NestlēHealthScience
NOURISHING PERSONAL HEALTH

# Product Guide Australia 2014/2015

INFORMATION FOR HEALTHCARE PROFESSIONALS ONLY

# CONTENTS

**INTERACTIVE CONTENTS**
**Click on product name to view information**


**RECOMMENDATIONS FOR NUTRITION INTERVENTION** ..... 4 - 5

## ORAL SUPPLEMENTS

**SUPPLEMENTS**
RESOURCE® Fruit Flavoured Beverage ..... 8 - 9
RESOURCE® Protein ..... 10 - 11
RESOURCE® Plus ..... 12 - 13
RESOURCE® 2.0 ..... 14 - 15
RESOURCE® 2.0 + Fibre ..... 16 - 17
BENECALORIE® ..... 18 - 19
BENEPROTEIN® ..... 20 - 21

## ORAL SUPPLEMENTS - DISEASE SPECIFIC

**WOUND CARE**
ARGINAID® ..... 22 - 23
ARGINAID® Extra ..... 24 - 25
**DIABETES**
SUSTAGEN® Diabetic ..... 26 - 27
SUSTAGEN® Diabetic RTD ..... 28 - 29
**RENAL**
NOVASOURCE® Renal ..... 30 - 31
**ELEMENTAL**
VIVONEX® T.E.N ..... 32 - 33
VIVONEX® Pediatric ..... 100 - 101
**IMMUNE ENHANCING**
IMPACT® Advanced Recovery ..... 34 - 35
**CROHN'S DISEASE**
MODULEN® IBD ..... 94 - 95
**FREQUENTLY ASKED QUESTIONS - ORAL SUPPLEMENTS** ..... 36 - 37

## SUSTAGEN®

SUSTAGEN® Range ..... 40 - 41
SUSTAGEN® OPTIMUM™ ..... 42 - 43
SUSTAGEN® Hospital Formula ..... 44 - 45
SUSTAGEN® Hospital Formula Plus Fibre ..... 46 - 47
SUSTAGEN® Instant Pudding ..... 48 - 49
SUSTAGEN® Diabetic ..... 50 - 51
SUSTAGEN® Diabetic RTD ..... 52 - 53
SUSTAGEN® KID ESSENTIALS® ..... 54 - 55
SUSTAGEN® KID ESSENTIALS® RTD ..... 56 - 57
SUSTAGEN® Everyday ..... 58 - 59
SUSTAGEN® Ready to Drink ..... 60 - 61
SUSTAGEN® Sport ..... 62 - 63
**FREQUENTLY ASKED QUESTIONS - SUSTAGEN®** ..... 64 - 65

## TUBE FEEDS

ISOSOURCE® 1.2 HN ..... 68 - 69
FIBERSOURCE® 1.2 HN ..... 70 - 71
ISOSOURCE® 1.5 CAL ..... 72 - 73
ISOSOURCE® STANDARD ..... 74 - 75
ISOSOURCE® MIX ..... 76 - 77
ISOSOURCE® ENERGY FIBRE ..... 78 - 79
ISOSOURCE® GI FORTE ..... 80 - 71
NUTREN® Pulmonary 1.5 CAL SPIKERIGHT® Plus ..... 82 - 83
**FEEDING EQUIPMENT**
COMPAT® Vinyl Bag ..... 84 - 85
SPIKERIGHT® Plus ..... 84 - 85
**FREQUENTLY ASKED QUESTIONS - TUBE FEEDS** ..... 86 - 87

## PAEDIATRICS

ALFAMINO® ..... 90 - 91
ALFARÉ® ..... 92 - 93
MODULEN® IBD ..... 94 - 95
SUSTAGEN® KID ESSENTIALS® ..... 96 - 97
SUSTAGEN® KID ESSENTIALS® RTD ..... 98 - 99
VIVONEX® Pediatric ..... 100 - 99
**FREQUENTLY ASKED QUESTIONS - PAEDIATRICS** ..... 102 - 103

## OPTIFAST®

**OBESITY MANAGEMENT**
OPTIFAST® VLCD™ ..... 106 - 115
**FREQUENTLY ASKED QUESTIONS - OPTIFAST®** ..... 116 - 117

## DYSPHAGIA

RESOURCE® THICKENUP® Clear ..... 120 - 121
RESOURCE® THICKENUP® Thickened Juice ..... 122 - 123
RESOURCE® Dessert Fruit ..... 124 - 125
**FREQUENTLY ASKED QUESTIONS - TEXTURE MODIFIED** ..... 126 - 127

## OTHER

Important Websites ..... 130 - 135
Distributor Information ..... 136

# RECOMMENDATIONS FOR NUTRITION INTERVENTION

**MNA® SCORE**

**WELL NOURISHED**
MNA®- SF≥12

**RESCREEN**
- After acute event
- Every 3 months
- No intervention required

**AT RISK OF MALNUTRITION**
MNA®- SF=8-11

**WEIGHT LOSS**

**TREAT**
- High protein/high energy diet
- Food fortification
- Oral nutritional supplements
- Monitor weight
- Refer to dietitian for a full nutritional assessment

**NO WEIGHT LOSS**

**MONITOR**
- Monitor weight
- Rescreen every 3 months
- Food fortification if appetite poor

**MALNOURISHED**
MNA®-SF≤7

**TREAT**
- High protein/high energy diet
- Food fortification
- Oral nutritional supplements
- Monitor weight
- Refer to dietitian for a full nutritional assessment



**FOOD FORTIFICATION**

SUSTAGEN® Hospital Formula Neutral

BENEPROTEIN®

**WOUNDS**

ARGINAID®
ARGINAID® Extra

**DIABETES / DYSPHAGIA**

SUSTAGEN® Diabetic

RESOURCE® THICKENUP® Clear

**SUPPLEMENTS**

SUSTAGEN® Hospital Formula

RESOURCE® Plus

RESOURCE® Protein

RESOURCE® Fruit Flavoured Beverage

**FOOD FORTIFICATION**

SUSTAGEN® Hospital Formula Neutral

BENEPROTEIN®

**SUPPLEMENTS / MED ROUND**

RESOURCE®2.0 + Fibre

RESOURCE® 2.0

**WOUNDS**

ARGINAID®
ARGINAID® Extra

**DIABETES / DYSPHAGIA**

SUSTAGEN® Diabetic

RESOURCE® THICKENUP® Clear

## ORAL SUPPLEMENTS


RESOURCE® Fruit Flavoured Beverage ..... 8 - 9
RESOURCE® Protein ..... 10 - 11
RESOURCE® Plus ..... 12 - 13
RESOURCE® 2.0 ..... 14 - 15
RESOURCE® 2.0 + Fibre ..... 16 - 17
BENECALORIE® ..... 18 - 19
BENEPROTEIN® ..... 20 - 21


## ORAL SUPPLEMENTS - DISEASE SPECIFIC


**WOUND CARE**

ARGINAID® ..... 22 - 23
ARGINAID® Extra ..... 24 - 25

**DIABETES**

SUSTAGEN® Diabetic ..... 26 - 27
SUSTAGEN® Diabetic RTD ..... 28 - 29

**RENAL**

NOVASOURCE® Renal ..... 30 - 31

**ELEMENTAL**

VIVONEX® T.E.N ..... 32 - 33
VIVONEX® Pediatric ..... 100 - 101

**IMMUNE ENHANCING**

IMPACT® Advanced Recovery ..... 34 - 35

**CROHN'S DISEASE**

MODULEN® IBD ..... 94 - 95

**FREQUENTLY ASKED QUESTIONS - ORAL SUPPLEMENTS 36 - 37**


HOME →

# RESOURCE® Fruit Flavoured Beverage

**RESOURCE® Fruit Flavoured Beverage** is a 1.05 kcal/mL fruit flavoured supplement. It offers a refreshing alternative to milky supplements, is free from potassium and suitable for clear and free fluid diets. Contains no artificial colours.

## FEATURES

| | | |
|---|---|---|
| Energy Density | 1.05 kcal/mL | 4.4 kJ/mL |
| Energy Distribution | | |
| Protein – 15% | | Whey Protein Isolate |
| Carbohydrate – 85% | | Maltodextrin and Sucrose |
| Fat – 0% | | |

| | |
|---|---|
| Glycaemic Index | 67 |
| Nonprotein Calorie: Nitrogen Ratio | 152:1 |
| Calorie: Nitrogen Ratio | 177:1 |
| Osmolality | 770 mOsm/kg Water |
| Water Content | 177mL/237mL |

## CLINICAL INDICATIONS

- Anorexia
- Bowel preparation
- Fat malabsorption
- Geriatric nutrition
- Liquid diets
- Oncology
- Oral surgery
- Pressure ulcers
- Pre and post operative (clear fluid diets)
- Protein-calorie malnutrition
- Renal disease

AUSTRALIAN MADE

PROTECTS WHAT'S GOOD™ Tetra Pak

G D H

www.nestlehealthscience.com.au



## NUTRITIONAL INFORMATION

| | Unit of Measure | Avg Qty Per 237mL (1 Serve) | Avg Qty Per 1000mL (1 Litre)* |
|---|---|---|---|
| **ENERGY** | kcal | 250 | 1050 |
| | kJ | 1045 | 4409 |
| Protein | g | 9.0 | 38 |
| Carbohydrate | g | 53.6 | 226 |
| - Sugars | g | 34.4 | 145 |
| Fat - Total | g | 0 | 0 |
| Dietary Fibre | g | 0 | 0 |
| **VITAMINS** | | | |
| Vitamin A | µgRE | 237 | 1000 |
| Vitamin D | µg | 2.6 | 11 |
| Vitamin E | mgα-TE | 3.1 | 13.1 |
| Vitamin K | µg | 10.4 | 44 |
| Vitamin C | mg | 15.6 | 66 |
| Folic Acid | µg | 47 | 200 |
| Thiamin | mg | 0.31 | 1.3 |
| Niacin | mgNE | 4.0 | 17 |
| Riboflavin | mg | 0.31 | 1.3 |
| Vitamin B6 | mg | 0.40 | 1.7 |
| Vitamin B12 | µg | 0.95 | 4.0 |
| Biotin | µg | 8.8 | 37 |
| Pantothenic Acid | mg | 1.04 | 4.4 |
| **MINERALS** | | | |
| Sodium | mg | 76 | 320 |
| Potassium | mg | 0 | 0 |
| Chloride | mg | 47 | 200 |
| Calcium | mg | 0 | 0 |
| Phosphorus | mg | 171 | 722 |
| Magnesium | mg | 0 | 0 |
| Iodine | µg | 26 | 110 |
| Manganese | µg | 453 | 1910 |
| Copper | mg | 0.4 | 1.7 |
| Zinc | mg | 1.7 | 7.0 |
| Iron | mg | 3.1 | 13 |
| Selenium | µg | 17.5 | 74 |
| Chromium | µg | 13.0 | 55 |
| Molybdenum | µg | 19.7 | 83 |
| Choline | mg | 78 | 330 |

## INGREDIENTS

**Orange Flavour:** Water, Sucrose, Maltodextrin, Whey Protein Isolate [**Milk**], Acidity Regulator (E338, E330), Choline Bi-Tartrate, L-Cysteine Hydrochloride, Colours (Carrot and Pumpkin Concentrates), Vitamins (C, E, Nicotinamide, Calcium Pantothenate, B6, B1, A, B2, Folic Acid, K1, Biotin, D3, B12), Minerals (Ferrous Sulphate, Zinc Sulphate, Manganese Sulphate, Copper Sulphate, Chromium Chloride, Sodium Molybdate, Sodium Selenate, Potassium Iodide), Natural and Natural Identical Flavourings. **Contains Milk.**
**Made on equipment that also processes products containing Soy.**

## ORDERING INFORMATION

**RESOURCE® Fruit Flavoured Beverage**

| SKU | Presentation | Units Per Case | Product Code |
|---|---|---|---|
| Orange | 237mL tetra | 24 x 237mL | 12145082 |
| Peach | 237mL tetra | 24 x 237mL | 12145081 |
| Wildberry | 237mL tetra | 24 x 237mL | 12145080 |

Contains 0.71g lactose per 237mL serve.
*Not intended as a sole source of nutrition.

HOME →

# RESOURCE® Protein

**RESOURCE® Protein** is a high protein supplement specifically formulated for those with additional protein requirements. Suitable for oral use, it provides 1.25 kcal/mL.

## FEATURES

| | | |
|---|---|---|
| Energy Density | 1.25 kcal/mL | 5.3 kJ/mL |
| Energy Distribution | | |
| Protein – 30% | Milk Protein, Caseinate, Whey Protein Concentrate | |
| Carbohydrate – 45% | Glucose Syrup and Sucrose | |
| Fat – 25% | Rapeseed (Canola) Oil | |

| | |
|---|---|
| Nonprotein Calorie: Nitrogen Ratio | 59:1 |
| Calorie: Nitrogen Ratio | 83:1 |
| P:S Ratio | 2:1 |
| n-6:n-3 Ratio | 2.3:1 |
| Osmolality | 500 mOsm/kg Water |
| Renal Solute Load | 641 mOsm/1000mL |
| Water Content | 161mL/200mL |

