



Is Partially Hydrolyzed Protein (PHP) suitable for your toddler?

TODDLER

ARTICLE

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What is Partially Hydrolyzed Protein (PHP)?

Partially Hydrolyzed Protein (PHP) is a protein which has undergone a special process called hydrolysis.

Hydrolysis is a process that breaks down proteins into pieces (10 times smaller) and therefore, a formula containing PHP is more gentle for delicate tummies.

More importantly, they are less likely to irritate the gut and cause allergic reactions. This is why formulas containing partially hydrolyzed protein are also commonly referred to as hypoallergenic formulas.

Why is PHP formula recommended?

Research on formula containing PHP has shown to be positive for digestive and immune problems. Due to its smaller protein molecular nature, a PHP formula is less allergenic and therefore more suitable for children who are more prone to allergies, particularly eczema.

The 10-year results from the German Infant Nutritional Intervention Study (GINI) study support the recommendation to use a PHP formula with clinically proven effectiveness to reduce the risk of eczema in those children with a high risk of allergy. The data interestingly confirms a long-term allergy-preventive effect of PHP formulas on allergic manifestation and eczema until 6 years of age.

However, bear in mind that not all PHP formulas work in the same way. This is because the results may vary depending on the hydrolysis processes carried out by the manufacturers.

Who should consume PHP formula?

It is always best to consult your doctor when you decide to use an infant formula. Doctors often recommend PHP formulas for children born into families with a history of allergies.

However, this does not mean that PHP formula is intended only for those with a family history of allergy. Some parents who prefer a gentler formula may choose a PHP formula.

Summary

If PHP formula is recommended for your child after consulting your doctor, look for the words "partially hydrolyzed protein" on the product label before purchasing.

Study and compare them carefully before deciding on one that is reputable and scientifically formulated. If you are unsure, you can always ask your doctor to recommend one that is best suited to your child.

Your child deserves nothing but the best when it comes to good nutrition and health care.

The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your healthcare provider a medical condition.

References:

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