Colic, cow's milk protein allergy, or both?

Highlights

• Colic and cow’s milk protein allergy (CMPA) can have the same symptoms.
• Managing colic versus cow’s milk protein allergy can have very different approaches.

Colic affects as many as 20% of babies and their families. It can begin two to four weeks after a baby is born and can last through her 5th month. Why do some babies develop colic? The answer is not well-understood.

Some symptoms of cow’s milk protein allergy (CMPA) are similar to colic—including excessive crying and fussiness. However, only about 2–7% of infants have it.

Always check with your doctor about any questions or concerns you may have about your baby.

If your baby’s pediatrician rules out CMPA and your baby is breastfed, she may benefit from infant drops with the probiotic L. reuteri, which has been shown to cut crying time by 50% in as little as 1 week for colicky, breastfed infants. If your baby is formula-fed, your baby may benefit from a formula with the probiotic L. reuteri.