## CLINICAL INDICATIONS

- Malnourished
- Geriatric nutrition
- Fluid restrictions
- Burns and trauma
- Chronic and acute disease
- Pressure ulcers
- Medication round programs

www.nestlehealthscience.com.au



## NUTRITIONAL INFORMATION

| | Unit of Measure | Avg Qty Per 60mL | Avg Qty Per 200mL (1 Serve) | Avg Qty Per 1000mL (1 Litre) |
|---|---|---|---|---|
| **ENERGY** | kcal | 75 | 250 | 1250 |
| | kJ | 317 | 1054 | 5270 |
| Protein | g | 5.6 | 18.8 | 94 |
| Carbohydrate | g | 8.4 | 28 | 140 |
| - Sugars | g | 3.9 | 13 | 65 |
| Fat - Total | g | 2.1 | 7.0 | 35 |
| - Saturated | g | 0.3 | 1.0 | 5.0 |
| - Monounsaturated | g | 1.3 | 4.2 | 21 |
| - Polyunsaturated | g | 0.5 | 1.8 | 9.0 |
| Dietary Fibre | g | 0 | 0 | 0 |
| **VITAMINS** | | | | |
| Vitamin A | ugRE | 72 | 240 | 1200 |
| Vitamin D | µg | 0.8 | 2.6 | 13 |
| Vitamin E | mgα-TE | 1.5 | 5 | 25 |
| Vitamin K | µg | 5.1 | 17 | 85 |
| Vitamin C | mg | 7.8 | 26 | 130 |
| Folic Acid | µg | 24 | 80 | 400 |
| Thiamin | mg | 0.1 | 0.36 | 1.8 |
| Niacin | mgNE | 1.0 | 3.4 | 17 |
| Riboflavin | mg | 0.15 | 0.5 | 2.5 |
| Vitamin B6 | mg | 0.17 | 0.56 | 2.8 |
| Vitamin B12 | µg | 0.5 | 1.7 | 8.5 |
| Biotin | µg | 3.3 | 11 | 55 |
| Pantothenic Acid | mg | 0.45 | 1.5 | 7.5 |
| **MINERALS** | | | | |
| Sodium | mg (mmol) | 48 (2.1) | 160 (6.9) | 800 (35) |
| Potassium | mg (mmol) | 99 (2.6) | 330 (8.5) | 1650 (42) |
| Chloride | mg (mmol) | 60 (1.7) | 200 (5.6) | 1000 (28) |
| Calcium | mg | 72 | 240 | 1200 |
| Phosphorous | mg | 60 | 200 | 1000 |
| Magnesium | mg | 14 | 46 | 230 |
| Iodine | µg | 12 | 40 | 200 |
| Manganese | mg | 0.17 | 0.56 | 2.8 |
| Copper | mg | 0.09 | 0.3 | 1.5 |
| Zinc | mg | 0.8 | 2.6 | 13 |
| Iron | mg | 0.9 | 3 | 15 |
| Selenium | µg | 4.5 | 15 | 75 |
| Chromium | µg | 4.2 | 14 | 70 |
| Molybdenum | µg | 8.4 | 28 | 140 |
| Fluoride | mg | 0.07 | 0.24 | 1.2 |

## INGREDIENTS

**Vanilla Flavour:** Water, **Milk** Protein, Glucose Syrup, Sucrose, Vegetable Oil, Minerals (Potassium Chloride, Potassium Citrate, Sodium Citrate, Magnesium Citrate, Magnesium Oxide, Ferrous Sulphate, Zinc Sulphate, Manganese Sulphate, Copper Sulphate, Sodium Fluoride, Chromium Chloride, Sodium Molybdate, Potassium Iodide, Sodium Selenite), Emulsifier (471), Flavouring, Starch, Vitamins (C, E, Nicotinamide, Pantothenic Acid, B6, A, B1 (Thiamin), B2 (Riboflavin), Folic Acid, K1, Biotin, D3), Stabiliser (407), Acidity Regulator (525). **Contains Milk.**

## ORDERING INFORMATION

**RESOURCE® Protein**

| SKU | Presentation | Units Per Case | Product Code |
|---|---|---|---|
| Vanilla | 200mL bottle | 6 x 4 x 200mL | 12075869 |
| Coffee | 200mL bottle | 6 x 4 x 200mL | 12075945 |
| Forest Fruits | 200mL bottle | 6 x 4 x 200mL | 12075912 |
| Chocolate | 200mL bottle | 6 x 4 x 200mL | 12075910 |
| Apricot | 200mL bottle | 6 x 4 x 200mL | 12075909 |

Contains < 1g lactose per 200mL serve.

HOME →

# RESOURCE® Plus

**RESOURCE® Plus** is 1.5 kcal/mL. It is high in protein and energy. Suitable for oral or tube feed use. Contains no artificial colours.

## FEATURES

| | | |
|---|---|---|
| Energy Density | 1.5 kcal/mL | 6.4 kJ/mL |
| Energy Distribution | | |
| Protein – 15% | Sodium Caseinate, Calcium Caseinate and Soy Protein Isolate | |
| Carbohydrate – 58% | Maltodextrin and Sucrose | |
| Fat – 27% | High Oleic Sunflower Oil and Rapeseed Oil | |

| | |
|---|---|
| Glycaemic Index | 52 |
| Nonprotein Calorie: Nitrogen Ratio | 150:1 |
| Calorie: Nitrogen Ratio | 176:1 |
| P:S Ratio | 3:1 |
| Osmolality | 791 mOsm/kg Water |
| Water Content | 162mL/237mL |

## CLINICAL INDICATIONS

- Anorexia
- Geriatric nutrition
- Oncology
- Oral surgery
- Protein calorie malnutrition
- Pressure ulcers

AUSTRALIAN MADE

PROTECTS WHAT'S GOOD® Tetra Pak

N G S D H

www.nestlehealthscience.com.au



## NUTRITIONAL INFORMATION

| | Unit of Measure | Avg Qty Per 237mL (1 Serve) | Avg Qty Per 1000mL (1 Litre) |
|---|---|---|---|
| **ENERGY** | kcal | 365 | 1540 |
| | kJ | 1526 | 6438 |
| Protein | g | 13.0 | 55 |
| Carbohydrate | g | 53.6 | 226 |
| - Sugars | g | 24.2 | 102 |
| Fat - Total | g | 10.7 | 45 |
| - Saturated | g | 1.2 | 5 |
| Dietary Fibre | g | 0 | 0 |
| **VITAMINS** | | | |
| Vitamin A | µgRE | 282 | 1190 |
| Vitamin D | µg | 3.8 | 16 |
| Vitamin E | mg α-TE | 5.2 | 22 |
| Vitamin K | µg | 21.3 | 90 |
| Vitamin C | mg | 23.5 | 99 |
| Folic Acid | µg | 78 | 330 |
| Thiamin | mg | 0.47 | 2.0 |
| Niacin | mgNE | 3.6 | 15.19 |
| Riboflavin | mg | 0.43 | 1.8 |
| Vitamin B6 | mg | 0.64 | 2.7 |
| Vitamin B12 | µg | 1.45 | 6.1 |
| Biotin | µg | 12.1 | 51 |
| Pantothenic Acid | mg | 1.47 | 6.2 |
| **MINERALS** | | | |
| Sodium | mg | 239 | 1008 |
| Potassium | mg | 356 | 1502 |
| Chloride | mg | 223 | 940 |
| Calcium | mg | 301 | 1270 |
| Phosphorus | mg | 223 | 940 |
| Magnesium | mg | 66 | 278 |
| Iodine | µg | 36 | 150 |
| Manganese | µg | 619 | 2612 |
| Copper | mg | 0.55 | 2 |
| Zinc | mg | 3.6 | 15 |
| Iron | mg | 4.3 | 18.1 |
| Selenium | µg | 21.8 | 92 |
| Chromium | µg | 19.9 | 84 |
| Molybdenum | µg | 35.6 | 150 |
| Choline | mg | 116 | 490 |

## INGREDIENTS

**Vanilla Flavour:** Water, Maltodextrin, Sucrose, Vegetable Oils (High Oleic Sunflower, Low Erucic Rapeseed), **Milk** Proteins (Sodium and Calcium Caseinates), **Soy** Protein Isolates, Minerals (Calcium Phosphate, Sodium Citrate, Potassium Chloride, Potassium Citrate, Magnesium Oxide, Ferrous Sulphate, Zinc Sulphate, Manganese Sulphate, Copper Sulphate, Chromium Chloride, Sodium Molybdate, Sodium Selenate, Potassium Iodide), Acidity Regulator (E330), Choline Bi-Tartrate, Emulsifier (**Soy** Lecithin), Stabilizers (E460, E407, E466), Vitamins (C, E, Calcium Pantothenate, Nicotinamide, B6,A, B1, B2, Folic Acid, K1, Biotin, D3, B12), Natural and Artificial Flavourings.
**Contains Milk and Soy**.

## ORDERING INFORMATION

**RESOURCE® Plus**

| SKU | Presentation | Units Per Case | Product Code |
|---|---|---|---|
| Vanilla | 237mL tetra | 24 x 237mL | 12145073 |
| Strawberry | 237mL tetra | 24 x 237mL | 12145074 |
| Chocolate | 237mL tetra | 24 x 237mL | 12145075 |

Contains 0.71g lactose per 237mL serve.

HOME →

# RESOURCE® 2.0

LOW GI

**RESOURCE® 2.0** is 2.0 kcal/mL. It is high in protein, low in sodium and does not contain fibre. It is suitable for oral or tube feed use.

## FEATURES

| | | |
|---|---|---|
| Energy Density | 2.0 kcal/mL | 8.4 kJ/mL |
| Energy Distribution | | |
| Protein – 17% | Sodium and Calcium Caseinate | |
| Carbohydrate – 44% | Glucose Syrup and Sucrose | |
| Fat – 39% | Low Erucic Acid Rapeseed Oil | |

Glycaemic Index . . . . . 44 (Vanilla)
Nonprotein Calorie: Nitrogen Ratio . . . . . 128:1
Calorie: Nitrogen Ratio . . . . . 153:1
Osmolality . . . . . 900mOsm/kg Water
Water Content . . . . . 146mL/237mL

## CLINICAL INDICATIONS

- Medication round program
- Fluid restrictions / volume sensitive
- Increased calorie and protein needs
- Wound prevention
- Shortened feeding schedules

AUSTRALIAN MADE

PROTECTS Tetra Pak WHAT'S GOOD

N G S D H

www.nestlehealthscience.com.au



## NUTRITIONAL INFORMATION

| | Unit of Measure | Avg Qty Per 60mL | Avg Qty Per 237mL (1 Serve) | Avg Qty Per 1000mL (1 Litre) |
|---|---|---|---|---|
| **ENERGY** | kcal | 120 | 475 | 2000 |
| | kJ | 502 | 1986 | 8360 |
| Protein | g | 5 | 19.7 | 83 |
| Carbohydrate | g | 13.4 | 52.9 | 223 |
| - Sugars | g | 4.5 | 17.8 | 75 |
| Fat - Total | g | 5.2 | 20.4 | 86 |
| - Saturated | g | 0.3 | 1.4 | 5.7 |
| Dietary Fibre | g | 0 | 0 | 0 |
| **VITAMINS** | | | | |
| Vitamin A | µgRE | 104 | 410 | 1730 |
| Vitamin D | µg | 1.3 | 5.2 | 22 |
| Vitamin E | mg α-TE | 1.8 | 7.1 | 30 |
| Vitamin K | µg | 12 | 47 | 200 |
| Vitamin C | mg | 8.4 | 33 | 140 |
| Folic Acid | µg | 24 | 95 | 400 |
| Thiamin | mg | 0.17 | 0.66 | 2.8 |
| Niacin | mgNE | 1.2 | 4.7 | 20 |
| Riboflavin | mg | 0.16 | 0.62 | 2.6 |
| Vitamin B6 | mg | 0.18 | 0.71 | 3.0 |
| Vitamin B12 | µg | 0.49 | 1.92 | 8.1 |
| Biotin | µg | 4.0 | 15.9 | 67 |
| Pantothenic Acid | mg | 0.49 | 1.92 | 8 |
| **MINERALS** | | | | |
| Sodium | mg (mmol) | 41 (1.8) | 164 (7.1) | 690 (30) |
| Potassium | mg (mmol) | 120 (3.1) | 474 (12.2) | 2000 (51.3) |
| Chloride | mg | 91 | 360 | 1520 |
| Calcium | mg | 58 | 230 | 970 |
| Phosphorus | mg | 56 | 223 | 940 |
| Magnesium | mg | 18 | 71 | 300 |
| Iodine | µg | 12 | 47 | 200 |
| Manganese | µg | 207 | 818 | 3450 |
| Copper | mg | 0.2 | 0.71 | 3 |
| Zinc | mg | 1.2 | 4.7 | 20 |
| Iron | mg | 1.4 | 5.7 | 24 |
| Selenium | µg | 7.3 | 28.9 | 122 |
| Chromium | µg | 7.3 | 28.9 | 122 |
| Molybdenum | µg | 10 | 40 | 170 |
| Choline | mg | 35 | 140 | 590 |

## INGREDIENTS

**Vanilla Flavour**: Water, Glucose Syrup, **Milk** Proteins (Calcium and Sodium Caseinates), Vegetable Oil (Low Erucic Acid Rapeseed Oil), Sucrose, Minerals (Potassium Phosphate, Potassium Chloride, Sodium Citrate, Magnesium Oxide, Potassium Citrate, Sodium Chloride, Calcium Phosphate, Ferrous Sulphate, Zinc Sulphate, Manganese Sulphate, Copper Sulphate, Chromium Chloride, Sodium Molydbate, Sodium Selenate, Potassium Iodide), Acidity Regulator (E330, E525), Emulsifier (**Soy** Lecithin), Stabilizers (E460, E466), Choline Chloride, Vitamins (C,E, Calcium Pantothenate, Nicotinamide, B6, A, B1, B2, Folic Acid, K1, Biotin, D3, B12), Natural and Artificial Flavourings. **Contains Milk and Soy.**

**Recommended Dietary Intake***: Up to two packs a day as an oral supplement. Up to five packs a day as a sole source of nutrition, or as recommended by a health care professional. For medication round, 60mL four times a day. Meets 100% of RDI for 23 micronutrients in 1200mL.

*Specified volumes based on adult male 31-50 years old. Taken from 'Nutrient Reference Values for Australia and New Zealand 2005'.

## ORDERING INFORMATION

**RESOURCE® 2.0**

| SKU | Presentation | Units Per Case | Product Code |
|---|---|---|---|
| Vanilla | 237mL tetra | 24 x 237mL | 12144679 |
| Coffee | 237mL tetra | 24 x 237mL | 12234682 |

Contains 0.71g lactose per 237mL serve.

HOME →

# RESOURCE® 2.0 + Fibre

**RESOURCE® 2.0 + Fibre** is an energy-dense, high protein supplement which is low in sodium, with added fibre. Suitable for oral use and provides 2.0 kcal/mL.

