

Milk powder, HA food and starter food (Pre) in test 2016 (Stiftung Warentest)

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In its current issue (07/2016), Stiftung Warentest examined a total of 15 baby milk products for their quality. Among the tested initial milk products were four HA Pre-specialty foods for critically ill babies.

These pediatricians often recommend parents who themselves suffer from an allergy. So the risk of a later allergy in the baby should be minimized. Eight brands can recommend the testers. The initial milk of a drugstore chain, however, was only "defective":

HA and HA Pre milk powder tested (Stiftung Warentest 07/2016)

The Stiftung Warentest examined in their July issue 15-milk foods for babies on their compositions and on pollutants. The products tested were from brands such as Hipp, Milupa, Milasan, Humana, Aptamil, Bebivita and Alnatura, Babylove from dm, Beba and Babydream from Rossmann.

The test

The focus in the current test was on the composition of the individual infant formulas. The testers oriented themselves to the legal requirements of the diet regulation. From 2020, there will be a new EU regulation - manufacturers who have already implemented the newer requirements have received a plus from the testers.

In addition, the products were tested for harmful substances such as chlorate, perchlorate, heavy metal, mold poison (Aflatoxin M1) and mineral oil components (Mosh and Moah).

The result

Parents can look forward to the results. Nutritionally, all finished milk products perform well. Overall, the testers found eight "good" products. The Milasan Pre start milk received the rating "good" from Stiftung Warentest and can be recommended as the winner of the test for parents. Six powders received only a "satisfactory" overall rating. Devaluations occurred here due to found pollutants. The baby milk of the drugstore Rossmann even gets a shortage. Reason are increased pollutant levels such. from the probably carcinogenic glycidyl esters. In none of the tested products did the testers find mineral oil constituents (Moah) or germs.

All results in the overview:

## Pre-food

Milasan Pre beginning milk 1 (good \*, Update 7/2016: \* meanwhile changed recipe, still without new test))

Beba Pro Pre (good)

Aptamil with Pronutra Beginning Milk Pre (good)

Bebivita Beginning Milk Pre (good)

Humana Starter Milk Pre (good)

Potter Lactana Pre Bio Beginning Milk (organic) (good)

Hipp Bio Combiotik Pre Organic-Beginning-Milk (Organic) (satisfactory)

Milupa Pre Milumil early milk (satisfying)

Alnatura Initial Milk Pre (Organic) (Satisfactory)

dm / Babylove Initial Milk Pre (Satisfactory)

Rossmann / Babydream Initial Milk Pre (deficient)

## HA Pre-food

Beba HA Pre (good)

Bebivita Hypoallergenic Start Food Pre HA (good)

Aptamil with Gos / Fos Initial Food HA Pre (Satisfactory)

Hipp HA Combiotik Pre HA (satisfactory)

## Summary and recommendation:

The manufacturer of the test winner Milasan Pre told the examiners that he has recently changed the recipe of his initial food. Therefore only some remaining stock are available from the tested recipe. Stiftung Warentest recommends to use the second-placed product Beba Pro Pre - because this is also good and cheap. Parents who are looking for milk for their allergy-prone babies recommend the testers Beba HA Pre, the test winner among the HA-Pre-diets or Bebevita Pre HA, equally good but cheaper.

Update: After Milasan had finished the first milk in the test with good, came to Ökotest to delivery bottlenecks. In addition, the brand now has a new owner, according to Ökotest. New samples have now shown that the infant intake tolerable intake of the fat contaminant 3-MCPD fatty acid ester is significantly exceeded.

The intake was determined by the European Food Safety Authority and, according to Ökotest, is significantly lower than the Federal Institute for Risk Assessment (BfR). In addition, the product tested showed greatly increased mineral oil residues. These should be minimized according to BfR as a precaution.

HA milk powder tested (Öko-Test 6/2015)

In the February and June 2015 issues, the consumer magazine Öko-Test examined a total of 13 hypoallergenic milk powders (HA food) and 14 different milk powders (starvation, pre-nourishment) for babies from well-known brands such as Milupa Milumil, Aptamil, Humana, Nestle, Hipp and Bebivita. Too often, the testers found harmful pollutants, some products were even deficient and inadequate. Only a few products could recommend the testers.

#### The test

After the Öko-Test had already examined various infant formulas (PRE) in February 2015, the focus of the current test was on HA nutrition. The hyperallergenic starting food is used when the baby is at risk of allergies, because, for example, both parents suffer from allergies. The cow's milk proteins contained in the milk powder have been split so that they can no longer be allergenic.

In the current test, a total of 13 products were examined. Seven times HA-Pre-food and six times HA-1-food. The powders were tested for harmful substances and possible further defects. Similar to the test of the normal starting food (02/2015), the focus here was also on fat-containing substances and the substance perchlorate / chlorate.

