

Hailey
Age: 16 months
Diagnosed
with FPIES

NUTRICIA
neocate®

Parent Guide



ALEXIA BEAUREGARD
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To parents, caregivers, and those that love a child with food allergies.

Whether you are brand new to the world of food allergies or have been managing a special diet for a child for a period of time, you and your child may be experiencing unexpected challenges.

Fortunately, help is available. It is important that you find a healthcare team that understands the nature of your child's food allergy and work closely with them for the best possible care and management. Your healthcare team can recommend a variety of resources to help find the best possible diet to promote balanced nutrition that will help your child grow.

Resources available include amino acid-based formulas or an amino acid-based solid food to fill any holes in the diet. Specially trained professionals in programs such as Neocate Footsteps can help you navigate the complex insurance environment. Neocate Footsteps also has a wealth of practical and medically sound tips on managing daily life on a restricted diet.

With the right tools, resources, and nutrition products, special allergy diets can be healthy diets that keep your child safe and happy.

A handwritten signature of Alexia Beauregard in cursive script.

Alexia Beauregard
Dietitian

*Acknowledgment: Nutricia North America would like to thank Alexia Beauregard, MS, RD, CSP, LD for her help in the preparation of this booklet.

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This book has been prepared as a resource guide for parents whose child has been recommended to use Neocate. Neocate is a family of hypoallergenic, amino acid-based product for use under medical supervision and is indicated for cow milk allergy, multiple food allergies, and related GI and allergic conditions.

[Neocate.com](https://www.neocate.com)



Neocate is the broadest line of hypoallergenic products to safely nourish your child from birth through school age. It is for use under medical supervision, so talk to your child's healthcare provider about product recommendations.



Food Allergies Explained

IF YOU'RE NEW TO FOOD ALLERGIES, YOU'RE NOT ALONE.

We all have an immune system to protect us from infections. Your immune system is triggered whenever a harmful virus or bacteria gets into your body. And that's good. It fights them off. In some people, the immune system mistakes certain foods as invaders. Your immune system will attack the protein in the food. When that happens, we call that protein an allergen. Substances released by the immune system in its attack on these proteins cause the allergic reactions, or symptoms, that occur.



The most common food allergies are to the proteins in milk, eggs, fish, shellfish, tree nuts (e.g., almonds, walnuts), peanuts, wheat and soy. Some signs and symptoms, while severe, are not usually life threatening. They include hives, diarrhea, bloody stools, vomiting, poor feeding and eczema. These can occur within minutes or take several hours or days to turn up. Life threatening symptoms can include swelling of the mouth or throat, difficulty breathing, wheezing, anaphylaxis or shock. Most or many children outgrow food allergies within several years, although a food allergy may last longer, even a lifetime.

WHAT IS THE DIFFERENCE BETWEEN FOOD INTOLERANCE AND FOOD ALLERGY?

Food intolerance is a general term used when a person has a bad reaction to a food or food additive. Often times, food intolerance occurs even when the affected person cannot identify the type of food eaten. A food allergy always involves an abnormal reaction of the immune system to the food protein. Food intolerance, however, does not provoke an immune response, but rather an abnormal physiological response, such as abdominal pain and cramping or bloating and diarrhea. Some children with severe allergies may experience both types of reactions.



A glass bottle is tilted, pouring a thick stream of white milk into a clear glass filled with ice cubes. The milk is captured mid-pour, creating a dynamic sense of movement. The background is plain white, and the glass and bottle are reflected on the surface below.

FOOD ALLERGY CONDITIONS

Here are some basics you should know.

COW MILK ALLERGY (CMA)

Cow milk, that beloved childhood staple, is also responsible for the most common food allergy in early life. Milk allergies may cause symptoms like vomiting or diarrhea. Or you might see skin rashes or eczema, and even respiratory issues like wheezing.

GASTROESOPHAGEAL REFLUX (GER)

All babies spit up. But if your baby spits up all the time and seems distressed, trust your feelings and ask your doctor. It may be a sign of gastroesophageal reflux. GER occurs when stomach acid regularly gets into your child's esophagus, causing burning and pain. Infants with GER can also suffer from cow milk allergy. Only your doctor can tell you the best way to manage it.

MULTIPLE FOOD ALLERGIES (MFA)

Many families have children who suffer from multiple food allergies, typically from some combination of the proteins found in milk, eggs, fish, shellfish, tree nuts (e.g., almonds, walnuts), peanuts, wheat and soy. Symptoms run the gamut from those for cow milk allergy and more.