## FEATURES

| | | |
|---|---|---|
| Energy Density | 2.0 kcal/mL | 8.4 kJ/mL |
| Energy Distribution | | |
| Protein – 18% | | Milk Protein |
| Carbohydrate – 40.5% | | Glucose Syrup, Sucrose and Oligofructose |
| Fat – 39% | | Low Erucic Acid Rapeseed Oil |
| Dietary Fibre (Soluble) | | FOS & GOS |

Nonprotein Calorie: Nitrogen Ratio ..... 114:1
Calorie: Nitrogen Ratio ..... 139:1
P:S Ratio ..... 3.3:1
n-6:n-3 Ratio ..... 2.34:1
Osmolality ..... 805 mOsm/kg Water
Renal Solute Load ..... 647 mOsm/1000mL
Water Content ..... 137mL/200mL

## CLINICAL INDICATIONS

- Malnourished
- Geriatric nutrition
- Fluid restrictions / volume sensitive
- Bowel irregularity
- Medication round programs
- Increased calorie and protein needs
- Wound prevention

N G D

www.nestlehealthscience.com.au



## NUTRITIONAL INFORMATION

| | Unit of Measure | Avg Qty Per 60mL | Avg Qty Per 200mL (1 Serve) | Avg Qty Per 1000mL (1 Litre)* |
|---|---|---|---|---|
| **ENERGY** | kcal | 120 | 400 | 2000 |
| | kJ | 504 | 1680 | 8400 |
| Protein | g | 5.4 | 18 | 90 |
| Carbohydrate | g | 12 | 40 | 200 |
| - Sugars | g | 3.84 | 12.8 | 64 |
| Fat - Total | g | 5.2 | 17.4 | 87 |
| - Saturated | g | 0.4 | 1.4 | 7 |
| - Monounsaturated | g | 3.4 | 11.4 | 57 |
| - Polyunsaturated | g | 1.4 | 4.6 | 23 |
| Dietary Fibre, Total | g | 1.5 | 5 | 25 |
| - Soluble Fibre | g | 1.5 | 5 | 25 |
| - Insoluble Fibre | g | 0 | 0 | 0 |
| **VITAMINS** | | | | |
| Vitamin A | ugRE | 99 | 330 | 1650 |
| Vitamin D | µg | 1.2 | 4 | 20 |
| Vitamin E | mgα-TE | 2.4 | 8 | 40 |
| Vitamin K | µg | 9 | 30 | 150 |
| Vitamin C | mg | 10.2 | 34 | 170 |
| Folic Acid | µg | 24 | 80 | 400 |
| Thiamin | mg | 0.1 | 0.4 | 2 |
| Niacin | mgNE | 1.8 | 6 | 30 |
| Riboflavin | mg | 0.1 | 0.44 | 2.2 |
| Vitamin B6 | mg | 0.2 | 0.7 | 3.5 |
| Vitamin B12 | µg | 0.43 | 1.44 | 7.2 |
| Biotin | µg | 4.2 | 14 | 70 |
| Pantothenic Acid | mg | 0.53 | 1.76 | 8.8 |
| **MINERALS** | | | | |
| Sodium | mg (mmol) | 60 (2.6) | 200 (8.7) | 1000 (43) |
| Potassium | mg (mmol) | 126 (3.2) | 420 (10.8) | 2100 (54) |
| Chloride | mg (mmol) | 66 (1.9) | 220 (6.3) | 1100 (31) |
| Calcium | mg | 105 | 350 | 1750 |
| Phosphorous | mg | 72 | 240 | 1200 |
| Magnesium | mg | 12 | 40 | 200 |
| Iodine | µg | 12 | 40 | 200 |
| Manganese | mg | 0.2 | 0.64 | 3.2 |
| Copper | mg | 0.1 | 0.4 | 2 |
| Zinc | mg | 1 | 3.4 | 17 |
| Iron | mg | 0.9 | 3 | 15 |
| Selenium | µg | 7.2 | 24 | 120 |
| Chromium | µg | 3.9 | 13 | 65 |
| Molybdenum | µg | 9 | 30 | 150 |
| Fluoride | mg | 0.1 | 0.3 | 1.5 |

## INGREDIENTS

**Vanilla Flavour:** Water, Glucose Syrup, **Milk** Protein, Rapeseed Oil, Sucrose, Fibres (FOS, GOS. ('lactose')), Minerals (Sodium Citrate, Potassium Citrate, Potassium Chloride, Sodium Chloride, Magnesium Citrate, Magnesium Oxide, Iron Sulphate, Zinc Sulphate, Manganese Sulphate, Calcium Citrate, Copper Sulphate, Sodium Fluoride, Sodium Selenate, Chromium Chloride, Sodium Molybdate, Potassium Iodide), Emulsifiers (E472e, E471), Flavouring, Vitamins (C, E, Niacin, Pantothenic Acid, B6, B1, A, B2, D, K, Folic Acid, Biotin). **Contains Milk**

## ORDERING INFORMATION

**RESOURCE® 2.0 + Fibre**

| SKU | Presentation | Units Per Case | Product Code |
|---|---|---|---|
| Vanilla | 200mL bottle | 6 x 4 x 200mL | 12100787 |
| Neutral | 200mL bottle | 6 x 4 x 200mL | 12100782 |
| Apricot | 200mL bottle | 6 x 4 x 200mL | 12100772 |
| Strawberry | 200mL bottle | 6 x 4 x 200mL | 12100786 |
| Coffee | 200mL bottle | 6 x 4 x 200mL | 12100781 |

Contains < 2g lactose per 200mL serve.
*Not intended for tube feeding due to viscosity of formula.

HOME →

# BENECALORIE®

**BENECALORIE®** is a neutral flavoured, low-volume, high calorie oral supplement. It is high in zinc and contains protein, vitamins C and E. Designed to combat significant weight loss and provides 7.5 kcal/mL.

## FEATURES

| | | |
|---|---|---|
| Energy Density | 7.5 kcal/mL | 31.4 kJ/mL |
| Energy Distribution | | |
| Protein – 9% | | Calcium Caseinate |
| Carbohydrate – 0% | | |
| Fat – 91% | | High Oleic Sunflower Oil, Mono and Diglycerides |

| | |
|---|---|
| Nonprotein Calorie: Nitrogen Ratio | 275:1 |
| Calorie: Nitrogen Ratio | 300:1 |
| P:S Ratio | 1.4:1 |
| n-6:n-3 Ratio | 27.7: 1 |
| Water Content | 0mL/44mL |

## CLINICAL INDICATIONS

- Anorexia
- Burns
- Cancer
- Chronic Obstructive Pulmonary Disease
- Fluid restriction
- People experiencing unintended weight loss
- People with increased nutritional needs
- Food fortification

G D U

www.nestlehealthscience.com.au



## NUTRITIONAL INFORMATION

| | Unit of Measure | Avg Qty Per 44mL/41.3g (1 Serve) | Avg Qty Per 100mL |
|---|---|---|---|
| ENERGY | kcal | 330 | 799 |
| | kJ | 1380 | 3340 |
| Protein | g | 7 | 16.9 |
| Carbohydrate | g | 0 | 0 |
| - Sugars | g | 0 | 0 |
| Fat - Total | g | 33 | 79.9 |
| - Saturated | g | 3.0 | 7.3 |
| - Monounsaturated | g | 26 | 63 |
| - Polyunsaturated | g | 4.0 | 9.7 |
| Dietary Fibre | g | 0 | 0 |
| Sodium | mg (mmol) | 20 (0.9) | 48.4 (2.1) |
| Potassium | mg | 0 | 0 |
| Vitamin C | mg | 60 | 145 |
| Calcium | mg | 100 | 242 |
| Vitamin E | mgTE | 20 | 48 |
| Zinc | mg | 3.75 | 9.1 |

May contain traces of lactose.
BENECALORIE® is a calorie-protein supplement and is not for use as a sole source of nutrition.

## INGREDIENTS

High Oleic Sunflower Oil, Calcium Caseinate (**Milk**), Mono and Diglycerides, Sodium Ascorbate, Sorbic Acid, Benzoic Acid, Mixed Tocopherols, Alpha Tocopheryl Acetate, Polysorbate 80, Zinc Sulphate, Sucralose. **Contains Milk.**

## ADMINISTRATION

Shake well before opening. Stir single serving cup into foods or beverages. Recommended foods and beverages include milkshakes, nutritional supplements, yoghurt, hot cereal and mashed potatoes.

## ORDERING INFORMATION

BENECALORIE®

| SKU | Presentation | Units Per Case | Product Code |
|---|---|---|---|
| Standard | 44mL cup | 24 x 41.3g | 12152904 |

# BENEPROTEIN®

**BENEPROTEIN®** is a concentrated source of high quality protein that mixes instantly and easily with most foods and beverages. Suitable for oral use or tube feed use.

## FEATURES

| | |
|---|---|
| Energy Distribution | |
| Protein – 100% | Whey Protein Isolate |
| Carbohydrate – 0% | |
| Fat – 0% | |

## CLINICAL INDICATIONS

- Elderly patients
- Wound healing/pressure ulcers
- Burns
- Dialysis
- Cancer
- Volume sensitive or restricted patients
- Pre and post operative
- Food fortification

G S D U

www.nestlehealthscience.com.au



## NUTRITIONAL INFORMATION

| | Unit of Measure | Avg Qty Per 7g (1 Serve)* | Avg Qty Per 100g |
|---|---|---|---|
| ENERGY | kcal | 25 | 357 |
| | kJ | 105 | 1500 |
| Protein | g | 6 | 85.7 |
| Carbohydrate | g | 0 | 0 |
| - Sugars | g | 0 | 0 |
| Fat - Total | g | 0 | 0 |
| - Saturated | g | 0 | 0 |
| - Monounsaturated | g | 0 | 0 |
| - Polyunsaturated | g | 0 | 0 |
| Dietary Fibre | g | 0 | 0 |
| Sodium | mg (mmol) | 15 (0.64) | 214 (9.3) |
| Potassium | mg (mmol) | 30 (0.8) | 428 (1.1) |
| Vitamin C | mg | 0 | 0 |
| Vitamin E | mg | 0 | 0 |
| Calcium | mg | 20 | 286 |
| Phosphorous | mg | 0 | 0 |

*7g serving size equals 1 scoop.
Contains <0.2g lactose per 7g serve.
BENEPROTEIN® is a protein supplement and is not for use as a sole source of nutrition.

## INGREDIENTS

Whey Protein Isolate (**Milk**), **Soy** Lecithin. **Contains Milk and Soy.**

## ORDERING INFORMATION

**BENEPROTEIN®**

| SKU | Presentation | Units Per Case | Product Code |
|---|---|---|---|
| Standard | 227g can | 6 x 227g | 12147940 |

# ARGINAID®

**ARGINAID®** is a fat free arginine powder designed for people with chronic wounds. Suitable for oral or tube feed use and provides 0.11 kcal/mL.

## FEATURES

| | | |
|---|---|---|
| Energy Density* | 0.11 kcal/mL | 0.44 kJ/mL |
| Energy Distribution | | |
| Protein – 68% | L-Arginine (4.5g Per Serve) | |
| Carbohydrate – 32% | Citric Acid and Malic Acid | |
| Fat – 0% | | |

Nonprotein Calorie: Nitrogen ratio. . . . . .5:1
Calorie: Nitrogen ratio. . . . . .18:1
Osmolality. . . . . .170 mOsm/kg Water

*Based on 1 sachet plus 237mL water.

## CLINICAL INDICATIONS

- Chronic and slow to heal wounds (i.e. take more than 4-6 weeks to heal)
- Pressure ulcers
- Diabetic ulcers
- Ulcers on legs and feet
- Skin breakdown
- Burn injury

www.nestlehealthscience.com.au



## NUTRITIONAL INFORMATION

| | Unit of Measure | Per 100g | Per Serve (9.2g) |
|---|---|---|---|
| **Energy** | kcal | 272 | 25 |
| | kJ | 1137 | 105 |
| L-Arginine | g | 48.9 | 4.5 |
| Carbohydrate | g | 21.74 | 2 |
| Fat - Total | g | 0 | 0 |
| - Saturated | g | 0 | 0 |
| Sodium | mg | 326 | 30 |
| Potassium | mg | 54 | 5 |
| Vitamin C | mg | 1696 | 156 |
| Vitamin E | mg | 652 | 60 |

## INGREDIENTS

Orange Flavour: L-Arginine, Food Acids (296, 330), Vitamins (Dl-Alpha-Tocopheryl Acetate, Sodium Ascorbate), Aspartame, Acesulfame Potassium, Natural and Artificial Flavours, Colours (100, 162). **Contains Phenylalanine.**

## TUBE FEEDING

Mix one packet of ARGINAID® with 120-180mL warm water.
Mix and administer by syringe down the feeding tube.

## DOSAGE

Take 2 servings of ARGINAID® per day. Take for a minimum of 2 weeks or until the wound has healed.

## ORDERING INFORMATION

**ARGINAID®**

| SKU | Presentation | Units Per Case | Product Code |
|---|---|---|---|
| Orange | 9.2g sachets | 4 x 14 x 9.2g | 9517630 |
| Lemon | 9.2g sachets | 4 x 14 x 9.2g | 12166667 |

# ARGINAID® Extra

**ARGINAID® Extra** is a fat free L-Arginine oral supplement with Vitamin C, E and Zinc to help manage wound healing[1] and provides 1.06 kcal/mL. Not recommended for tube feed use.

## FEATURES

| | | |
|---|---|---|
| Energy Density | 1.06 kcal/mL | 4.4 kJ/mL |
| Energy Distribution | | |
| Protein – 17% | Whey Protein Isolate and L-Arginine (4.5g per serve) | |
| Carbohydrate – 83% | Sucrose and Corn Syrup Solids | |
| Fat – 0% | | |

Nonprotein Calorie: Nitrogen Ratio . . . . . .87:1
Calorie: Nitrogen Ratio . . . . . .104:1
Osmolality. . . . . .1340 mOsm/kg Water
Renal Solute Load . . . . . .180 mOsm/1000mL
Water Content . . . . . 197mL/237mL

## CLINICAL INDICATIONS

- Chronic and slow to heal wounds (i.e. take more than 4-6 weeks to heal)
- Pressure ulcers
- Diabetic ulcers
- Ulcers on legs and feet
- Skin breakdown
- Various stasis ulcers
- Burn injury

**CAUTION: This is a high nitrogen and high phosphorus product that may not be appropriate for individuals with kidney problems.**

G D U

www.nestlehealthscience.com.au



## NUTRITIONAL INFORMATION

| | Unit of Measure | Avg Qty Per 237mL (1 Serve) | Avg Qty Per 1000mL (1 Litre) |
|---|---|---|---|
| **ENERGY** | kcal | 250 | 1060 |
| | kJ | 1045 | 4410 |
| Protein* | g | 10.5 | 44.3 |
| - L-Arginine | g | 4.5 | 19.0 |
| Carbohydrate | g | 52 | 219.4 |
| - Sugars | g | 50 | 211 |
| Fat - Total | g | 0 | 0 |
| - Saturated | g | 0 | 0 |
| - Monounsaturated | g | 0 | 0 |
| - Polyunsaturated | g | 0 | 0 |
| Dietary Fibre | g | 0 | 0 |
| **VITAMINS** | | | |
| Vitamin A | µg | 300 | 1260 |
| Vitamin D | µg | 2 | 8.45 |
| Vitamin E | mg | 60 | 255 |
| Vitamin K | µg | 16 | 68 |
| Vitamin C | mg | 250 | 1060 |
| Folic Acid | µg | 80 | 338 |
| Thiamin | mg | 0.3 | 1.3 |
| Niacin | mg | 4 | 17 |
| Riboflavin | mg | 0.34 | 1.4 |
| Vitamin B6 | mg | 0.4 | 1.7 |
| Vitamin B12 | µg | 1.2 | 5.1 |
| Biotin | µg | 60 | 253 |
| Pantothenic Acid | mg | 2 | 8.4 |
| **MINERALS** | | | |
| Sodium | mg (mmol) | 110 (4.8) | 464 (20) |
| Potassium | mg (mmol) | 5 (0.1) | 21 (0.5) |
| Calcium | mg | 0 | 0 |
| Phosphorous | mg | 850 | 3590 |
| Iodine | µg | 30 | 127 |
| Manganese | mg | 0.4 | 1.7 |
| Copper | mg | 0.4 | 1.7 |
| Zinc | mg | 15 | 63 |
| Iron | mg | 3.6 | 15 |

