

Castlemil Infant Milks

These cows' milk based infant formula milks are manufactured by Castlemil and are currently only available on-line from the Castlemil shop and Amazon and in store at the Food Warehouse by Iceland. The products are available as powder formulation in 800g tins.

Key components of Castlemil Infant Milks

TABLE S1
Key components of Castlemil Infant Milks

	First Infant Milk	Follow-on milk	Toddler Milk
Composition	Meets current regulations for infant formula composition	Meets current regulations for follow-on formula composition	NA
Unnecessary added ingredients	Arachidonic acid, prebiotics, taurine, nucleotides	Ara chidonic acid, prebiotics, taurine, nucleotides	NA
Allergens	Cows' milk, soya, fish	Cows' milk, soya, fish	Cows' milk, soya, fish
Protein source	Cows' milk	Cows' milk	Cows' milk
Whey:casein ratio	57:33	39:61	20:80
Fats used	Sunflower, rapeseed, palm, coconut, fish and algal oils (single cell oils) milk fat	Sunflower, rapeseed, palm, coconut, fish and algal oils (single cell oils) milk fat	Rapeseed, coconut, sunflower, fish and algal oils (single cell oils) milk fat
Suitability	Not suitable for vegetarians Not halal approved	Not suitable for vegetarians Not halal approved	Not suitable for vegetarians Not halal approved
Cost per 100ml	15p	15p	15p
<i>For comparison:</i> Cheapest first infant milk currently available that meets all infant requirements/100ml (based on a powdered formulation)	10p	10p	10p

Claims made

No specific claims are made for these milks on the company website, however it does state that the milks are made to exacting standards using British Red Tractor farm assured whole milk from local dairies and produced by free range, grass fed cows. The whole milk used in the products, after drying, accounts for about 11%, 17% and 30% of the dry weight of the milk powders for infant, follow-on and toddler milks respectively.

TABLE S2
Summary of composition of Castlemil Infant Milks

	Castlemil Infant Milk	Castlemil Follow-on Milk	Castlemil Toddler Milk
Nutrients per 100ml			
Energy kcal	67	67	64
Protein g	1.4	1.5	1.8
Whey:casein ratio	57:33	39:61	20:80
Carbohydrate g	7.2	8.7	8.0
– of which lactose g	6.6	8.1	7.2
Source of added carbohydrate	Lactose, oligo-saccharides	Lactose, oligo-saccharides	Lactose, oligo-saccharides
Fat g	3.6	3.0	2.8
Fat source	Sunflower, rapeseed, palm, coconut and milk fat	Sunflower, rapeseed, palm, coconut and milk fat	Sunflower, rapeseed, palm, coconut and milk fat
Added LCPUFAs			
ARA	✓	✓	✓
DHA	✓	✓	✓
LCPUFA source	Fish and single cell oils	Fish and single cell oils	Fish and single sell oils
Amounts of vitamins and minerals meet regulations	✓	✓	NA
VITAMINS			
Vitamin A µg-RE	65	74	69
Vitamin C mg	12	12	13
Vitamin E mg	1.5	1.7	1.4
Vitamin D µg	0.8	0.9	0.8
Vitamin K µg	3	4.9	5.5
Thiamin (B₁) µg	70	70	80
Riboflavin (B₂) µg	120	170	130
Niacin µg (mg NE)	760	900	800
Vitamin B₆ µg	60	60	50
Vitamin B₁₂ µg	0.2	0.3	0.2
Folic acid µg	16	18	15

	Castlemil Infant Milk	Castlemil Follow-on Milk	Castlemil Toddler Milk
Nutrients per 100ml			
Biotin µg	1.8	3.0	2.0
Pantothenic acid µg	500	600	500
MINERALS			
Calcium mg	44	63	121
Chloride mg	40	50	56
Copper µg	53	40	40
Iodine µg	18	11	13
Iron mg	0.7	1.1	1.0
Magnesium mg	6.3	7.0	6.5
Manganese µg	8.0	9.0	9.9
Phosphorus mg	26	34	66
Potassium mg	66	75	105
Selenium µg	2.5	2.8	3.0
Sodium mg	19	25	27
Zinc mg	0.5	0.5	0.6
ADDED INGREDIENTS			
Prebiotics	✓	✓	✓
Probiotics	✗	✗	✗
Nucleotides	✓	✓	✓
Inositol	✓	✗	✗
Choline	✓	✓	✗
Taurine	✓	✓	✗
L-carnitine	✗	✗	✗
Contains soya	✓	✓	✓
Contains fish oil	✓	✓	✓
Suitable for vegetarians	✗	✗	✗
Halal approved	✗	✗	✗
Cost per 100ml	15p	15p	15p