EOSINOPHILIC ESOPHAGITIS (EoE)

Eosinophils are white blood cells that normally help the body fight off infections. In EoE, some foods, such as cow milk, soy, wheat and eggs, can trigger eosinophils to move to your child's esophagus. Symptoms may include growth failure, feeding issues, gastroesophageal reflux, vomiting, nausea, trouble swallowing, or chest and abdominal pain. Fortunately, dietary management can be highly effective.

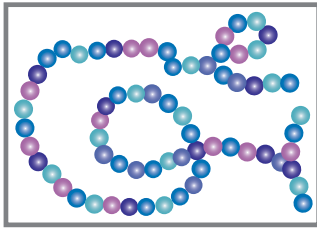
FOOD PROTEIN-INDUCED ENTEROCOLITIS SYNDROME (FPIES)

FPIES is a type of food allergy that usually starts in infancy, but can last for several years. Symptoms show up roughly two hours after the food is consumed and mostly affect the digestive system. Vomiting is a hallmark sign of FPIES, along with lethargy, dehydration, low blood pressure, low body temperature, and sometimes diarrhea. Milk, soy, rice and oats are some of the more common FPIES triggers.

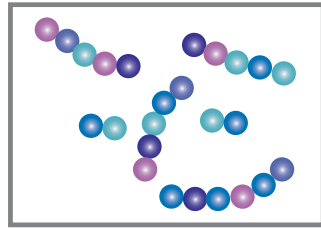


WHAT MAKES NEOCATE SPECIAL?

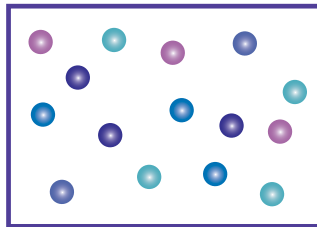
Anyone who has ever shopped for formula knows there is an overwhelming array of choices. But if your child has a food allergy, many of these formulas will not work. That's because they're made from whole proteins from milk or soy. If your child has cow milk allergy, a soy-based formula may not be recommended. Next in line are the extensively hydrolyzed formulas. They break down whole proteins into fragments. These are easier for children to digest; yet they can still potentially trigger allergic reactions.



Standard formula with intact protein derived from cow milk



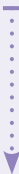
Extensively hydrolyzed formula (eHF) with peptides derived from cow milk



NEOCATE: amino acid-based formula not derived from milk

This is where Neocate comes in. It contains 100% free amino acids. These are the tiny building blocks of all proteins. As such they are the easiest to digest and absorb, and the least likely to cause an allergic reaction.

The following table compares some of the different formulas and identifies the protein source.

MILK/FORMULA	PROTEIN TYPE	ALLERGIC REACTION
Cow Milk Protein Goat Milk Protein	Whole Protein • Casein • Whey	<p>MOST ALLERGENIC</p>  <p>LEAST ALLERGENIC</p>
Soy Milk	Whole soy protein & soy isolate	
Extensively Hydrolyzed	Fragments of cow milk protein • Casein hydrolysates • Whey hydrolysates	
Neocate	100% Free Amino Acids	

Neocate provides a line of hypoallergenic products specially formulated for children with food allergies and related conditions. It is hypoallergenic and nutritionally complete, supplying the same nutrition of a regular baby/toddler formula but with protein your child can tolerate.



For more information visit [Neocate.com](https://www.neocate.com) and check out our 'Food Allergy Living' blog written by our team of nutrition specialists.

*Nutricia North America supports the use of breast milk whenever possible



**NUTRICIA
NAVIGATOR**

Insurance Reimbursement Help Is Here

At times, getting coverage for formulas like Neocate can be a challenge. But there's good news. As part of our *Footsteps* program, we offer Navigator. It's our **FREE** service to help you get the Neocate product you need.



Our Navigator program has helped many patients get coverage and since our team is fluent in *'insurance-speak'* we'll even get on the phone with you and your carrier to explore every option. Our team treats each caller like family and stays by their side until all questions have been answered about the reimbursement process. Navigator can help make this part of your journey a little easier.

If you have questions regarding coverage or need assistance, call our Navigator team **(1-800-Neocate)** or email **NutriciaNavigator@Nutricia.com**.