## INGREDIENTS

**Orange Burst:** Water, Sugar, Whey Protein Isolate (**Milk**), L-Arginine, Phosphoric Acid, Malic Acid, Sodium Ascorbate, Ascorbic Acid, Alpha Tocopheryl Acetate, L-Cysteine, Natural and Artificial Flavour, Zinc Sulphate, Acesulfame Potassium, Colour (160a, 163), Ferrous Sulphate, Biotin, Vitamin A Palmitate, Niacinamide, Calcium Pantothenate, Copper Gluconate, Phytonadione, Manganese Sulphate, Vitamin D3, Pyridoxine Hydrochlorid, Thiamin Hydrochloride, Potassium Iodide, Riboflavin, Cyanocobalamin (Vitamin B12), Folic Acid. **Contains Milk.**

**Wildberry:** Water, Sugar, Whey Protein Isolate (**Milk**), L-Arginine, Phosphoric Acid, Malic Acid, Sodium Ascorbate, Ascorbic Acid, Alpha Tocopheryl Acetate, Colour (163), L-Cysteine, Zinc Sulphate, Acesulfame Potassium, Natural and Artificial Flavour, Ferrous Sulphate, Biotin, Vitamin A Palmitate, Niacinamide, Calcium Pantothenate, Copper Gluconate, Phytonadione, Manganese, Sulphate, Vitamin D3, Pyridoxine Hydrochloride, Thiamin Hydrochloride, Potassium Iodide, Riboflavin, Cyanocobalamin (Vitamin B12), Folic Acid. **Contains Milk.**

## ORDERING INFORMATION

**ARGINAID® Extra**

| SKU | Presentation | Units Per Case | Product Code |
|---|---|---|---|
| Orange Burst | 237mL tetra | 27 x 237mL | 12140859 |
| Wildberry | 237mL tetra | 27 x 237mL | 12140866 |

*Includes 6.0g protein from whey protein isolate and 4.5g L-Arginine per serve.
Contains <0.5g lactose per 237mL serve.

Reference: 1. Desneves KJ, Todorovic BE, Cassar A, Crowe TC. Treatment with supplementary arginine, vitamin C and zinc in patients with pressure ulcers: A randomised controlled trial. Clinical Nutrition (2005) 24, 979-987.

HOME →

# SUSTAGEN® Diabetic

**SUSTAGEN® Diabetic** is a lower carbohydrate* oral supplement specifically formulated for people with diabetes. It is high in fibre and has a low GI, and provides 1.0kcal/mL.

## FEATURES

| | | |
|---|---|---|
| Energy Density | 1.0 kcal/mL | 4.2 kJ/mL |
| Energy Distribution | | |
| Protein – 18% | 50% Whey, 50% Casein | |
| Carbohydrate – 39% | Tapioca Dextrin, Isomaltulose, Maltodextrin | |
| Fat –39% | High Oleic Sunflower Oil, Low Erucic Acid Rapeseed Oil, Soy Lecithin, Sunflower Oil | |

Glycaemic Index . . . . . 34
Nonprotein Calorie: Nitrogen Ratio . . . . . 113:1
Calorie: Nitrogen Ratio . . . . . 144:1
Osmolality. . . . . 260mOsm/kg Water
Renal Solute Load . . . . . 218mOsm/L

## CLINICAL INDICATIONS

- People with pre-diabetes, impaired glucose tolerance, diabetes (type 1, type 2 or gestational) that require nutritional support, such as:
  - Poor appetite
  - Unintentional weight loss
  - During or recovery from illness or surgery

N G S D H

www.nestlehealthscience.com.au



## NUTRITIONAL INFORMATION

| | Unit of Measure | Ave quantity per serve + 210mL water | Ave Quantity per 100g |
|---|---|---|---|
| **ENERGY** | kJ | 1057 | 1922 |
| | kcal | 253 | 460 |
| Protein | g | 11.3 | 20.5 |
| Fat, Total | g | 11.0 | 20.0 |
| - Saturated | g | 0.99 | 1.8 |
| - Monounsaturated | g | 7.15 | 13.00 |
| - Polyunsaturated | g | 1.76 | 3.20 |
| - Trans Fatty Acids | g | 0.11 | 0.20 |
| Carbohydrate | g | 24.5 | 44.5 |
| - Sugars | g | 2.63 | 4.78 |
| - Lactose | g | <0.28 | <0.50 |
| - Maltodextrin | g | 0.20 | 0.37 |
| Dietary Fibre | g | 4.79 | 8.70 |
| -Oligosaccharides | g | 1.03 | 1.88 |
| **VITAMINS** | | | |
| Vitamin A | µgRE | 252 | 457 |
| Vitamin D | µg | 3.4 | 6.2 |
| Vitamin E | mgTE | 2.6 | 4.8 |
| Vitamin K | µg | 20 | 37 |
| Vitamin C | mg | 31 | 56 |
| Folic Acid | µg | 69 | 125 |
| Thiamin | mg | 0.33 | 0.6 |
| Niacin | mgNE | 4.6 | 8.4 |
| Riboflavin | mg | 0.33 | 0.6 |
| Vitamin B6 | mg | 0.62 | 1.12 |
| Vitamin B12 | µg | 0.75 | 1.36 |
| Biotin | µg | 8.8 | 16 |
| Pantothenic Acid | mg | 1.7 | 3 |
| **MINERALS** | | | |
| Sodium | mg | 237 | 430 |
| Potassium | mg | 240 | 436 |
| Chloride | mg | 200 | 364 |
| Calcium | mg | 204 | 370 |
| Phosphorous | mg | 138 | 250 |
| Magnesium | mg | 46 | 84 |
| Iodine | µg | 30 | 54 |
| Manganese | mg | 0.47 | 0.85 |
| Copper | mg | 0.36 | 0.65 |
| Zinc | mg | 1.9 | 3.5 |
| Iron | mg | 3 | 5.5 |
| Selenium | µg | 11 | 20 |
| Chromium | µg | 24 | 44 |
| Molybdenum | µg | 18 | 33 |
| Choline | mg | 94 | 170 |
| Inositol | mg | 126 | 229 |
| Taurine | mg | 17 | 31 |
| L-Carnitine | mg | 21 | 38 |
| Gluten | | Nil Detected | Nil Detected |

## INGREDIENTS

Tapioca Dextrin, Vegetable Oil (High Oleic Sunflower, Low Erucic Acid Rapeseed, Sunflower), **Milk** Proteins (Whey, Potassium Caseinate), Guar Gum, Fibres (Fructo-Oligosaccharides, Inulin), Stabilizer (Acacia Gum), Isomaltulose, Minerals (Sodium Phosphate, Sodium Citrate, Potassium Chloride, Calcium Carbonate, Calcium Chloride, Magnesium Oxide, Ferrous Sulphate, Zinc Sulphate, Copper Sulphate, Manganese Sulphate, Chromium Chloride, Potassium Iodide, Sodium Molybdate, Sodium Selenite), Maltodextrin, Emulsifier (**Soy** Lecithin), Choline Bitartrate, Inositol, Acidity Regulator (330), Vitamins (C, Nicotinamide, B5, E, B6, B1, B2, A, Folic Acid, K1, Biotin, D3, B12), Artificial and Natural Flavourings, Sweetener (Potassium Acesulfame), L-Carnitine, Taurine.
**Contains Milk and Soy.**

## ORDERING INFORMATION

| SUSTAGEN® Diabetic | | | |
|---|---|---|---|
| **SKU** | **Presentation** | **Units Per Case** | **Product Code** |
| Vanilla | 400g can | 12 x 400g | 12227694 |

*Compared to SUSTAGEN® Hospital Formula on a per serve basis.

HOME →

# SUSTAGEN® Diabetic Ready to Drink

**SUSTAGEN® Diabetic Ready to Drink** is specially formulated for people with diabetes. It is lower in carbohydrates**, high in fibre and has a low GI, providing 1.0kcal/ml. Suitable for oral or tube feed use.

## FEATURES

| | | |
|---|---|---|
| Energy Density | 1.0 kcal/mL | 4.2 kJ/mL |
| Energy Distribution | | |
| Protein – 18% | 35% Whey, 65% Milk Protein Concentrate | |
| Carbohydrate – 39% | Tapioca Dextrin, Isomaltulose, Maltodextrin | |
| Fat –39% | High Oleic Sunflower Oil, Low Erucic Acid Rapeseed Oil, Soy Lecithin | |

| | |
|---|---|
| Glycaemic Index | 30 |
| Nonprotein Calorie: Nitrogen Ratio | 113:1 |
| Calorie: Nitrogen Ratio | 144:1 |
| Osmolality | 293mOsm/kg Water |
| Renal Solute Load | 218mOsm/L |
| Water Content | 200mL/237mL |

## CLINICAL INDICATIONS

- People with pre-diabetes, impaired glucose tolerance, diabetes (type 1, type 2 or gestational) that require nutritional support, such as:
  - Poor appetite
  - Unintentional weight loss
  - During or recovery from illness or surgery

AUSTRALIAN MADE

PROTECTS Tetra Pak WHAT'S GOOD™

N G S D H

www.nestlehealthscience.com.au



## NUTRITIONAL INFORMATION

| | Unit of Measure | Per 237mL (1 Serving) | Ave Quantity per 1000mL |
|---|---|---|---|
| **ENERGY** | kJ | 1003* | 4220 |
| | kcal | 240* | 1010 |
| Protein | g | 10.7* | 45 |
| Carbohydrates | g | 23.2* | 98 |
| - Sugars | g | 2.49 | 10.5 |
| - Starch | g | 19.96 | 84.2 |
| - Maltodextrin | g | 0.76 | 3.2 |
| Fat | g | 10.4* | 44 |
| Fibre | g | 4.5* | 19 |
| **VITAMINS** | | | |
| Vitamin A | µg RE | 239 | 1010 |
| Vitamin D | µg | 3.3 | 14 |
| Vitamin E | mg-TE | 2.6 | 11 |
| Vitamin K | µg | 19.2 | 81 |
| Vitamin C | mg | 29.2 | 123 |
| Folic acid | µg | 66 | 280 |
| Thiamin | mg | 0.31 | 1.3 |
| Niacin | mgNE | 4.4 | 18 |
| Riboflavin | mg | 0.31 | 1.3 |
| Vitamin B6 | mg | 0.59 | 2.5 |
| Vitamin B12 | µg | 1.14 | 4.8 |
| Biotin | µg | 8.3 | 35 |
| Pantothenic Acid | mg | 1.56 | 6.6 |
| **MINERALS** | | | |
| Sodium | mg | 230 | 970 |
| Potassium | mg | 228 | 960 |
| Chloride | mg | 190 | 800 |
| Calcium | mg | 187 | 790 |
| Phosphorus | mg | 130 | 550 |
| Magnesium | mg | 43 | 180 |
| Iodine | µg | 28 | 120 |
| Manganese | µg | 441 | 1860 |
| Copper | mg | 0.33 | 1.4 |
| Zinc | mg | 1.9 | 8 |
| Iron | mg | 2.8 | 12 |
| Selenium | µg | 10.4 | 44 |
| Chromium | µg | 23 | 97 |
| Molybdenum | µg | 17.3 | 73 |
| Choline | mg | 88 | 370 |
| Inositol | mg | 119 | 500 |
| Taurine | mg | 15.93 | 67.2 |
| L-Carnitine | mg | 19.91 | 84 |

## INGREDIENTS

Water, Tapioca Dextrin, Vegetable Oil (High Oleic Sunflower, Low Erucic Acid Rapeseed), **Milk** Protein Concentrate, Whey Protein (**Milk**), Isomaltulose, Guar Gum, Stabilizers (414, 460, 466, 407, Minerals (Sodium Citrate, Potassium Chloride, Sodium Phosphate, Magnesium Oxide, Ferrous Sulphate, Zinc Sulphate, Copper Gluconate, Manganese Sulphate, Chromium Chloride, Potassium Iodide, Sodium Molybdate, Sodium Selenite), Maltodextrin, Fructo-Oligosaccharides, Inulin, Emulsifier (**Soy** Lecithin), Acidity Regulator (330), Inositol, Choline Bi-tartrate, Vitamins (C, Calcium, Pantothenate, Nicotinamide, B6, B1, A, B2, E, Folic Acid, K1, Biotin, D3, B12), Artificial and Natural Flavourings, L-Carnitine, Sweetener (Potassium Acesulfame), Taurine. **Contains Milk and Soy.**

## ORDERING INFORMATION

**SUSTAGEN® Diabetic**

| SKU | Presentation | Units Per Case | Product Code |
|---|---|---|---|
| Vanilla | 237mL tetra | 24 x 237mL | 12228258 |

Contains <0.24g lactose per 237mL serve.
* Average values per serve.
**Compared to SUSTAGEN® Hospital Formula on a per serve basis.

HOME →

# NOVASOURCE® Renal

**NOVASOURCE® Renal** is 2.0 kcal/mL with a high protein content. It is low in sodium and potassium, and lower in phosphorus for people with renal conditions. It is suitable for oral or tube feed use.