#### The result

Only one product, the Milupa Aptamil starting food HA Pre, received the rating "good" from the Ökotest and can thus be recommended as a test winner for the purchase. Three powders even achieved only one "sufficient". The results "poor" and "sufficient" had to be awarded twice.

#### Test winner Oekotest 2015

The criticism of the Ökotest aimed primarily at the substance chlorate, which was found in 11 products. According to the Ökotest, chlorate probably originates from detergents or disinfectants and may have a negative effect on red blood cells and thyroid function.

In particular, the Milupa Milumil initial diet HA 1, the Milupa Aptamil initial diet HA 1 as well as the Humana initial milk HA 1, the chlorate levels were even greatly increased.

Increased levels were also found in the investigation of fatty substances resulting from the refining of vegetable fats and oils. Animal studies have found that excessive levels of these substances can lead to kidney damage and benign tumors. Despite specifications from the Federal Institute for Risk Assessment, the recommended value was exceeded by many manufacturers. The Humana Starch Milk HA 1 even has a 3.5 times higher level of fat pollutants.

All results in the overview: HA-beginning milk for babies in the Ökotest 06/2015:

Milupa Aptamil Initial Food HA Pre (good)  
Hipp HA Combiotik Initial Food HA 1 (satisfactory)  
Hipp HA Combiotik Initial Nutrition Pre (Satisfactory)  
Nestlé Beba HA 1 (satisfactory)  
Potter Lactana starting food HA 1 (satisfying)  
Potter Lactana Start Food HA Pre  
Bebivita starting food Pre HA (sufficient)  
Milupa Milumil starting food HA Pre (sufficient)  
Humana initial milk HA Pre (deficient)  
Nestlé Beba HA Pre (deficient)  
Humana starting milk HA 1 (insufficient)  
Milupa Aptamil starting food HA (insufficient)  
Milupa Milumil initial diet HA 1 (insufficient)

#### Summary and recommendations

Breastfeeding is still the best for both mother and child, which also recommends the eco-test. Anyone who relies on milk substitute food or must fall back and feeds his baby just with a badly cut product in the test, theoretically can change without hesitation to another manufacturer - however, and not all children like and tolerate any food, so that a change in problems better with the pediatrician should be agreed.

Anyone who is not sure if their child needs HA food or normal powder should consult their pediatrician. In the so-called GINI study, however, it has been found that the allergy-preventive effect of HA nutrition is mainly due to the skin disease eczema. Children who are prone to this condition should be fed with breastfed milk, if not breast milk.

#### Summary:

The winner of the HA products is the Milupa Aptamil starter HA Pre. She was rated "good". Parents can buy this product with a clear conscience. The manufacturer Hipp must be content with a "satisfactory". According to Öko-Test, the Humana initial milk HA 1, the Milupa Aptamil initial food HA 1 and the Milupa Milumil initial food HA 1 are not to be recommended. Here the testers found pollutants in increased concentration.

You can read the detailed test in the current issue 06/2015 of the Ökotest. Also on Ökotest.de there is the text to read (fee).

The evaluation of the milk powder test for pre-food from February 2015 can be

read here:

Test starter (pre-milk powder) the eco-test 2/2015

In the current issue of the Eco-Test (02/2015), the testers tested a total of 14 different milk powders (starting food) for babies. Infant formula is called "Pre" or "1". Investigated were products with the name "Anfangsmilch 1".

In their investigation, the testers divided the initial milk into the two categories "Breastmilk substitute organic products" and "Breastmilk substitute products". It turns out that it does not always have to be organic. The organic products are in their rating behind the non-organic starting foods. Only a few pre-food products are recommended according to Öko-Test:

Since the beginning milk serves as a breast milk substitute, the requirements for the finished milk powder are correspondingly high. After all, the baby should be provided with all the important nutrients it needs for healthy development. In the laboratory, the milk powder was examined for its various ingredients. The focus was on so-called "fat pollutants" as well as the substances perchlorate and chlorate, which had proved to be problematic in connection with fruit and vegetables in previous studies. In addition, Clorat is known to inhibit the production of thyroid hormones and can even damage red blood cells.

The result: who gives the bottle to his baby, does not always have to resort to the most expensive pre-food. The winner was the Milasan Starch Milk 1, which was also the cheapest milk of the tested products (see Update 7/2016). Anyone who chooses the Nestlé Beba Pro 1 will also be looking for a good product. The beginning milk also finished with a "good". Only with an "insufficient" the milk powder Holle organic starter milk and Milupa Milumil 1 initial milk emerged as a loser.