Visit **[Neocate.com/Reimbursement](https://www.Neocate.com/Reimbursement)** to learn more.





Managing Food Allergies At Home

With professional guidance from your healthcare team, with Neocate in hand and our *Footsteps* program for support, you and your child should begin to see and feel positive results.

UNDOUBTEDLY YOU HAVE QUESTIONS

- How do I begin?
- What can we expect when we start Neocate?
- When should we introduce solids and how?

Good questions! Let's begin.

STARTING YOUR BABY ON NEOCATE

When you're starting your baby on Neocate® Infant DHA/ARA, it's a little like introducing your child to a new friend. Some kids are BFFs from the start. And, for many, that's the way it is with Neocate. For others it takes a little getting used to. Neocate smells different and has a different taste. For these babies, we suggest a little strategy. It's called fading. Check with your doctor first to see if fading is the right strategy for your baby.

FADING

1

Start by mixing a small amount of prepared Neocate formula with your baby's current formula, or if you're breast feeding*, use the expressed milk in a bottle (just be sure to get your baby comfortable with a bottle first).

2

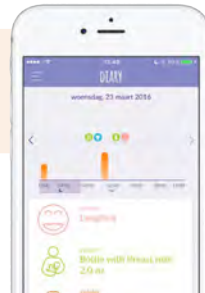
Then over a period of days, or weeks in some cases, gradually increase the ratio of Neocate to your baby's current formula in the bottle.

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.

Once your baby is taking Neocate, you probably want to know how soon you'll see results. In children with a cow milk allergy, signs and symptoms may improve in as little as three days but may take up to 14 days. Results may vary. Check with your doctor if you're unsure about any of the changes you see.

Download the **Neocate Footsteps app** today to track your child's allergy journey and easily share with your healthcare team.



*Nutricia North America supports the use of breast milk whenever possible



STARTING SOLIDS

Now you're thinking about adding solid foods to your child's diet. The first thing to do is bring your healthcare team into the discussion. They're the experts. And they're already familiar with your baby. That said, here are some guidelines:



Wait until your baby is at least four months old, but ideally closer to six months before starting solids. Advice varies, so rely on your healthcare team to help you make this decision. They can also help you decide which foods to start first.



Add **one** new, individual food at a time and offer it daily for a few days. Ask the healthcare team how many days to wait between new foods, and call them if you see possible reactions. As your baby's "menu" grows, offer foods in blends.

Neocate® Nutra is another good option for introducing solids to a baby's diet. It's a hypoallergenic solid for children six months and older. The texture when mixed with water is similar to pudding or infant cereal. It can be eaten by itself, mixed with other foods, like applesauce, and frozen to a consistency of ice cream or an ice pop!



Give your baby time to adjust to each new change.



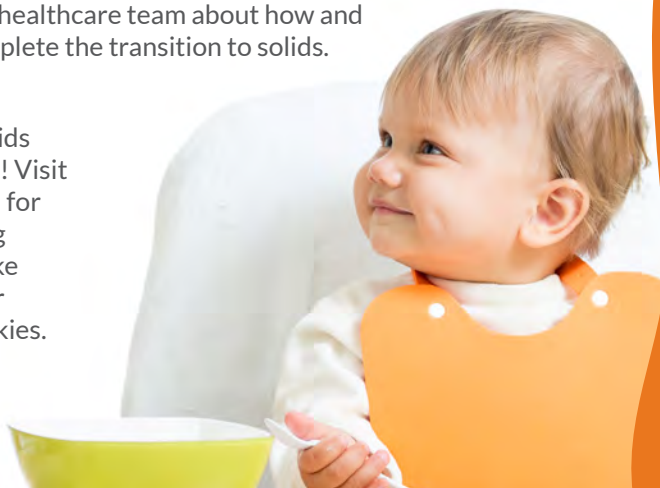
Add new textures in stages. Start with thin and smooth, move on to lumps and chunks, then finger foods!



Talk to your healthcare team about how and when to complete the transition to solids.



Introduce solids with Neocate! Visit [Neocate.com](https://www.neocate.com) for great recipes for using Neocate Nutra to make Fruity Apple Cereal or Nutra Cinnamon Cookies.



JOY OF EATING

Children can often resist change. But with a little patience and some helpful tips the experience can be less stressful and, sometimes, even fun!

1

CREATE A ROUTINE

Try providing meals and snacks at regular intervals with your child seated in his or her usual booster seat or highchair. As the routine becomes familiar it may stimulate hunger while making the transition to a new food or drink a little less unsettling.