## FEATURES

| | | |
|---|---|---|
| Energy Density | 2.0 kcal/mL | 8.4 kJ/mL |
| Energy Distribution | | |
| Protein – 18% | Sodium Caseinates, Calcium Caseinates and Soy Protein Isolates | |
| Carbohydrate – 37% | Glucose Syrup and Sucrose | |
| Fat – 45% | Rapeseed Oil | |

Glycaemic Index . . . . . 46
Nonprotein Calorie: Nitrogen Ratio . . . . . 114:1
Calorie: Nitrogen Ratio . . . . . 140:1
Osmolality. . . . . 760 mOsm/kg Water
Renal Solute Load . . . . . 380 mOsm/1000mL
Water Content . . . . . 150mL/237mL

## CLINICAL INDICATIONS

- Acute renal failure
- Fluid restrictions
- Chronic renal failure
- Electrolyte restrictions

AUSTRALIAN MADE

PROTECTS Tetra Pak WHAT'S GOOD™

N G S D H

www.nestlehealthscience.com.au



## NUTRITIONAL INFORMATION

| | Unit of Measure | Avg Qty Per 237mL (1 Serve) | Avg Qty Per 1000mL (1 Litre) |
|---|---|---|---|
| **ENERGY** | kcal | 475 | 2000 |
| | kJ | 1986 | 8360 |
| Protein | g | 21.6 | 91 |
| Carbohydrate | g | 43.8 | 185 |
| - Sugars | g | 18.2 | 77 |
| Fat - Total | g | 23.7 | 100.0 |
| - Saturated | g | 1.7 | 7.1 |
| Monounsaturated | g | 13.4g | 56.4g |
| Polyunsaturated | g | 5.9g | 24.7g |
| Dietary Fibre | g | 0 | 0 |
| **VITAMINS** | | | |
| Vitamin A | µgRE | 168 | 710 |
| Vitamin D | µg | 2.4 | 10 |
| Vitamin E | mg α-TE | 8.1 | 34 |
| Vitamin K | µg | 23.7 | 97 |
| Vitamin C | mg | 47 | 200 |
| Folic Acid | µg | 235 | 990 |
| Thiamin | mg | 0.45 | 1.9 |
| Niacin | mgNE | 6.6 | 28 |
| Riboflavin | mg | 0.88 | 3.7 |
| Vitamin B6 | mg | 1.94 | 8.2 |
| Vitamin B12 | µg | 1.94 | 8.2 |
| Biotin | µg | 13.0 | 55 |
| Pantothenic Acid | mg | 2.61 | 11 |
| **MINERALS** | | | |
| Sodium | mg | 223 | 940 (40.8mmol) |
| Potassium | mg | 194 | 820 (21mmol) |
| Chloride | mg | 166 | 700 |
| Calcium | mg | 171 | 720 |
| Phosphorus | mg | 166 | 700 |
| Magnesium | mg | 47 | 200 |
| Iodide (Iodine) | µg | 52 | 220 |
| Manganese | µg | 860 | 3630 |
| Copper | mg | 0.52 | 2.2 |
| Zinc | mg | 4.3 | 18 |
| Iron | mg | 3.3 | 14 |
| Selenium | µg | 28.7 | 121 |
| Chromium | µg | 24.9 | 105 |
| Molybdenum | µg | 17.5 | 74 |
| Choline | mg | 119 | 500 |
| L-Carnitine | mg | 71 | 300 |
| Taurine | mg | 47 | 198 |

## INGREDIENTS

Water, Glucose Syrup, Vegetable Oil (Low Erucic Acid Rapeseed Oil), **Milk** Proteins (Sodium and Calcium Caseinates), Sucrose, **Soy** Protein Isolates, Minerals (Potassium Citrate, Calcium Carbonate, Sodium Chloride, Magnesium Oxide, Potassium Chloride, Zinc Sulphate, Ferrous Sulphate, Copper Gluconate, Manganese Sulphate, Chromium Chloride, Potassium Iodide, Sodium Selenite, Sodium Molybdate), Emulsifier (**Soy** Lecithin), Stabilizers (E460, E466), Acidity Regulator (E330), Choline Chloride, Vitamins (C, E, Niacinamide, Calcium Pantothenate, B6, B2, B1, Folic Acid, Beta-Carotene, A, Biotin, D3, B12, K1), L-Carnitine, Taurine, Natural and Artificial Flavourings. **Contains Milk and Soy.**

## ORDERING INFORMATION

**NOVASOURCE® Renal**

| SKU | Presentation | Units Per Case | Product Code |
|---|---|---|---|
| Vanilla | 237mL tetra | 24 x 237mL | 12145078 |

Contains 0.71g lactose per 237mL serve.

# VIVONEX® T.E.N

**VIVONEX® T.E.N** is a low fat elemental formula containing 100% free amino acids enriched with glutamine to meet the nutritional needs of patients with gastrointestinal impairment providing 1.0 kcal/mL.

## FEATURES

| | | |
|---|---|---|
| Energy Density | 1.0 kcal/mL | 4.2 kJ/mL |
| Energy Distribution | | |
| Protein – 15% | 100% Free Amino Acids (includes 33.2% Branched Chain Amino Acids, 12.9% Free Glutamine, 7.6% Added L-Arginine) | |
| Carbohydrate – 82% | Maltodextrin and Modified Cornstarch | |
| Fat – 3% | Safflower Oil (78% Polyunsaturated Fat, 9% Saturated Fat, 13% Monounsaturated Fat) | |

| | |
|---|---|
| Nonprotein Calorie: Nitrogen Ratio | 149:1 |
| Calorie: Nitrogen Ratio | 175:1 |
| P:S Ratio | 8.7:1.0 |
| Calcium to Phosphorus Ratio | 2:1 |
| Osmolality | 630 mOsm/kg Water |
| Renal Solute Load | 230 mOsm/1000mL |
| Water Content | 256mL/300mL |

## CLINICAL INDICATIONS

- Malabsorption
- Crohn's Disease
- Pancreatic disorders
- Bowel resection
- Irradiated bowel
- Select trauma/surgery
- Gastrointestinal enterocutaneous fistula

N G U

www.nestlehealthscience.com.au



## NUTRITIONAL INFORMATION

| | Unit of Measure | Avg Qty Per 300mL Serve (80.4g Powder + 250mL $H_2O$) | Avg Qty Per 1000mL (1 Litre) |
|---|---|---|---|
| **ENERGY** | kcal | 300 | 1000 |
| | kJ | 1260 | 4200 |
| Protein** | g | 11.5 | 38 |
| Carbohydrate | g | 61.7 | 210 |
| - Sugars | g | 0 | 0 |
| Fat - Total | g | 0.8 | 2.8 |
| - Saturated | g | 0.07 | 0.2 |
| - Monounsaturated | g | 0.1 | 0.3 |
| - Polyunsaturated | g | 0.6 | 2 |
| - Linoleic Acid | g | 0.48 | 1.6 |
| Dietary Fibre | g | 0 | 0 |
| **VITAMINS** | | | |
| Vitamin A | µg | 228 | 760 |
| Vitamin D | µg | 3 | 10.1 |
| Vitamin E | mg | 3 | 10 |
| Vitamin K | µg | 12 | 40 |
| Vitamin C | mg | 18 | 60 |
| Folic Acid | µg | 120 | 400 |
| Thiamin | mg | 0.45 | 1.5 |
| Niacin | mg | 6.0 | 20 |
| Riboflavin | mg | 0.51 | 1.7 |
| Vitamin B6 | mg | 0.6 | 2.0 |
| Vitamin B12 | µg | 1.8 | 6.0 |
| Biotin | µg | 90 | 300 |
| Pantothenic Acid | mg | 3.0 | 10 |
| **MINERALS** | | | |
| Sodium | mg (mmol) | 185 (8.0) | 617 (26.8) |
| Potassium | mg (mmol) | 281 (7.2) | 937 (24) |
| Chloride | mg (mmol) | 255 (7.2) | 850 (24) |
| Calcium | mg | 150 | 500 |
| Phosphorous | mg | 150 | 500 |
| Magnesium | mg | 60 | 200 |
| Iodine | µg | 24 | 80 |
| Manganese | mg | 0.3 | 1.0 |
| Copper | mg | 0.3 | 1.0 |
| Zinc | mg | 3.38 | 11 |
| Iron | mg | 2.7 | 9.0 |
| Selenium | µg | 11 | 37 |
| Chromium | µg | 18 | 60 |
| Molybdenum | µg | 11 | 38 |
| Choline | mg | 60 | 200 |
| L-Carnitine | mg | 18 | 60 |
| Taurine | mg | 18 | 60 |

**Represents the sum of added L-amino acids

## INGREDIENTS

Maltodextrin (Corn), Modified Cornstarch, L-Leucine, L-Glutamine, Magnesium Gluconate, L-Arginine Acetate,L-Isoleucine, L-Valine, Calcium Glycerophosphate, Safflower Oil, L-Lysine Acetate, L-Aspartic Acid, L-Alanine, L-Phenylalanine, L-Proline, Sodium Citrate, Potassium Citrate, Glycine, L-Threonine, L-Histidine Hydrochloride, L-Serine, L-Cysteine Hydrochloride, L-Methionine, Disodium Phosphate, Potassium Chloride, Choline Bitartrate, L-Tryptophan, L-Tyrosine, Ascorbic Acid, Taurine, Polysorbate 80, L-Carnitine, Alpha Tocopheryl Acetate, Zinc Sulphate, Ferrous Sulphate, Nicotinamide, Vitamin A Palmitate, d-Calcium Pantothenate, Copper Gluconate, Potassium Sorbate, Ascorbyl Palmitate, Alpha Tocopherol, Pyridoxine Hydrochloride, Manganese Sulphate, Vitamin D3 (Cholecalciferol), Riboflavin, Thiamin Hydrochloride, Folic Acid, Biotin, Chromium Chloride, Potassium Iodide, Sodium Molybdate, Sodium Selenite, Phytonadione (Vitamin K1), Cyanocobalamin (Vitamin B12).

**Recommended Dietary Intake*:** Meets 100% of RDI for 19 key micronutrients in 1800mL (6 serves).

*Specified volumes based on adult male 31-50 years old. Taken from 'Nutrient Reference Values for Australia and New Zealand 2005'.

## ORDERING INFORMATION

| VIVONEX® T.E.N | | | |
|---|---|---|---|
| **SKU** | **Presentation** | **Units Per Case** | **Product Code** |
| Standard | 80.4g sachet | 6 x 10 x 80.4g | 12172652 |

Not suitable for use in infants 0-3 years old. Not suitable for people with galactosemia.
Not suitable for vegans as contains Vitamin D derived from lanolin.

# IMPACT® Advanced Recovery

**IMPACT® Advanced Recovery** is a patented formula specifically developed for infection protection. Clinical trials have demonstrated that patients fed IMPACT® formula prior to major-elective surgery have better clinical outcomes including fewer post operative infections and shorter hospital stays than those patients who did not[2]. Suitable for oral use and provides 1.4 kcal/mL.



## FEATURES

| | | |
|---|---|---|
| Energy Density | 1.4 kcal/mL | 6.0 kJ/mL |
| Energy Distribution | | |
| Protein – 22% | Sodium Caseinate, Calcium Caseinate and L-Arginine (added L-Arginine 4.2g per 237mL serve) | |
| Carbohydrate – 53% | Sucrose and Corn Syrup Solids | |
| Fat – 25% | Fish Oil, Medium Chain Triglycerides and Corn Oil (MCT 27% of Fat) (includes Linoleic Acid 1.3g and A-Linolenic Acid 1.1g per 237mL serve) | |

Nonprotein Calorie: Nitrogen Ratio . . . . . .73:1
Calorie: Nitrogen Ratio . . . . . .93:1
P:S Ratio . . . . . .0.6:1.0
n-6:n-3 Ratio . . . . . .1.2:1.0
Osmolality. . . . . 930 mOsm/kg Water (Vanilla) and 1000 mOsm/kg Water (Chocolate)
Renal Solute Load . . . . . .470 mOsm/1000mL
Water Content . . . . . 183mL/237mL

## CLINICAL INDICATIONS

- Prior to major elective surgery
- After major elective surgery
- After severe trauma/injury
- Surgical wound healing
- For pressure ulcers and other chronic wounds
- Cancer

Reference: 2. Waitzberg DL et al. Postsurgical Infections are Reduced with Specialized Nutrition Support, World J Surgery 2006;30(8):1592-1604.

N G S D U

www.nestlehealthscience.com.au

## NUTRITIONAL INFORMATION

| | Unit of Measure | Avg Qty Per 237mL (1 Serve) | Avg Qty Per 1000mL (1 Litre)** |
|---|---|---|---|
| **ENERGY** | kcal | 340 | 1435 |
| | kJ | 1420 | 6000 |
| Protein | g | 18 | 76 |
| - L-Arginine* | g | 4.2 | 17.8 |
| Carbohydrate | g | 45 | 189 |
| - Sugars | g | 37.5 | 158 |
| Fat - Total | g | 9.2 | 39 |
| - Saturated | g | 4.4 | 19 |
| - Monounsaturated | g | 1.8 | 7.6 |
| - Polyunsaturated | g | 2.8 | 12 |
| - Linoleic Acid | g | 1.0 | 5.5 |
| - α-Linolenic Acid | g | 1.1 | 4.6 |
| - EPA | mg | 672 | 2835 |
| - DHA | mg | 432 | 1820 |
| Dietary Fibre, Total | g | 3.3 | 14 |
| - Soluble | g | 3.3 | 14 |
| - Insoluble | g | 0 | 0 |
| **VITAMINS** | | | |
| Vitamin A (Retinol) | µg | 283 | 1194 |
| Beta-Carotene | µg | 566 | 2388 |
| Vitamin D | µg | 3.75 | 15.8 |
| Vitamin E | mg | 9.3 | 40 |
| Vitamin K | µg | 22.2 | 94 |
| Vitamin C | mg | 19 | 80 |
| Folic Acid | µg | 66.7 | 280 |
| Thiamin | mg | 0.4 | 1.7 |
| Niacin | mg | 5.3 | 22 |
| Riboflavin | mg | 0.6 | 2.5 |
| Vitamin B6 | mg | 0.5 | 2.1 |
| Vitamin B12 | µg | 1.9 | 8.0 |
| Biotin | µg | 24 | 100 |
| Pantothenic Acid | mg | 2.7 | 11 |
| **MINERALS** | | | |
| Sodium | mg (mmol) | 350 (15.2) | 1480 (64) |
| Potassium | mg (mmol) | 450 (11.5) | 1900 (49) |
| Chloride | mg (mmol) | 400 (11.3) | 1690 (48) |
| Calcium | mg | 270 | 1140 |
| Phosphorous | mg | 240 | 1010 |
| Magnesium | mg | 77 | 325 |
| Iodine | µg | 50 | 211 |
| Manganese | mg | 0.7 | 3.0 |
| Copper | mg | 0.6 | 2.5 |
| Zinc | mg | 5 | 21 |
| Iron | mg | 4 | 17 |
| Selenium | µg | 15.6 | 66 |
| Chromium | µg | 33.3 | 140 |
| Molybdenum | µg | 53.3 | 225 |
| Choline | mg | 89 | 376 |

## INGREDIENTS

Water, Sugar, **Milk** Proteins (Sodium Caseinate, Calcium Caseinate), Corn Syrup, L-Arginine, Refined **Fish** Oil (Anchovy, Sardine), Partially Hydrolysed Guar Gum, Medium Chain Triglycerides (from Coconut and/or Palm Kernel Oil), Corn Oil, Citric Acid, Potassium Citrate, Yeast Extract, Tricalcium Phosphate, Sodium Citrate, Mono-and Diglycerides, Sodium Chloride, Magnesium Chloride, Potassium Chloride, Trimagnesium Diphosphate, Natural and Artificial Flavour, Choline Chloride, Calcium Citrate, Sodium Ascorbate (Vitamin C), Cellulose Gum, Carrageenan, D-Alpha Tocopheryl Acetate (Vitamin E), **Soy** Lecithin, Ferrous Sulphate (Iron), Zinc Sulphate, Niacinamide, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate (Pantothenic Acid), Vitamin D3, Manganese Sulphate, Riboflavin, Pyridoxine Hydrochloride, Beta-Carotene, Thiamine Hydrochloride, Chromium Chloride, Sodium Molybdate (Molybdenum), Folic Acid, Potassium Iodide (Iodine), Sodium Selenite (Selenium), Biotin, Vitamin K1, Cyanocobalamin, Dimethylpolysiloxane.
**Contains Milk. Soy and Fish.**

## DOSAGE

Recommend 3 servings of IMPACT® Advanced Recovery per day for 5-7 days prior to surgery.

