Other Products in the Colief® range

**Colief® Baby Scalp Oil**

Containing Rosehip Oil, Chamomile and Vitamin E, **Colief® Baby Scalp Oil** is formulated to gently moisturise and soothe your baby’s skin and scalp. Simply massage the oil into the baby’s skin or scalp and this hydrating blend is quickly absorbed, helping to soften and clear flakes or scaly skin. Made with nourishing plant-based ingredients that are gentle enough to use from two months upwards, **Colief® Baby Scalp Oil** helps moisturise and soothe your baby’s skin and scalp.

**Colief® Mum To Be Moisturising Cream**

Containing a rich blend of plant oils and essential vitamins, **Colief® Mum To Be Moisturising Cream** helps prevent the appearance of stretch marks, rehydrates and nourishes the skin. The gentle, hypoallergenic formula is paraben free and is packed full of pro-vitamin B5, almond, avocado, evening primrose and grape seed oils, as well as vitamin E and soothing calendula.

**Colief® Vitamin D₃ Drops**

Specially formulated for infants and young children, **Colief® Vitamin D₃ Drops** is a food supplement rich in vitamin D3 and the ideal solution for providing the required dose of vitamin D₃. Vitamin D contributes to the normal development of bones in infants and young children and to the maintenance of normal bones in mums and mums-to-be. It also helps maintain normal immune system function.

**Colief® Vitamin D₃ Drops** 20ml contains 600 Drops (2µg (80IU) per drop) and does not contain flavourings, added sugar, preservatives or colours. **Colief® Vitamin D₃ Drops** can be mixed with food or a drink. The drops can also be given directly by mouth.

**Colief® Infant Drops**

Lactase Enzyme Drops for Adding to Breast Milk or Infant Formula to Reduce Lactose Content

Clinically Proven
Safe from Birth
7ml contains 42 Servings
15ml contains 90 Servings

Food Supplement

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
For the first few months of life some babies may have difficulty in fully digesting the lactose in milk. 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.

How do Colief® Infant Drops work?
Colief® Infant Drops work by breaking down most of the lactose in your baby’s usual milk (breast milk or infant formula) before your baby is fed, making the milk easier to digest.

When can Colief® Infant Drops 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® Infant Drops gradually from use by.
1. halve the number of drops used per feed,
2. then use at alternative feedings,
3. finally, reduce to once a day until withdrawal is complete.

If at any stage the signs of discomfort return, revert to previous dosage level.

Usage Instructions
Breastfeeding using Colief® Infant Drops:

- 4 Drops
  - express a few tablespoons of breast milk into a small sterilised container,
  - add 4 drops of Colief® Infant Drops,
  - give this to your baby on a sterilised spoon before initiating breastfeeding,
  - breastfeed as normal.

Using Colief® Infant Drops with Infant Formula:

- 4 Drops
  - prepare the formula carefully according to the manufacturer’s instructions,
  - add 4 drops of Colief® Infant Drops to the warm (not hot) formula,
  - shake the formula occasionally, and feed your 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:

2 Drops
- prepare the formula carefully according to the manufacturer’s instructions,
- add 2 drops of Colief® Infant Drops to the warm (not hot) formula,
- store in the refrigerator for a minimum of 4 hours before use and use within 12 hours,
- warm to feeding temperature and feed your baby as normal,
- discard any unused feed.

Using Colief® Infant Drops with Ready-to-Feed Formula:

4 Drops
- warm the formula,
- add 4 drops of Colief® Infant Drops to the warm (not hot) formula,
- shake the formula occasionally, and feed your baby after half an hour, having checked that the bottle is at the correct feeding temperature,
- discard any unused feed.

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 six weeks after opening. Do not use after Best Before date stated on the pack. Keep out of the reach of children.

Typical Nutritional Information Per Serving

<table>
<thead>
<tr>
<th>Serving per vial:</th>
<th>42 per 7ml / 90 per 15ml</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving size:</td>
<td>180 mg (4 drops)</td>
</tr>
<tr>
<td>Energy:</td>
<td>0.938 kJ / 0.223 kcal</td>
</tr>
<tr>
<td>Water:</td>
<td>83 mg</td>
</tr>
<tr>
<td>Protein:</td>
<td>&lt; 1.8 mg</td>
</tr>
<tr>
<td>Fat:</td>
<td>&lt; 1.8 mg</td>
</tr>
<tr>
<td>Carbohydrate:</td>
<td>&lt; 1.8 mg</td>
</tr>
</tbody>
</table>

NUTRITIONAL INFORMATION
Lactase Enzyme (Kluyveromyces lactis) 4,500 FCC NLU/g. Naturally produced product nutritional content may vary.


Colief® Infant Drops are a registered trademark of Crosscare Ltd. Patent Number EP1289569.9 COL428D revised January 2017.

For more information on Colief® Infant Drops visit www.colief.com

January 2017