2

CONSISTENCY

With any transition, the more consistent you are in using your strategies the more success you'll have and the faster your child will learn.

3

MAKE MEALTIME FUN

The more you engage your child in mealtime and meal prep the better. Take them to the grocery store. Let them choose which apples to buy. At home, get them involved in food preparation. Kids love to get involved, let them stir ingredients in a bowl.

Let your child know food can still be a wonderful source of pleasure. Visit Neocate.com or download our **Footsteps app** for mealtime-fun ideas and easily share your favorites.





Stepping Out With Food Allergies

When you have a child with a food allergy or related condition, you do everything you can to make your home safe. You cook allergen-free recipes. You move foods that may cause an allergic reaction out of reach. But it's a different ball game for your child when they are stepping out into the world. Yet there are many family-tested methods that can help. And many of them can be found in our 'Food Allergy Living' blog on Neocate.com. Here are some tips to get you started.

EXPLAINING FOOD ALLERGIES TO OTHERS

Never be shy about talking about your child's food allergies. There can be safety in numbers - the more people that know, the better. Here are some tips on how to talk about food allergies, help others understand and gain allies.

First, be direct. *'Our son Tommy has a severe food allergy.'* Listeners undoubtedly will want to know more. So tell them a story about a time he had a reaction, not just so they know how severe it can be, but so they know what a reaction looks like and what they could do to help.

Be detailed and specific, especially about topics like food labels. Let them know what foods your son is allergic to, like milk and eggs for instance, but also any foods that contain them or ingredients derived from them.

Even your child's friends can help. Encourage your son to tell them what he can't eat. Some friends will feel proud to serve as his *'look outs'*.





PLAY DATES AND BIRTHDAY PARTIES

So much of what we do revolves around food. When you have a child with food allergies, these get-togethers require one thing above all—communication. When your child gets an invitation to a party or a play date, give your host a call and let them know your situation. Most people will be compassionate and helpful. You can also make an allergy card to give to the adult in charge.

You can find more helpful tips on [Neocate.com](https://www.neocate.com) or create a sharable allergy card using our [Neocate Footsteps app](#). The cards are ideal for documenting your child's dietary and medical needs.



If it's your child's birthday and you're hosting the party, there are plenty of great recipes for allergen-free birthday cakes and other snacks that all the children can enjoy. Visit [Neocate.com](https://www.neocate.com) to find recipes for every age and occasion. Be sure to ask your healthcare team if the recipes are right for your child.



THE BIG YELLOW BUS

Sending your child off to school can be an anxious moment. We have a few suggestions to help.

MEET THE TEACHER

Introduce yourself to your child's teacher at the beginning of each school year. Ditto for the school nurse and food service staff. Work with the school on a 'allergy action' plan (commonly known as a 504 plan) which spells out your child's needs and instructions on what to do in an emergency. And use our [Neocate Footsteps app](#) to create allergy cards you can share with school staff, babysitters or anyone who may have your child in their care.

TALK TO OTHER PARENTS

Developing a good relationship with other parents – especially those who help out around school – will go a long way. Explain your child's condition and ask them to notify you when they bring in birthday treats so you can provide an allergen-free treat for your child.

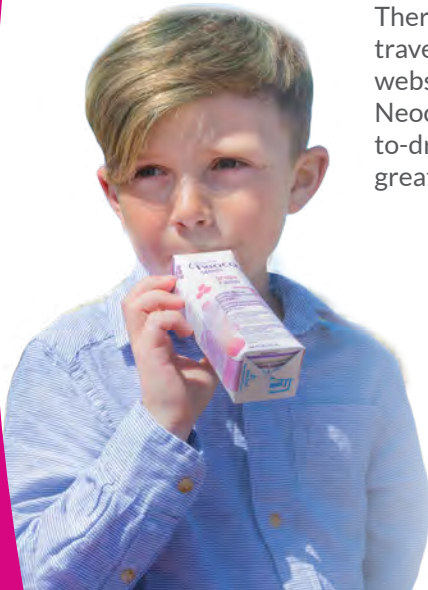
Visit [Neocate.com](https://www.neocate.com) for more information on keeping your child safe at school.