## ORDERING INFORMATION

| IMPACT® Advanced Recovery | | | |
|---|---|---|---|
| **SKU** | **Presentation** | **Units Per Case** | **Product Code** |
| Vanilla | 237mL tetra | 15 x 237mL | 12172638 |

* Added L-Arginine.
** Please consider EPA & DHA content if using as a sole source of nutrition or as a tube feed.

HOME →

## FREQUENTLY ASKED QUESTIONS - SUPPLEMENTS

| | Nutritionally Complete | No Gluten Containing Ingredients | Contains Soy | Contains Dairy | Halal Certified | Kosher Certified |
|---|---|---|---|---|---|---|
| RESOURCE® Fruit Flavoured Beverage | | G | | D | H | |
| RESOURCE® Protein | N | G | | D | | |
| RESOURCE® Plus | N | G | S | D | H | |
| RESOURCE® 2.0 | N | G | S | D | H | |
| RESOURCE® 2.0 + Fibre | N | G | | D | | |
| BENECALORIE® | | G | | D | | U |
| BENEPROTEIN® | | G | S | D | | U |



## FREQUENTLY ASKED QUESTIONS - SUPPLEMENTS

| | Nutritionally Complete | No Gluten Containing Ingredients | Contains Soy | Contains Dairy | Halal Certified | Kosher Certified |
|---|---|---|---|---|---|---|
| ARGINAID® | | G | | | | U |
| ARGINAID® Extra | | G | | D | | U |
| SUSTAGEN® Diabetic | N | G | S | D | H | |
| NOVASOURCE® Renal | N | G | S | D | H | |
| VIVONEX® T.E.N. | N | G | | | | U |
| IMPACT® Advanced Recovery | N | G | S | D | | U |
| MODULEN® IBD | N | G | S | D | H | |

## SUSTAGEN®

SUSTAGEN® Range ..... 40 - 41
SUSTAGEN® OPTIMUM™ ..... 42 - 43
SUSTAGEN® Hospital Formula ..... 44 - 45
SUSTAGEN® Hospital Formula Plus Fibre ..... 46 - 47
SUSTAGEN® Instant Pudding ..... 48 - 49
SUSTAGEN® Diabetic ..... 50 - 51
SUSTAGEN® Diabetic RTD ..... 52 - 53
SUSTAGEN® KID ESSENTIALS® ..... 54 - 55
SUSTAGEN® KID ESSENTIALS® RTD ..... 56 - 57
SUSTAGEN® Everyday ..... 58 - 59
SUSTAGEN® Ready to Drink ..... 60 - 61
SUSTAGEN® Sport ..... 62 - 63

**FREQUENTLY ASKED QUESTIONS - SUSTAGEN® ... 64 - 65**



HOME →

## SUSTAGEN® OPTIMUM™

- Nutritionally complete
- Source of protein
- Prebiotics and probiotics
- Antioxidants C + E
- Low GI
- Low lactose

## SUSTAGEN® Hospital Formula

- Nutritionally complete
- High in protein
- Source of calcium & vitamin D
- Low GI

## SUSTAGEN® Diabetic

- Low GI
- Nutritionally complete
- High in protein
- High in fibre

## SUSTAGEN® Hospital Formula Plus Fibre

- Nutritionally complete
- High in fibre & protein
- Source of calcium & vitamin D
- Low GI

## SUSTAGEN® Hospital Formula Neutral

- Nutritionally complete
- High in protein
- Source of calcium & vitamin D
- Low GI

## SUSTAGEN® Instant Pudding

- High energy
- Gluten free
- Low GI





## SUSTAGEN® KID ESSENTIALS®

- Nutritionally complete
- Suitable for children 1-10 years
- Good source of whey protein (easily tolerated and absorbed)

## SUSTAGEN® Sport

- 18 Vitamins & Minerals
- High in protein
- Low in fat
- Low GI

## SUSTAGEN® Everyday

- Nutrition top up
- Low GI
- 14 Vitamins & Minerals
- Gluten Free

## SUSTAGEN® Ready to Drink

- Tasty nutritional boost
- Low GI (Vanilla)
- Gluten Free
- 17 Vitamins & Minerals

# SUSTAGEN® OPTIMUM™

LOW GI

**SUSTAGEN® OPTIMUM™** is a balanced oral supplement that contains prebiotics and probiotics, antioxidant vitamins C & E, and high quality protein providing 1.0 kcal/mL per suggested serving. It is also low in lactose.

## FEATURES

| | | |
|---|---|---|
| Energy Density | 1.0 kcal/mL | 4.2 kJ/mL |
| Energy Distribution | | |
| Protein – 16% | 50% Whey, 50% Potassium Caseinate | |
| Carbohydrate – 49% | Maltodextrin, Sucrose | |
| Fat – 35% | High Oleic Sunflower Oil, Rapeseed Oil, Soy Lecithin, Sunflower Oil, Milk Fat, | |

| | |
|---|---|
| Glycaemic Index | 44 |
| Nonprotein Calorie: Nitrogen Ratio | 128:1 |
| Calorie: Nitrogen Ratio | 153:1 |
| Osmolality | 340 mOsm/kg Water |
| Renal Solute Load | 319 mOsm/L |

## CLINICAL INDICATIONS

- Inadequate dietary intake
- Digestive and immune support
- Loss of appetite
- Involuntary weight loss
- Increased nutritional requirements
- During or recovery from illness

N G S D H

www.nestlehealthscience.com.au



## NUTRITIONAL INFORMATION

| | Unit of Measure | Avg Quantity Per Serve + 190 mL water | Avg Quantity Per 100g |
|---|---|---|---|
| **ENERGY** | kcal | 251 | 456 |
| | kJ | 1050 | 1900 |
| Protein | g | 10.2 | 18.5 |
| Carbohydrate | g | 29.3 | 53.2 |
| - Sugars | g | 7.5 | 13.6 |
| Fat - Total | g | 9.6 | 17.5 |
| - Saturated | g | 1.0 | 1.80 |
| - Monounsaturated | g | 6.2 | 11.2 |
| - Polyunsaturated | g | 1.9 | 3.4 |
| Prebiotic Fibre | g | 3.1 | 5.6 |
| - Fructo-Oligosaccharide | g | 2.2 | 3.9 |
| - Inulin | g | 0.9 | 1.7 |
| **VITAMINS** | | | |
| Vitamin A | µg | 215 | 390 |
| Vitamin D | µg | 4.4 | 8.0 |
| Vitamin E | mg | 41.2 | 75 |
| Vitamin K | µg | 25.3 | 46 |
| Vitamin C | mg | 26 | 48 |
| Folate | µg | 80 | 146 |
| Thiamin | mg | 0.24 | 0.44 |
| Niacin | mgNE | 5.6 | 10.1 |
| Riboflavin | mg | 0.27 | 0.5 |
| Vitamin B6 | mg | 1 | 1.9 |
| Vitamin B12 | µg | 1.4 | 2.6 |
| Biotin | µg | 6.1 | 11.0 |
| Pantothenic Acid | mg | 1.3 | 2.4 |
| **MINERALS** | | | |
| Sodium | mg | 115 | 210 |
| Potassium | mg | 375 | 685 |
| Chloride | mg | 175 | 320 |
| Calcium | mg | 270 | 490 |
| Phosphorous | mg | 147 | 267 |
| Magnesium | mg | 62 | 113 |
| Iodine | µg | 33 | 60 |
| Manganese | mg | 0.46 | 0.84 |
| Copper | mg | 0.33 | 0.59 |
| Zinc | mg | 2.6 | 4.7 |
| Iron | mg | 4.0 | 7.3 |
| Selenium | µg | 18 | 33 |
| Chromium | µg | 10.45 | 19 |
| Molybdenum | µg | 19.3 | 35 |
| Choline | mg | 115 | 209 |
| Taurine | mg | 20.0 | 36.4 |
| L-Carnitine | mg | 20.0 | 36.4 |
| Probiotics | cfu* | 550 million | 1 billion |

## INGREDIENTS

Maltodextrin, **Milk** Proteins (Whey, Potassium Caseinate), Vegetable Oil (High Oleic Sunflower Oil, Sunflower Oil, Rapeseed Oil), Sucrose, Prebiotic Fibres (Fructo-Oligosaccharides, Inulin), Minerals (Calcium Carbonate, Magnesium Chloride, Potassium Hydroxide, Potassium Phosphate, Sodium Hydroxide, Ferrous Sulphate, Zinc Sulphate, Manganese Sulphate, Copper Sulphate, Potassium Iodide, Chromium Chloride, Sodium Selenate, Sodium Molybdate), Food Acid (330, 338), Emulsifier (**Soy** Lecithin), Choline, Vitamins (E, C, Niacin, Pantothenic Acid, B6, B1, B2, A, Folic Acid, D, K, B12, Biotin), Probiotic Culture (Lactobacillus Paracasei, Flavour, L-Carnitine, Taurine, Sweetener(Acesulfame Potassium).
**Contains Milk and Soy.**

## ORDERING INFORMATION

**SUSTAGEN® OPTIMUM™**

| SKU | Presentation | Units Per Case | Product Code |
|---|---|---|---|
| Vanilla | 800g can | 6 x 800g | 12254632 |

*Colony-forming units.
Contains 0.28g of lactose per serve.

HOME →

# SUSTAGEN® Hospital Formula

LOW GI

**SUSTAGEN® Hospital Formula** is a high protein, balanced oral supplement providing 1.0 kcal/mL per suggested serving.

## FEATURES

| | | |
|---|---|---|
| Energy Density | 1.0 kcal/mL | 4.2 kJ/mL |
| Energy Distribution | | |
| Protein – 25% | | Non-Fat Milk Solids and Whole Milk Powder |
| Carbohydrate – 69% | | Corn Syrup Solids and Whole Milk Powder |
| Fat – 6% | | Whole Milk Powder and Soy Lecithin |

Glycaemic Index ..... 44 (Neutral 46)
Nonprotein Calorie: Nitrogen Ratio ..... 78:1
Calorie: Nitrogen Ratio ..... 103:1
Osmolality..... 671 mOsm/kg Water (Vanilla) and 702 mOsm/ kg Water (Chocolate)
Renal Solute Load ..... 467 mOsm/1000mL

## CLINICAL INDICATIONS

- Loss of appetite
- Unintentional weight loss
- After injury/rehabilitation
- Surgery (pre and post operative)

N G S D

www.nestlehealthscience.com.au



## NUTRITIONAL INFORMATION

| VANILLA / CHOCOLATE FLAVOUR | Unit of Measure | Avg Qty Per 100g Powder | Avg Qty Per Serve (60g) + 200mL $H_2O$ | Avg Qty Per Serve (60g) + 200mL Reduced Fat Milk | NEUTRAL FLAVOUR Avg Qty Per 100g Powder | NEUTRAL FLAVOUR Avg Qty Per Serve (60g) + 200mL $H_2O$ |
|---|---|---|---|---|---|---|
| **ENERGY** | kcal | 380 | 228 | 328 | 380 | 230 |
| | kJ | 1590 | 954 | 1370 | 1590 | 950 |
| Protein | g | 23 | 13.8 | 21.6 | 23 | 13.8 |
| Carbohydrate | g | 65 | 39 | 49.6 | 65 | 39 |
| - Sugars | g | 38.5 | 23.1 | 33.7 | 41.2 | 24.7 |
| Fat - Total | g | 2.5 | 1.5 | 4.3 | 2.5 | 1.5 |
| - Saturated | g | 1.8 | 1.1 | 2.9 | 1.8 | 1.1 |
| Dietary Fibre | g | 0 | 0 | 0 | 0 | 0 |
| **VITAMINS** | | | | | | |
| Vitamin A | µg | 313 | 188 | 216 | 350 | 210 |
| Vitamin D | µg | 5 | 3 | 3 | 4.5 | 2.7 |
| Vitamin E | mg | 6.7 | 4 | 4 | 8.3 | 5 |
| Vitamin K | µg | 42 | 25.2 | 25.2 | 34 | 20.4 |
| Vitamin C | mg | 34 | 20 | 20 | 33 | 20 |
| Folate | µg | 140 | 84 | 94 | 140 | 84 |
| Thiamin | µg | 920 | 550 | 550 | 920 | 550 |
| Niacin | mg | 8.3 | 5 | 5 | 8.3 | 4.8 |
| Riboflavin | mg | 1.41 | 0.85 | 0.85 | 1.42 | 0.85 |
| Vitamin B6 | mg | 0.79 | 0.47 | 0.57 | 0.8 | 0.5 |
| Vitamin B12 | µg | 1.7 | 1 | 1 | 1.7 | 1 |
| Biotin | µg | 8.3 | 5 | 5 | 8.3 | 5 |
| Pantothenic Acid | mg | 1.3 | 0.8 | 0.8 | 1.3 | 0.8 |
| **MINERALS** | | | | | | |
| Sodium | mg | 290 | 174 | 270 | 200 | 120 |
| Potassium | mg | 1100 | 660 | 1010 | 850 | 510 |
| Chloride | mg | 620 | 372 | 572 | 550 | 330 |
| Calcium | mg | 670 | 400 | 400 | 600 | 360 |
| Phosphorous | mg | 660 | 396 | 500 | 600 | 360 |
| Magnesium | mg | 140 | 84 | 110 | 145 | 87 |
| Iodine | µg | 95 | 57 | 71 | 100 | 60 |
| Manganese | mg | 1.12 | 0.67 | 0.69 | 1.0 | 0.6 |
| Copper | mg | 0.72 | 0.43 | 0.43 | 0.6 | 0.4 |
| Zinc | mg | 5 | 3 | 3.8 | 6.0 | 3.6 |
| Iron | mg | 5 | 3 | 3 | 5.5 | 3.3 |
| Selenium | µg | 28 | 16.8 | 16.8 | 14 | 8.4 |
| Chromium | µg | 45 | 27 | 27 | 33 | 20 |
| Molybdenum | µg | 57 | 34 | 34 | 20 | 12 |

## INGREDIENTS

**Vanilla Flavour:** Non Fat **Milk** Solids (63%), Corn Syrups Solids, Whole **Milk** Powder (**Soy** Lecithin), Flavour, Minerals (Magnesium Phosphate, Sodium Molybdate, Chromium Chloride, Ferrous Sulphate, Zinc Sulphate, Sodium Selenite, Manganese Sulphate, Cupric Carbonate, Potassium Iodide), Vitamins (Ascorbic Acid, Dl-Alpha-Tocopheryl Acetate, Niacinamide, Vitamin K, Vitamin A Acetate, Cholecalciferol, Biotin, Thiamin Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Cyanocobalamin, Calcium Pantothenate, Folic Acid).
**Contains Milk and Soy.**

## ORDERING INFORMATION

**SUSTAGEN® Hospital Formula**

| SKU | Presentation | Units Per Case | Product Code |
|---|---|---|---|
| Vanilla | 900g can | 6 x 900g | 9517816 |
| Chocolate | 900g can | 6 x 900g | 9517815 |
| Neutral | 900g can | 6 x 900g | 12141535 |
| Neutral | 3kg bag | 2 x 3kg | 12131308 |

Contains lactose.
Avg Qty per serve reflects maximum permitted claim quantity for Formulated Meal Replacements as stipulated in Food Standards Code.

