empowering — not rushed or confusing. Every parent deserves clarity and confidence when it comes to their baby's wellbeing.

Why Parents Trust The Test Clinic

We genuinely care — and it shows in our patient feedback and results

 "Used this Clinic for my 6 months old son due to skin reactions and general discomfort. I feel more confident now with the intolerance results that I can help my baby to live more comfortably" - Suzan, Google Review



CLINIC MEMBER



APPROVED MEMBER



About The Test Clinic

Ready to Find Out What's Really Affecting Your Baby?

If you suspect that your baby's formula, food, or feeding routine might be contributing to their discomfort, our **Baby & Toddler Intolerance Test** can help you find the truth — quickly, safely, and without guesswork. You can choose between:



In-Clinic Testing (Ilford or another location) – appointment-based, with pin prick blood sample taken by our team member.



Home Test Kit – simple finger-prick sample (taken by yourself) with results delivered digitally

Within days, you will receive a clear report showing which ingredients your baby may be reacting to, along with personalised recommendations from our team.

- Book your test or order online at <u>www.thetestclinic.com</u>
- **Call us: 0203 105 0499**
- Email: enquiries@thetestclinic.com

A Final Word



Whether you choose to test with us or simply use this guide to make better decisions, we hope it brings you one step closer to peace of mind — and to seeing your baby happy, comfortable, and thriving again.

Because every baby deserves comfort, and every parent deserves clarity.

Experts in Specialised Intolerance Testing — for the whole family.

