

# Colic and Your Baby

## What are Colief® Infant Drops?

Colief® Infant Drops do not provide a treatment for colic, nor a cure. Colief Infant Drops is a natural product which is added to infant formula or breast milk to reduce the lactose content thus making it easier for babies, who cannot fully digest lactose, to digest their feed. The active ingredient in Colief Infant Drops is lactase, a safe, naturally occurring enzyme produced within the small intestine.

### Temporary Lactose Intolerance

Infant colic can have many causes. In some cases it is believed to be caused by the inability of the infant to adequately digest the lactose in milk.



Colic affects 1 in 5 babies! 

## How to use Colief Infant Drops

### Breastfeeding

- Express a few tablespoons of breast milk into a sterilised container.
- Add 4 drops of Colief Infant Drops.
- Give this to your infant on a sterilised spoon before starting to breastfeed.
- Breastfeed as normal.

### Using Colief with formula and ready-made formula

- Add 4 drops of Colief Infant Drops to warm (not hot) formula.
- Wait 30 minutes, shaking the formula occasionally, then feed your infant as normal, making sure that the formula is at the correct temperature. Discard any unused formula.

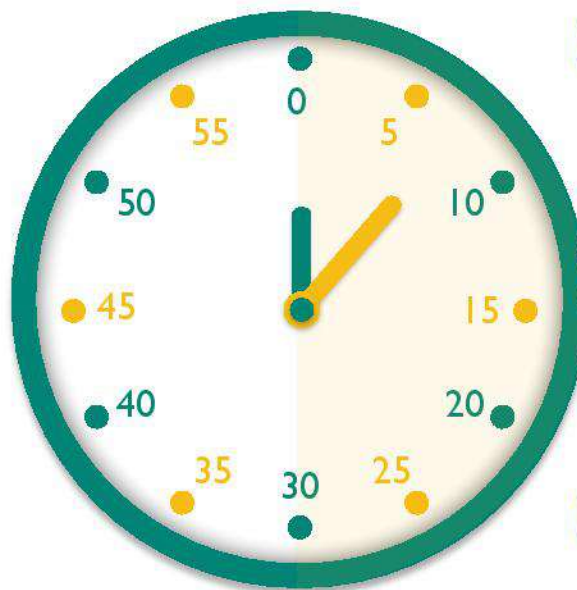
### Making formula in advance using Colief

- Add 2 drops of Colief Infant Drops to the warm (not hot) formula.
- Store in your refrigerator for a minimum of 4 hours before use and use within 12 hours.
- Feed your infant as normal making sure that the formula is at the correct temperature. Discard any unused formula.

## How Colief Infant Drops work

The active ingredient in Colief Infant Drops is lactase enzyme, which breaks down the lactose in the milk into glucose and galactose. Thirty minutes is recommended for the enzyme to fully break down the majority of the lactose present in the milk. Some infants may tolerate greater amounts of lactose in the feed, so you could try reducing the waiting time to 15 minutes, especially after the first month using Colief Infant Drops. If this does not satisfy your baby a return to 30 minutes is advised.

*Waiting 30 minutes gives you the reassurance that the lactose in the milk will be easier for your baby to digest*



1 Colief Infant Drops are added to baby's milk. The warm temperature and natural composition of the milk mean the lactase enzyme is able to work most effectively.



2 The lactase enzyme in Colief Infant Drops starts to work immediately on the lactose in the milk.



3 The lactase enzyme helps break down the lactose into simpler sugars, glucose and galactose thereby making it easier to absorb.

For more information visit [www.Colief.com](http://www.Colief.com) or [www.facebook.com/ColiefCare](https://www.facebook.com/ColiefCare)

Reference: 1. <http://www.nhs.uk/Conditions/Colic/Pages/Introduction.aspx>