HOME →

# SUSTAGEN® Hospital Formula Plus Fibre

**SUSTAGEN® Hospital Formula Plus Fibre** is a high protein, balanced oral supplement containing a mixture of soluble and insoluble fibre providing 1.0 kcal/mL per suggested serving.

## FEATURES

| | | |
|---|---|---|
| Energy Density | 1.0 kcal/mL | 4.2 kJ/mL |
| Energy Distribution | | |
| Protein – 25% | | Non-Fat Milk Solids and Whole Milk Powder |
| Carbohydrate – 69% | | Corn Syrup Solids, Sugar and Whole Milk Powder |
| Fat – 6% | | Whole Milk Powder and Soy Lecithin |

Glycaemic Index . . . . . 33
Nonprotein Calorie: Nitrogen Ratio . . . . . .81:1
Calorie: Nitrogen Ratio . . . . . .106:1
Osmolality. . . . . .771 mOsm/kg Water(Vanilla) and 857 mOsm/kg Water (Chocolate)
Renal Solute Load . . . . . .532 mOsm/1000mL

## CLINICAL INDICATIONS

- Unintentional weight loss
- Bowel irregularity
- After injury (rehabilitation)
- Surgery (pre and post operative)

N G S D

www.nestlehealthscience.com.au



## NUTRITIONAL INFORMATION

| | Unit of Measure | Avg Qty Per 100g Powder | Avg Qty Per Serve (60g) + 175mL $H_2O$ | Avg Qty Per Serve (60g) +175mL Reduced Fat Milk |
|---|---|---|---|---|
| **ENERGY*** | kcal | 390 | 234 | 320 |
| | kJ | 1630 | 978 | 1340 |
| Protein | g | 23 | 13.8 | 20.6 |
| Carbohydrate | g | 65 | 39 | 48.3 |
| - Sugars | g | 37.3 | 22.4 | 31.7 |
| Fat - Total | g | 2.5 | 1.5 | 3.9 |
| - Saturated | g | 1.6 | 1 | 2.6 |
| Dietary Fibre, Total* | g | 5.7 | 3.4 | 3.4 |
| - Soluble | g | 4.1 | 2.5 | 2.5 |
| - Insoluble | g | 1.6 | 0.9 | 0.9 |
| **VITAMINS** | | | | |
| Vitamin A | µg | 312 | 187 | 214 |
| Vitamin D | µg | 5 | 3 | 3 |
| Vitamin E | mg | 6.7 | 4 | 4 |
| Vitamin K | µg | 42 | 25.2 | 25.2 |
| Vitamin C | mg | 34 | 20 | 20 |
| Folate | µg | 140 | 84 | 93 |
| Thiamin | µg | 920 | 550 | 585 |
| Niacin | mg | 8.3 | 5 | 5 |
| Riboflavin | µg | 1410 | 850 | 850 |
| Vitamin B6 | µg | 790 | 474 | 562 |
| Vitamin B12 | µg | 1.7 | 1 | 1 |
| Biotin | µg | 8.3 | 5 | 5 |
| Pantothenic Acid | mg | 1.3 | 0.8 | 0.8 |
| **MINERALS** | | | | |
| Sodium | mg | 290 | 174 | 258 |
| Potassium | mg | 1100 | 660 | 963 |
| Chloride | mg | 620 | 372 | 547 |
| Calcium | mg | 670 | 400 | 400 |
| Phosphorous | mg | 660 | 396 | 500 |
| Magnesium | mg | 140 | 84 | 107 |
| Iodine | µg | 95 | 57 | 69.3 |
| Manganese | µg | 1120 | 672 | 690 |
| Copper | µg | 720 | 432 | 432 |
| Zinc | mg | 5 | 3 | 3.8 |
| Iron | mg | 5 | 3 | 3 |
| Selenium | µg | 28 | 16.8 | 16.8 |
| Chromium | µg | 45 | 27 | 27 |
| Molybdenum | µg | 57 | 34.2 | 34.2 |

## INGREDIENTS

**Chocolate Flavour:** Non Fat **Milk** Solids (62%), Corn Syrup Solids, Sugar, Whole **Milk** Powder (**Soy** Lecithin), Inulin, Cocoa (4%) (contains **Soy** Lecithin), **Soy** Fibre, Minerals (Magnesium Phosphate, Sodium Molybdate, Chromium Chloride, Ferrous Sulphate, Zinc Sulphate, Sodium Selenite, Manganese Sulphate, Cupric Carbonate, Potassium Iodide), Flavour, Vitamins (Ascorbic Acid, Tocopheryl Acetate, Niacinamide, Phytonadione, Retinyl Acetate, Cholecalciferol, Biotin, Thiamin Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Cyanocobalamin, Calcium Pantothenate, Folic Acid).
**Contains Milk and Soy.**

## ORDERING INFORMATION

**SUSTAGEN® Hospital Formula Plus Fibre**

| SKU | Presentation | Units Per Case | Product Code |
|---|---|---|---|
| Vanilla | 900g can | 6 x 900g | 9517817 |
| Chocolate | 900g can | 6 x 900g | 9517819 |

Contains lactose.

Avg qty per serve reflects maximum permitted claim quantity for Formulated Meal Replacements as stipulated in Food Standards Code.

*Vanilla flavour only. Chocolate flavour provides 984kJ (235 kcal) per 60g serve due to higher fibre content: Dietary Fibre, total 4.1g with 2.6g soluble and 1.5g insoluble per serve.

HOME →

# SUSTAGEN® Instant Pudding

LOW GI

**SUSTAGEN® Instant Pudding** powder is a great tasting energy-dense nutritional supplement providing an excellent alternative to liquid supplements. Suitable for oral use, it provides 1.4 kcal/mL per suggested serving.

## FEATURES

| | | |
|---|---|---|
| Energy Density | 1.4 kcal/mL | 5.9 kJ/mL |
| Energy Distribution | | |
| Protein – 12% | Whole Milk Powder and Milk Protein | |
| Carbohydrate – 51% | Whole Milk Powder, Sucrose, Glucose Syrup Solids and Modified Corn Starch | |
| Fat – 37% | Dried Whole Milk, Vegetable Fat and Mono and Diglycerides | |

Glycaemic Index . . . . . 27
Nonprotein Calorie: Nitrogen Ratio . . . . . .183:1
Calorie: Nitrogen Ratio . . . . . 208:1
Osmolality. . . . . .1270 mOsm/kg Water (Pudding Consistency)
Renal Solute Load . . . . . .448 mOsm/1000mL

## CLINICAL INDICATIONS

- Poor appetite
- Difficulty eating solid food
- Impaired swallowing, chewing or tooth loss
- Unintentional weight loss
- Additional vitamin and mineral requirements

G S D

www.nestlehealthscience.com.au



## NUTRITIONAL INFORMATION

| | Unit of Measure | Avg Qty Per 100g Powder | Avg Qty Per Serve (57g) + 150mL $H_2O$ |
|---|---|---|---|
| **ENERGY** | kcal | 463 | 264 |
| | kJ | 1940 | 1100 |
| Protein | g | 13.8 | 7.9 |
| Carbohydrate | g | 59 | 33.6 |
| - Sugars | g | 44.5 | 25.4 |
| Fat - Total | g | 18.9 | 10.8 |
| - Saturated | g | 9.4 | 5.4 |
| Dietary Fibre | g | 0 | 0 |
| **VITAMINS** | | | |
| Vitamin A | µg | 375 | 213 |
| Vitamin D | µg | 3.6 | 2 |
| Vitamin E | mg | 2.6 | 1.5 |
| Vitamin K | µg | 19 | 10.8 |
| Vitamin C | mg | 16.1 | 9.2 |
| Folate | µg | 59 | 33.6 |
| Thiamin | µg | 290 | 165 |
| Niacin | mg | 3.1 | 1.8 |
| Riboflavin | µg | 500 | 285 |
| Vitamin B6 | µg | 420 | 239 |
| Vitamin B12 | µg | 1.9 | 1.0 |
| Biotin | µg | 38 | 21.7 |
| Pantothenic Acid | mg | 2.4 | 1.4 |
| **MINERALS** | | | |
| Sodium | mg | 960 | 547 |
| Potassium | mg | 576 | 328 |
| Chloride | mg | 375 | 214 |
| Calcium | mg | 432 | 246 |
| Phosphorous | mg | 912 | 520 |
| Magnesium | mg | 86 | 49 |
| Iodine | µg | 43 | 24.5 |
| Manganese | µg | 1040 | 593 |
| Copper | µg | 770 | 439 |
| Zinc | mg | 4 | 2.3 |
| Iron | mg | 5.2 | 3 |

## INGREDIENTS

Whole **Milk** Powder (**Soy** Lecithin), Sugar, Thickener (1442), Fat Base Powder [Vegetable Fat, Glucose Syrup Solids, **Milk** Protein, Emulsifier (471), Mineral Salt (340), Anti-Caking Agent (551)], Corn Syrup Solids, Minerals (Ferrous Sulphate, Zinc Sulphate, Sodium Phosphate, Manganese Sulphate, Magnesium Phosphate, Potassium Iodide, Cupric Sulphate), Thickener (450), Flavour, Vitamins (Sodium Ascorbate, Tocopheryl Acetate, Biotin, Phytonadione, Retinyl Acetate, Niacinamide, Calcium Pantothenate, Cyanocobalamin, Pyridoxine Hydrochloride, Cholecalciferol, Riboflavin, Thiamin Hydrochloride, Folic Acid).
**Contains Milk and Soy.**

## MIXING CONSISTENCIES

Different fluid consistencies may be made up by adding 57g (or 3 scoops) to varying amounts of water:

– Extremely Thick Level 900 (pudding-like)*
– Moderately Thick Level 400 (honey-like)*
– Mildly Thick Level 150 (nectar-like)*

NOTE: These fluid consistency directions are estimates and may vary according to water temperature and mode of mixing.

*Please see preparation instructions on can.

## ORDERING INFORMATION

**SUSTAGEN® Instant Pudding**

| SKU | Presentation | Units Per Case | Product Code |
|---|---|---|---|
| Vanilla | 450g can | 12 x 450g | 9517835 |

Contains lactose.

HOME →

# SUSTAGEN® Diabetic

**SUSTAGEN® Diabetic** is a lower carbohydrate* oral supplement specifically formulated for people with diabetes. It is high in fibre and has a low GI, and provides 1.0kcal/mL.

## FEATURES

| | | |
|---|---|---|
| Energy Density | 1.0 kcal/mL | 4.2 kJ/mL |
| Energy Distribution | | |
| Protein – 18% | 50% Whey, 50% Casein | |
| Carbohydrate – 39% | Tapioca Dextrin, Isomaltulose, Maltodextrin | |
| Fat –39% | High Oleic Sunflower Oil, Low Erucic Acid Rapeseed Oil, Soy Lecithin, Sunflower Oil | |

Glycaemic Index . . . . . 34
Nonprotein Calorie: Nitrogen Ratio . . . . . 113:1
Calorie: Nitrogen Ratio . . . . . 144:1
Osmolality. . . . . 260mOsm/kg Water
Renal Solute Load . . . . . 218mOsm/L

## CLINICAL INDICATIONS

- People with pre-diabetes, impaired glucose tolerance, diabetes (type 1, type 2 or gestational) that require nutritional support, such as:
  - Poor appetite
  - Unintentional weight loss
  - During or recovery from illness or surgery

N G S D H

www.nestlehealthscience.com.au



## NUTRITIONAL INFORMATION

| | Unit of Measure | Ave quantity per serve + 210mL water | Ave Quantity per 100g |
|---|---|---|---|
| **ENERGY** | kJ | 1057 | 1922 |
| | kcal | 253 | 460 |
| Protein | g | 11.3 | 20.5 |
| Fat, Total | g | 11.0 | 20.0 |
| - Saturated | g | 0.99 | 1.8 |
| - Monounsaturated | g | 7.15 | 13.00 |
| - Polyunsaturated | g | 1.76 | 3.20 |
| - Trans Fatty Acids | g | 0.11 | 0.20 |
| Carbohydrate | g | 24.5 | 44.5 |
| - Sugars | g | 2.63 | 4.78 |
| - Lactose | g | <0.28 | <0.50 |
| - Maltodextrin | g | 0.20 | 0.37 |
| Dietary Fibre | g | 4.79 | 8.70 |
| -Oligosaccharides | g | 1.03 | 1.88 |
| **VITAMINS** | | | |
| Vitamin A | µgRE | 252 | 457 |
| Vitamin D | µg | 3.4 | 6.2 |
| Vitamin E | mgTE | 2.6 | 4.8 |
| Vitamin K | µg | 20 | 37 |
| Vitamin C | mg | 31 | 56 |
| Folic Acid | µg | 69 | 125 |
| Thiamin | mg | 0.33 | 0.6 |
| Niacin | mgNE | 4.6 | 8.4 |
| Riboflavin | mg | 0.33 | 0.6 |
| Vitamin B6 | mg | 0.62 | 1.12 |
| Vitamin B12 | µg | 0.75 | 1.36 |
| Biotin | µg | 8.8 | 16 |
| Pantothenic Acid | mg | 1.7 | 3 |
| **MINERALS** | | | |
| Sodium | mg | 237 | 430 |
| Potassium | mg | 240 | 436 |
| Chloride | mg | 200 | 364 |
| Calcium | mg | 204 | 370 |
| Phosphorous | mg | 138 | 250 |
| Magnesium | mg | 46 | 84 |
| Iodine | µg | 30 | 54 |
| Manganese | mg | 0.47 | 0.85 |
| Copper | mg | 0.36 | 0.65 |
| Zinc | mg | 1.9 | 3.5 |
| Iron | mg | 3 | 5.5 |
| Selenium | µg | 11 | 20 |
| Chromium | µg | 24 | 44 |
| Molybdenum | µg | 18 | 33 |
| Choline | mg | 94 | 170 |
| Inositol | mg | 126 | 229 |
| Taurine | mg | 17 | 31 |
| L-Carnitine | mg | 21 | 38 |
| Gluten | | Nil Detected | Nil Detected |