Update: After Milasan had completed initial milk 1 in the test 2/2015 with good, it came according to the eco-test report from July 2016 to a modified result of only "Poor". The brand now has a new owner, the recipe and packaging design have been changed. New samples have now shown that the infant intake tolerable intake of the fat contaminant 3-MCPD fatty acid ester is significantly exceeded. The intake was determined by the European Food Safety Authority and, according to Ökotest, is significantly lower than the Federal Institute for Risk Assessment (BfR). In addition, the product tested showed greatly increased mineral oil residues. These should be minimized according to BfR as a precaution.

Test winner in the Organic Products category was "satisfying" with the overall rating of Hipp Bio Combiotik Bio-Anfangsmilch 1st place two reached the Alnatura start milk Pre, Bioland ("sufficient"). Third place went to the Bio Pre baby milk

from Babylove. Only one "unsatisfactory" scored the Holle Organic Start Milk 1, Demeter.

In the breastmilk substitute category Milasan Start Milk 1 and Nestlé Beba Pro 1 scored "good". The milk powder of Milupa Milumil 1 initial milk reached only one "insufficient".

Test winner of the Organic Products category:

As the best organic product, the "Hipp Bio CombiTik Bio-Anfangsmilch 1" scored "satisfactorily". In the overall assessment of the ingredients, the powder even scored a "good". Only traces of fatty pollutants and the substance perchlorate were found.

Second to seventh: sufficient or insufficient

The popular with many parents product Alnatura beginning milk Pre, Bioland got from the testers only one "sufficient". The values of the fat contaminants are increased so much that they exceed a tolerable daily intake by 5.2 times (as recommended by the European Food Safety Authority).

The most expensive organic starter milk scored the worst result

As a test loser went out with a "insufficient" the Holle organic start milk 1, Demeter. Again, the fat pollutants were exceeded by 2.7 times and in the overall assessment of the ingredients, the milk from Holle got only one "insufficient." At 1.86 euros per 100 grams, the first milk from Holle is also the most expensive organic product in the test.

Test winner in the category breast milk substitute: Milasan Anfangsmilch 1  
The clear test winner is Milasan's starter milk, which scored "good" overall. It is free from special additives and germs and does not contain the problematic substance perchlorate. For the pollutants, the testers found only traces. In contrast to many other milk powders, where the fat pollution value was in part significantly increased. The powder also scores in the price: At € 0.61 per 100 grams, the starting milk is the cheapest of all varieties tested.

2nd place: Nestlé Beba Pro 1

Also a "good" got the Nestlé Beba Pro 1 early milk. Again, the testers found no germs and no perchlorate. The milk is a good 100 euros per 100 grams more expensive than the powder of Milasan.

3rd to 7th place:

The "Aptamil Profutura Anfangsmilch 1" achieved a third place with a "satisfactory". The very similar sounding initial milk formula Aptamil Pronutra, however, was rated by the testers with only one "poor". The overall rating "insufficient" for the Milupa Milumil 1 starter milk. Again, the chlorate levels were greatly increased and the fat pollutants clearly too high.

All results in overview: Beginning milk for babies in Öko-Test 2/2015:

Organic products:

Hipp Bio Combi Bio Start-Up Milk 1 (satisfactory)  
Alnatura beginning milk Pre, Bioland (sufficient)  
Babylove Bio Pre starting milk (sufficient)  
Hipp organic starting milk 1 (sufficient)  
Potter Lactana Organic Beginning Milk Pre (Sufficient)  
Baby Dream Organic Initial Milk 1 (poor)  
Holle organic starter milk 1, Demeter (insufficient)  
Further products:

Milasan start milk 1 (good)  
Nestlé Beba Pro 1 (good)  
Aptamil Profutura Initial Milk 1 (satisfactory)  
Bebivita beginning milk Pre (sufficient)  
Humana starter milk 1 (sufficient)  
Aptamil with Pronutra starting milk 1 (poor)  
Milupa Milumil 1 initial milk (insufficient)

The full article and all results in detail can be found in the current issue of the magazine Öko-Test (02/2015) in stores or online.

Summary:

According to Ökotest, the following milk foods are "good":

Milasan start milk 1 (good)  
Nestlé Beba Pro 1 (good)

The best organic starter formula was the Hipp Bio Combi Bio Start-Up Milk 1 with the overall rating "satisfactory" (ingredients "good").

Conclusion: Who buys milk powder for his baby, should look carefully. In the test, only two products with a "good", the Milasan start milk is also the cheapest in the test. For the milk powders declared as organic, the best result was only a "satisfactory". The main criticisms of the testers were among other things the increased fat pollutants, chlorate residues as well as the burden with germs.

As early as 2008, the Ökotest examined various milk powders, which are summarized in an article on the page [Liliput-Lounge.de](http://Liliput-Lounge.de).