



## Infant Drops

LACTASE ENZYME DROPS FOR ADDING TO INFANT  
OR BREAST MILK TO REDUCE LACTOSE CONTENT

*Reduce The Hours Of Crying™*

- Safe from Birth
- Sugar Free



### Important Information

Add the drops to your baby's milk; do not give the drops to your baby directly. Colief® works best in milk that is warm (body temperature). Do not add Colief® to milk that is too hot or too cold.

If you have any concerns regarding your baby's health you should seek professional medical advice.

### Storage Instructions

Once opened, please keep refrigerated and discard three weeks after opening. Do not use after Best Before date stated on the pack.

### Typical Nutritional Content per 100g

Protein:	4.8g
Carbohydrate:	47.9g
Fat:	0g
Energy per 100 g:	886 KJ 211 (Kcal)

### Further Information

If you require further information on Colief® Infant Drops, please call our helpline:-

UK - 0800 028 1187 IRL - 1800 522 8243

or log onto [www.colief.com](http://www.colief.com)

### Manufactured by Crosscare Ltd.

#### Distributed in U.K. by:

Forum Health Products Ltd  
Betchworth House, 57 - 65  
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UK Helpline 0800 028 1187

#### Distributed in Ireland by:

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Colief Infant Drops are a registered  
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Patent No. 1289569

Please keep this leaflet with your Colief® Infant Drops. Read it carefully as it contains important instructions for using the drops.

### What is Colief®?

The active ingredient in Colief® Infant Drops is lactase, an enzyme which occurs naturally within the body.

### What is Lactase?

Milk, dairy products, infant formulas and breast milk all contain a complex sugar called lactose. Lactase is the enzyme our bodies normally produce to break down lactose into the simpler sugars, glucose and galactose, so that we can absorb it.

### Undigested Lactose

Transient Lactase Deficiency can result in the temporary digestive discomfort caused by undigested lactose in food. This can be an important factor in some babies with colic. As your baby's digestive system matures at around 3 months, you should be able to gradually withdraw Colief® Infant Drops from use.

### What does Colief® do?

Colief® works by breaking down most of the lactose in your baby's usual milk before the baby is fed, making the feed more easily digestible. Studies have shown that the hours of crying may be greatly reduced when babies are fed their usual milk treated with Colief® Infant Drops.

### When can Colief® be used?

You can use Colief® Infant Drops every time you feed your baby until the baby is approx 3 - 4 months old. You should then be able to withdraw Colief® gradually from use, i.e. firstly by halving the drops used per feed, then by using Colief® Infant Drops only at alternative feeds, then at only one feed a day before complete withdrawal. If at any stage the signs of discomfort return, revert to previous dosage level.

### USAGE INSTRUCTIONS

#### Breast Feeding:

- Try expressing a few tablespoons of breast milk into a small sterilised container.
- Add 4 drops of Colief®.
- Give this to your baby on a sterilised, plastic spoon.
- Continue breastfeeding as normal.

#### Using Colief with Infant Formula:

- Make up the baby's feed carefully according to the manufacturer's instructions.
- Add 4 drops of Colief® to formula that is warm not hot.
- Shake the feed occasionally, and feed the baby after half an hour, having checked that the bottle is at the correct feeding temperature.
- Discard any unused feed.

#### If it is necessary to make up the baby's feed in advance:

- Make up the baby's feed carefully according to the manufacturer's instructions.
- Add 2 drops of Colief® to warm milk and store in the refrigerator for a minimum 4 hours and use within 12 hours of make-up.
- Warm to feeding temperature and feed as normal.
- Discard any unused feed.

#### If using Ready-to-Feed Formula:

- Warm the feed
- Add 4 drops of Colief® to formula that is warm not hot.
- Shake the feed occasionally, and feed the baby after half an hour, having checked that the bottle is at the correct feeding temperature.
- Discard any unused feed.

#### Important Notice:

Colief® is an enzyme and is destroyed by heat. It works best in warm milk. Always follow the manufacturer's instructions carefully when making-up formula milk. Do not add Colief® to milk that is too hot or too cold. When you commence feeding your baby milk treated with Colief® you may notice a change in the stool pattern. This may resemble the stools of a breastfed baby, i.e. looser and more frequent. In these circumstances you may wish to reduce the drops used per feed. If you have any concerns regarding your baby's health you should seek professional medical advice.