

## Description

### Food for special medical purposes.

Lipistart® is a nutritionally complete powdered formula containing whey protein, carbohydrate, fat (high in medium chain triglycerides [MCT] and low in long chain triglycerides [LCT]), vitamins, minerals, trace elements and arachidonic acid (ARA) and docosahexaenoic acid (DHA).

## Indications

Lipistart is for the dietary management of long-chain fatty acid oxidation disorders and other disorders requiring dietary management using a high MCT low LCT formula from birth to 10 years.

## Dosage and Administration

To be determined by the clinician or dietitian and is dependent on the age, body weight and medical condition of the patient.

## Preparation Guidelines

### For bottle fed infants:

The standard dilution of 15% is made by adding 1 level scoop (included in tin) of Lipistart (approx 5g) to 30ml of water (approx 1 fluid oz.).



1. Wash hands well.
2. Sterilise feeding equipment according to manufacturer's instructions.
3. Boil fresh water and leave to cool for no more than 30 minutes to ensure it remains at a temperature of at least 70°C. Do not use artificially softened water or repeatedly boiled water.
4. Measure out the required amount of water into the bottle.
5. Using the scoop provided, add the prescribed number of scoops of Lipistart to the water, levelling each scoop off with the back of a clean dry knife. Do not press the powder into the scoop.
6. Place the sterilised teat and cap on the bottle and shake well until all the powder has dissolved.
7. Cool to drinking temperature (approx. 37°C). Always test the temperature before feeding by shaking a few drops onto the inside of your wrist – the feed should feel warm but not hot.

Any formula remaining in the bottle after 1 hour must be discarded. Do not reheat Lipistart once feeding has started.

**Other dilutions, tube-feeding and feeding older children:**

To be determined by the clinician or dietician. Lipistart is typically mixed with water as per clinicians/dietitians instructions. Any feed prepared in advance must be refrigerated and used within 24 hours.

**Important feeding information**

**Do not heat Lipistart in a microwave as uneven heating may occur and could cause scalding.**

**Do not boil Lipistart.**

**Some foam may appear on mixing which will settle during cooling.**

**Infants must be supervised at all times when feeding.**

**Regular teeth cleaning is recommended.**

**IMPORTANT NOTICE**

Lipistart must be used under medical supervision.

Lipistart is suitable from birth to 10 years of age.

Suitable as a sole source of nutrition from birth to 1 year of age. Can be used as a supplementary feed from 1 to 10 years of age.

Not suitable for people with medium chain acyl-CoA dehydrogenase deficiency (MCADD).

Monitoring of essential fatty acid status and supplementation when required, is recommended when using Lipistart long term.

For enteral use only.

**Nutritional Information**

		per 100g	per 100ml 15% dilution		per 100g	per 100ml 15% dilution	
Energy		1967	295	Protein	g	12	1.8
	kcal	469	70	Salt	g	0.53	0.08
Fat	g	21	3.2	<b>Vitamins and minerals</b>			
of which				Vitamin A (RE)	µg	460	69
saturates	g	16.4	2.5	Vitamin D	µg	12	1.8
MCT	g	15.6	2.34	Vitamin E	mg	10	1.5
LCT	g	4.4	0.66	Vitamin K	µg	28	4.2
mono-unsaturates	g	1.6	0.24	Vitamin C	mg	60	9.0
polyunsaturates	g	2.1	0.32	Thiamin	mg	0.60	0.09
α linolenic acid	mg	230	35	Riboflavin	mg	0.80	0.12
DHA	mg	100	15	Niacin	mg (mg NE)	4.2 (7.9)	0.63 (1.2)
linoleic acid	mg	1470	221	Vitamin B6	mg	0.53	0.08
ARA	mg	100	15	Folic acid (Folate)	µg	80 (133)	12 (20)
Carbohydrate	g	58	8.7	Vitamin B12	µg	1.2	0.18
of which sugars	g	6.0	0.9	Biotin	µg	19	2.9
Fibre	g	0	0	Pantothenic acid	mg	2.9	0.44

**Nutritional Information**

		per 100g	per 100ml 15% dilution		per 100g	per 100ml 15% dilution	
Sodium	mg	210	32	Manganese	mg	0.28	0.04
	mmol	9.0	1.4	Selenium	µg	20	3.0
Potassium	mg	485	73	Chromium	µg	13	2.0
	mmol	12	1.8	Molybdenum	µg	25	3.8
Chloride	mg	360	54	Iodine	µg	92	14
	mmol	10	1.5	Others			
Calcium	mg	400	60	Taurine	mg	45	6.8
	mmol	10	1.5	L-Carnitine	mg	14	2.1
Phosphorus	mg	300	45	Choline	mg	160	24
	mmol	10	1.5	Inositol	mg	60	9.0
Magnesium	mg	45	6.8				
	mmol	2.0	0.3				
<b>Trace Elements</b>							
Iron	mg	5.8	0.87				
Zinc	mg	4.7	0.71				
Copper	mg	0.40	0.06				

\* per 100g dry powder

\*\* at 15% dilution

**Osmolality** at 15% dilution : 180mOsm/kg

**Allergen Declaration**

Contains Milk (Milk protein),  
soya (soyabean oil, soya lecithin).

**Storage**

Unopened: Store in a cool dry place.  
Once opened: Use within 3 weeks.  
Always replace container lid after use.  
Packaged in a protective atmosphere.

**Pack Size/Weight**

400g e tin, scoop included.

