

# The Baby Formula Quick Comparison Guide 2025

## Free Download Edition

A snapshot of the UK's most popular baby formula's and their key ingredients

| Formula                                   | Cow's Milk | Soya | Fish Oil |
|-------------------------------------------|------------|------|----------|
| <b>Aptamil 1</b><br>First Infant Milk     | ✓          | ✓    | ✓        |
| <b>Cow &amp; Gate 2</b><br>Follow On Milk | ✓          | ✗    | ✓        |
| <b>SMA 1</b><br>First Infant Milk         | ✓          | ✗    | ✗        |



Based on real baby intolerance test results from The Test Clinic, UK experts in baby & toddler testing.

# Introduction

Across the UK, many parents find that even after trying different baby formulas, their little one still suffers from symptoms such as colic, reflux, eczema or tummy discomfort.

At The Test Clinic, we have conducted hundred's of Baby & Toddler Intolerance Tests (from ages 0 to 4 years old) from all backgrounds. Our testing has shown some interesting data. In around 90 % of our cases, babies show a sensitivity to cow's milk, and many also show sensitivity to other ingredients commonly used in formulas such as soya, sunflower oil, rapeseed oil, coconut oil, fish oil and/or egg.

## Why This Guide Matters

- Nearly all baby formulas contain cow's milk or milk derivatives even if labelled 'hypoallergenic' or 'hydrolysed'. If your child shows sensitivity to cows milk, our guide can help you understand more.
- Oils such as [sunflower](#), [coconut](#) and [rapeseed](#) are commonly added for fat content but often show up in our test results as sensitivities.
- Some "gentle" or "comfort" formulas still include [fish oil](#) or [egg](#) lecithin. These can also be hidden triggers for many babies.
- Certain hydrolysed or prescription formulas may not be [halal](#) or [kosher](#), yet this is rarely explained by GPs.

### Did You Know?

Even Aptamil Pepti 1 & 2 contains milk and neither are suitable for halal or kosher diets.

## Quick Look : Common Ingredients in Popular UK Formulas

This snapshot covers a brief selection of some of the UK's best selling baby formulas. The [Full Guide](#) includes 40 + products and in-depth ingredient breakdowns.

|                                                  | COW'S MILK | FISH | RAPESEED OIL | COCONUT OIL | SUNFLOWER OIL | EGG | SOYA | VEGETARIAN | HALAL / KOSHER CERTIFIED |
|--------------------------------------------------|------------|------|--------------|-------------|---------------|-----|------|------------|--------------------------|
| <b>Aptamil 1</b><br>First Infant Milk            | ✓          | ✓    | ✓            | ✓           | ✓             | ✗   | ✓    | N          | Y                        |
| <b>SMA 1 Advanced</b><br>First Infant Formula    | ✓          | ✗    | ✓            | ✗           | ✓             | ✗   | ✗    | N          | N                        |
| <b>Cow &amp; Gate 2</b><br>Follow On Milk Powder | ✓          | ✓    | ✓            | ✓           | ✓             | ✗   | ✓    | N          | Y                        |
| <b>Aptamil Pepti 1</b><br>Infant Milk            | ✓          | ✓    | ✓            | ✓           | ✓             | ✗   | ✗    | N          | N                        |

From Our Clinic Data: In 90 % of cases we test, babies show milk intolerance — yet every formula above still contains milk in some form.

# The Test Clinic Comparison Guide

We have created a **Full Guide** to help parents understand what is really inside their baby's formula by offering a simple, evidence-based comparison between the most popular brands in the UK.

## Full Guide

The **Full guide** is presented in an easy to understand, colour coded format.

### Key:



Contains this ingredient



Does not contain this ingredient



Yes



No

Our goal is not to promote any specific brand, but to empower parents with transparent, practical information that can help them (and their GP's) make informed feeding decisions, particularly when allergies or intolerances are suspected.

## Confused by Ingredients? We Can Help.

This is just the beginning. **Our Full 2025 Guide includes:**

- ✓ Over **40 UK formula brands** (including specialist and prescription types)
- ✓ Verified **Vegetarian, Halal & Kosher** status for each product
- ✓ Ingredient explanations and **real examples** from baby test results
- ✓ A **Formula Finder Worksheet** to help you match results to products

**Download the Full Guide (£6.99) or Book a Baby & Toddler Intolerance Test today.**

**Get Full Guide**

**Test Your Baby**