TRAVELING WITH NEOCATE

Be sure to plan ahead for how much Neocate to take with you. You don't want to run out! You can also use our pharmacy locator on [Neocate.com](https://www.neocate.com) or the [Neocate Footsteps app](#) to see if there's a store that carries Neocate at your destination.

There is much more information on traveling with food allergies on our website, [Neocate.com](https://www.neocate.com). And check out Neocate Splash products, a line of ready-to-drink formulas in a drink box that's great for families on-the-go.



PATIENT ADVOCACY GROUPS

For additional support and information on food allergy conditions connect with the patient advocacy groups below. As always, for any specific questions to your food allergy journey consult with your healthcare team.

FOOD ALLERGIES

- **Kids with Food Allergies (KFA)**
kidswithfoodallergies.org



- **Food Allergy Research & Education (FARE)**

FARE is the trusted source of information about food allergies.
foodallergy.org

- **Food Allergy & Anaphylaxis Connection Team (FAACT)**

FAACT educates, advocates, and raises awareness for those affected by food allergies and life-threatening anaphylaxis.
foodallergyawareness.org



- **Feeding Tube Awareness Foundation (FTAF)**

The FTAF serves as a parent education and advocacy organization for tube feeding in children.
feedingtubeawareness.org



EOSINOPHILIC GASTROINTESTINAL DISORDERS (EGIDS)

- **The American Partnership for Eosinophilic Disorders (APFED)**
APFED embraces, supports, and improves the lives of patients and families affected by eosinophil-associated diseases through education and awareness, research, support, and advocacy.
apfed.org



- **Campaign Urging Research for Eosinophilic Disease (CURED)**

CURED is dedicated to help those suffering from eosinophilic disorders through a commitment to raise funds for research, to advocate on behalf of patients and their families, and to educate and raise awareness of these complex diseases.
curedfoundation.org



FOOD PROTEIN-INDUCED ENTEROCOLITIS SYNDROME

- **International FPIES Association (I-FPIES)**

I-FPIES is dedicated to improving the diagnosis, treatment and quality of life for those with FPIES through advocacy, education, support, and research.
fpies.org



Neocate Products For Every Step In Your Food Allergy Journey

All Neocate products are specifically designed for children with food allergies and related gastrointestinal (GI) conditions. They're based on 100% free amino acids, the simplest building blocks of protein, making Neocate one of the best ways to support growth in your child and avoid allergic reactions.

Neocate offers the broadest line of hypoallergenic products designed to help nourish your child from birth through school age. Our family of products provides more inviting flavors and texture options than anyone else.

Beginning the Journey



Empowering Solid Food Experiences



Allowing Taste Preferences to Flourish



Empowering Freedom



INITIAL DIAGNOSIS

LIFESTYLE CHANGE

ADHERENCE OVER TIME

- ✓ Trusted brand for 30 Years
- ✗ No Soy Oil
- ✓ Multiple flavors and forms
- ✗ No genetically engineered ingredients*

*Neocate ingredients are certified by suppliers to be derived from non-genetically modified sources, compliant with EC regulations 1829/2003 & 1830/2003

Neocate[®] Syneo[®] Infant

0-12 MONTHS

Neocate Syneo Infant may be a baby's starting point on a journey to success following symptoms that require a hypoallergenic amino acid-based formula. Neocate Syneo Infant is the first and only hypoallergenic formula with added prebiotics and probiotics, specifically designed for food-allergic infants. Neocate Syneo Infant is nutritionally complete and is manufactured in a dairy protein-free environment.



PREPARATION

See instructions on Neocate can or visit [Neocate.com/Syneo](https://www.Neocate.com/Syneo)



STORAGE

- Prepared formula can be stored in a refrigerator for up to 24 hours.
- Once a bottle is introduced to your infant's mouth, all formula remaining in the bottle should be discarded after one hour.
- Opened cans of Neocate Syneo Infant with plastic lid securely fastened should be stored in a cool, dry place and used within 2 weeks.
- Sealed cans of Neocate should be stored in a cool, dry place and used by the expiration date, which is located on the bottom of each can.

WHAT IS THE BEST WAY FOR ME TO WARM NEOCATE SYNEO INFANT ONCE IT HAS BEEN PREPARED?

As with any other infant formula, a microwave oven should not be used to heat Neocate Syneo Infant, as this can lead to 'hot spots' in the formula. It is recommended to use a bottle warmer or place the bottle in a container filled with warm water not to exceed 104°F (40°C) as it may lessen the benefits of the probiotic cultures.

Neocate[®] Infant DHA/ARA 0-12 MONTHS

Neocate Infant DHA/ARA is a hypoallergenic amino acid-based formula. It is nutritionally complete for infants and is manufactured in a dairy protein-free environment.



PREPARATION

See instructions on Neocate can or visit Neocate.com



STORAGE

- Prepared formula can be stored in a refrigerator for up to 24 hours
- Once a bottle is introduced to your infant's mouth, all formula remaining in the bottle should be discarded after one hour
- Opened cans of Neocate with plastic lid securely fastened should be stored in a cool, dry place and used within one month
- Sealed cans of Neocate should be stored in a cool, dry place and used by the expiration date, which is located on the bottom of each can

WHAT IS THE BEST WAY FOR ME TO WARM NEOCATE ONCE IT HAS BEEN PREPARED?

As with any other infant formula, a microwave oven should not be used to heat Neocate, as this can lead to 'hot spots' in the formula. It is recommended to use a bottle warmer or place the bottle in a container filled with warm water.

Neocate[®] Nutra

6+ MONTHS

The first and only hypoallergenic, amino acid-based, semi-solid medical food. Nutra provides a spoonable consistency and is ideal in recipes to add texture and variety. Other foods or formula must be consumed for a complete diet. It is not intended for bottle or tube feeding.



PREPARATION

See instructions on Neocate can or visit Neocate.com



STORAGE

Store unopened cans in a cool dry place. Once opened, reseal can. Store in a cool dry place and use within one month.



Neocate[®] Junior

1+ YEARS

Neocate Junior is a hypoallergenic, amino acid-based formula. It is designed to address the growing nutritional and lifestyle needs of toddlers and older children and it contains prebiotic fiber to help support digestive health. Neocate Junior unflavored also comes in a version without prebiotics.

FLAVORS



UNFLAVORED



CHOCOLATE



TROPICAL



UNFLAVORED
Without Prebiotics



STRAWBERRY



VANILLA



PREPARATION

See instructions on Neocate can or visit [Neocate.com](https://www.neocate.com)



STORAGE

Store unopened can at room temperature. Once opened, reseal can and store in a cool, dry place (not in a refrigerator) and use within one month of opening.



Neocate[®] Splash

1+ YEARS

Neocate Splash is the first and only hypoallergenic, ready-to-drink, amino acid-based formula ideal for oral and tube feeding. Take away the hassle of mixing with the convenience of ready-to-drink Splash. Neocate Splash is designed to allow children to stay on their special diet while participating in social activities.

- Nutritionally complete
- With a straw and peelable opening for easy pouring
- Available in 4 great tasting flavors: Grape, Tropical Fruit, Orange-Pineapple, and Unflavored



PREPARATION

Shake well before use.
If taken orally,
Neocate Splash is
best served chilled.



STORAGE

Store unopened product
in a cool, dry place. Once
opened, Neocate Splash
should be stored in a
refrigerator and kept no
longer than 24 hours. Do
not freeze Neocate Splash.



ORANGE-
PINEAPPLE

UNFLAVORED

GRAPE

TROPICAL
FRUIT





*Support, answers and inspiration
at every step of your journey*

EXCLUSIVE RESOURCES FOR PARENTS AND FAMILIES

Neocate Footsteps offers an array of resources to support, answer and inspire at each milestone of your food allergy journey.



Navigator

Help with Neocate insurance reimbursement and access



Recipes

By product and varying ages



Food Allergy Living Blog

Helpful tips, recipes and guidance written by healthcare professionals



YouTube

Informational videos and mixing instruction



Nutrition Specialists:

Answer questions about Neocate and food allergies



Facebook

Success stories, easy how-to-use product instruction recipes



Website

Food allergy education and testimonials



Toolbox

By product and varying ages



Neocate Footsteps App

Support in your pocket

[Neocate.com/footsteps](https://www.Neocate.com/footsteps)

Neocate[®] Footsteps App

All the Neocate resources in your pocket
at every step of the food allergy journey



Diary to track allergy symptoms, moods, diapers and more!



Spot allergy patterns and easily share with your healthcare team



Create and share allergy cards



Insurance Reimbursement support



Allergy friendly recipes



And more!



Download for
free today!

Available on the iPhone
App Store

GET IT ON
Google Play



Have questions? Contact the Neocate team.

1-800-Neocate (1-800-636-2283)

Neocate.com

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