## INGREDIENTS

Tapioca Dextrin, Vegetable Oil (High Oleic Sunflower, Low Erucic Acid Rapeseed, Sunflower), **Milk** Proteins (Whey, Potassium Caseinate), Guar Gum, Fibres (Fructo-Oligosaccharides, Inulin), Stabilizer (Acacia Gum), Isomaltulose, Minerals (Sodium Phosphate, Sodium Citrate, Potassium Chloride, Calcium Carbonate, Calcium Chloride, Magnesium Oxide, Ferrous Sulphate, Zinc Sulphate, Copper Sulphate, Manganese Sulphate, Chromium Chloride, Potassium Iodide, Sodium Molybdate, Sodium Selenite), Maltodextrin, Emulsifier (**Soy** Lecithin), Choline Bitartrate, Inositol, Acidity Regulator (330), Vitamins (C, Nicotinamide, B5, E, B6, B1, B2, A, Folic Acid, K1, Biotin, D3, B12), Artificial and Natural Flavourings, Sweetener (Potassium Acesulfame), L-Carnitine, Taurine.
**Contains Milk and Soy.**

## ORDERING INFORMATION

**SUSTAGEN® Diabetic**

| SKU | Presentation | Units Per Case | Product Code |
|---|---|---|---|
| Vanilla | 400g can | 12 x 400g | 12227694 |

*Compared to SUSTAGEN® Hospital Formula on a per serve basis.

HOME →

# SUSTAGEN® Diabetic Ready to Drink

**SUSTAGEN® Diabetic Ready to Drink** is specially formulated for people with diabetes. It is lower in carbohydrates**, high in fibre and has a low GI, providing 1.0kcal/ml. Suitable for oral or tube feed use.

## FEATURES

| | | |
|---|---|---|
| Energy Density | 1.0 kcal/mL | 4.2 kJ/mL |
| Energy Distribution | | |
| Protein – 18% | 35% Whey, 65% Milk Protein Concentrate | |
| Carbohydrate – 39% | Tapioca Dextrin, Isomaltulose, Maltodextrin | |
| Fat –39% | High Oleic Sunflower Oil, Low Erucic Acid Rapeseed Oil, Soy Lecithin | |

Glycaemic Index . . . . . 30
Nonprotein Calorie: Nitrogen Ratio . . . . . 113:1
Calorie: Nitrogen Ratio . . . . . 144:1
Osmolality. . . . . 293mOsm/kg Water
Renal Solute Load . . . . . 218mOsm/L
Water Content . . . . . 200mL/237mL

## CLINICAL INDICATIONS

- People with pre-diabetes, impaired glucose tolerance, diabetes (type 1, type 2 or gestational) that require nutritional support, such as:
  - Poor appetite
  - Unintentional weight loss
  - During or recovery from illness or surgery

AUSTRALIAN MADE

PROTECTS Tetra Pak WHAT'S GOOD™

N G S D H

www.nestlehealthscience.com.au



## NUTRITIONAL INFORMATION

| | Unit of Measure | Per 237mL (1 Serving) | Ave Quantity per 1000mL |
|---|---|---|---|
| **ENERGY** | kJ | 1003* | 4220 |
| | kcal | 240* | 1010 |
| Protein | g | 10.7* | 45 |
| Carbohydrates | g | 23.2* | 98 |
| - Sugars | g | 2.49 | 10.5 |
| - Starch | g | 19.96 | 84.2 |
| - Maltodextrin | g | 0.76 | 3.2 |
| Fat | g | 10.4* | 44 |
| Fibre | g | 4.5* | 19 |
| **VITAMINS** | | | |
| Vitamin A | µg RE | 239 | 1010 |
| Vitamin D | µg | 3.3 | 14 |
| Vitamin E | mg-TE | 2.6 | 11 |
| Vitamin K | µg | 19.2 | 81 |
| Vitamin C | mg | 29.2 | 123 |
| Folic acid | µg | 66 | 280 |
| Thiamin | mg | 0.31 | 1.3 |
| Niacin | mgNE | 4.4 | 18 |
| Riboflavin | mg | 0.31 | 1.3 |
| Vitamin B6 | mg | 0.59 | 2.5 |
| Vitamin B12 | µg | 1.14 | 4.8 |
| Biotin | µg | 8.3 | 35 |
| Pantothenic Acid | mg | 1.56 | 6.6 |
| **MINERALS** | | | |
| Sodium | mg | 230 | 970 |
| Potassium | mg | 228 | 960 |
| Chloride | mg | 190 | 800 |
| Calcium | mg | 187 | 790 |
| Phosphorus | mg | 130 | 550 |
| Magnesium | mg | 43 | 180 |
| Iodine | µg | 28 | 120 |
| Manganese | µg | 441 | 1860 |
| Copper | mg | 0.33 | 1.4 |
| Zinc | mg | 1.9 | 8 |
| Iron | mg | 2.8 | 12 |
| Selenium | µg | 10.4 | 44 |
| Chromium | µg | 23 | 97 |
| Molybdenum | µg | 17.3 | 73 |
| Choline | mg | 88 | 370 |
| Inositol | mg | 119 | 500 |
| Taurine | mg | 15.93 | 67.2 |
| L-Carnitine | mg | 19.91 | 84 |

## INGREDIENTS

Water, Tapioca Dextrin, Vegetable Oil (High Oleic Sunflower, Low Erucic Acid Rapeseed), **Milk** Protein Concentrate, Whey Protein (**Milk**), Isomaltulose, Guar Gum, Stabilizers (414, 460, 466, 407, Minerals (Sodium Citrate, Potassium Chloride, Sodium Phosphate, Magnesium Oxide, Ferrous Sulphate, Zinc Sulphate, Copper Gluconate, Manganese Sulphate, Chromium Chloride, Potassium Iodide, Sodium Molybdate, Sodium Selenite), Maltodextrin, Fructo-Oligosaccharides, Inulin, Emulsifier (**Soy** Lecithin), Acidity Regulator (330), Inositol, Choline Bi-tartrate, Vitamins (C, Calcium, Pantothenate, Nicotinamide, B6, B1, A, B2, E, Folic Acid, K1, Biotin, D3, B12), Artificial and Natural Flavourings, L-Carnitine, Sweetener (Potassium Acesulfame), Taurine. **Contains Milk and Soy.**

## ORDERING INFORMATION

**SUSTAGEN® Diabetic**

| SKU | Presentation | Units Per Case | Product Code |
|---|---|---|---|
| Vanilla | 237mL tetra | 24 x 237mL | 12228258 |

Contains <0.24g lactose per 237mL serve.
* Average values per serve.
**Compared to SUSTAGEN® Hospital Formula on a per serve basis.

HOME →

# SUSTAGEN® KID ESSENTIALS®

**SUSTAGEN® KID ESSENTIALS®** is a nutritionally complete powdered supplement specially formulated for children aged 1 to 10 years.
For oral or tube feed use.

## FEATURES

| | | |
|---|---|---|
| Energy Density | 1.0 kcal/mL* | 4.2kJ/mL |
| Energy Distribution | | |
| Protein – 12% | 50% Whey Protein and 50% Potassium Caseinate | |
| Carbohydrate – 53% | Sucrose and Maltodextrin | |
| Fat – 35% | High Oleic Sunflower Oil, Rapeseed Oil, Sunflower Oil, Medium Chain Triglycerides, Fish Oil and Soy Lecithin (MCT 18.5% of Fat) | |

Nonprotein Calorie: Nitrogen Ratio . . . . . .183:1
Calorie: Nitrogen Ratio . . . . . 208:1
Osmolality. . . . . 380 mOsm/kg

*Flexible caloric density, can be concentrated to 1.5kcal/mL.

## CLINICAL INDICATIONS

- Insufficient dietary intake
- Increased energy requirements
- Poor appetite
- Surgery (pre and post operatively)

N G S D H

www.nestlehealthscience.com.au



## NUTRITIONAL INFORMATION

| | Unit of Measure | Ave Qty Per 250ml Serve (55g + 210 mL water) | Ave Qty Per 100g | Avg Qty Per 100mL* Preparation |
|---|---|---|---|---|
| **ENERGY** | kJ | 1067 | 1940 | 427 |
| | kcal | 255 | 463 | 102 |
| Protein | g | 7.6 | 13.9 | 3.0 |
| Fat, Total | g | 10.1 | 18.3 | 4.0 |
| - Saturated | g | 2.6 | 4.7 | 1.0 |
| - Monounsaturated | g | 5.2 | 9.5 | 2.1 |
| - Polyunsaturated | g | 1.5 | 2.7 | 0.6 |
| - Linoleic Acid | g | 1.2 | 2.2 | 0.5 |
| - α-Linolenic Acid | g | 0.2 | 0.4 | 0.1 |
| - DHA | mg | 11 | 20 | 4 |
| - Trans fatty Acid | g | 0.1 | 0.1 | 0.04 |
| - Medium Chain Triglycerides | g | 1.88 | 3.42 | 0.75 |
| Carbohydrate | g | 33.4 | 60.7 | 13.4 |
| - Sugars | g | 13.2 | 24.0 | 5.3 |
| - Lactose | g | <0.22 | <0.40 | <0.10 |
| Soluble Fibre, Total | g | 1.4 | 2.5 | 0.6 |
| - Fructo-oligosaccharide | g | 0.7 | 1.2 | 0.3 |
| - Inulin | g | 0.2 | 0.3 | 0.1 |
| **VITAMINS** | | | | |
| Vitamin A | µgRE | 187 | 340 | 75 |
| Vitamin D | µg | 2.3 | 4.2 | 0.9 |
| Vitamin E | mgTE | 2.3 | 4.2 | 0.9 |
| Vitamin K | µg | 13.8 | 25 | 5.5 |
| Vitamin C | mg | 18.2 | 33 | 7.3 |
| Folic Acid | µg | 49.5 | 90 | 19.8 |
| Vitamin B1 | mg | 0.3 | 0.47 | 0.12 |
| Niacin | mgNE | 3.6 | 6.5 | 1.4 |
| Vitamin B2 | mg | 0.3 | 0.48 | 0.12 |
| Vitamin B6 | mg | 0.4 | 0.7 | 0.2 |
| Vitamin B12 | µg | 0.6 | 1 | 0.2 |
| Biotin | µg | 5.2 | 9.5 | 2.1 |
| Pantothenic Acid | mg | 1.4 | 2.5 | 0.6 |
| **MINERALS** | | | | |
| Sodium | mg | 124 | 225 | 50 |
| Potassium | mg | 308 | 560 | 123 |
| Chloride | mg | 198 | 360 | 79 |
| Calcium | mg | 209 | 380 | 84 |
| Phosphorous | mg | 149 | 270 | 60 |
| Magnesium | mg | 26.4 | 48 | 10.4 |
| Iodine | µg | 28 | 50 | 11 |
| Manganese | mg | 0.2 | 0.4 | 0.1 |
| Copper | mg | 0.2 | 0.4 | 0.1 |
| Zinc | mg | 1.8 | 3.3 | 0.7 |
| Iron | mg | 2.6 | 4.8 | 1 |
| Selenium | µg | 11 | 20 | 4 |
| Chromium | µg | 7.7 | 14 | 3.1 |
| Molybdenum | µg | 14 | 25 | 6 |
| Choline | mg | 66 | 120 | 26 |
| Probiotics - L.Paracasei | CFU^ | 55 million | 100 million | 22 million |
| Probiotics - B. Longum | CFU^ | 55 million | 100 million | 22 million |

## INGREDIENTS

Maltodextrin (Corn), Sucrose, **Milk** Protein (Whey, Potassium Caseinate), Vegetable Oils (High Oleic Sunflower Oil, Rapeseed Oil, Sunflower Oil), Medium Chain Triglycerides, Minerals (Potassium Phosphate, Sodium Phosphate, Calcium Carbonate, Calcium Chloride, Magnesium Chloride, Ferrous Sulphate, Zinc Sulphate, Manganese Sulphate, Copper Sulphate, Potassium Iodide, Sodium Selenate, Chromium Chloride, Sodium Molybdate), Prebiotic Fibres (Fructo-Oligosaccharides, Inulin), Stabiliser (414), Emulsifier (**Soy** Lecithin), Flavour (Vanilla), Choline Bitartrate, Food Acid (E330), **Fish** Oil, Vitamins (C, E, Niacin, Calcium Pantothenate, B6, A, B1, B2, Folic Acid, K1, Biotin, D3, B12), Probiotics Cultures (Bifidobacterium Longum, Lactobacillus Paracasei), Taurine, L-Carnitine.
**Contains Milk, Soy and Fish.**

## ORDERING INFORMATION

**SUSTAGEN® KID ESSENTIALS®**

| SKU | Presentation | Units Per Case | Product Code |
|---|---|---|---|
| Vanilla | 800g can | 6 x 800g | 12190631 |

Contains <0.1g lactose per 100ml.
*1 litre = 220g powder + 840mL water.
^CFU: Colony Forming Units

HOME →

# SUSTAGEN® KID ESSENTIALS® Ready to Drink

**SUSTAGEN® KID ESSENTIALS® Ready to Drink** is a nutritionally complete liquid specially formulated for children aged 1 to 10 years. For oral or tube feed use.

## FEATURES

| | | |
|---|---|---|
| Energy Density | 1.0 kcal/mL | 4.2kJ/mL |
| Energy Distribution | | |
| Protein – 12% | 44% Whey and 56% Milk Protein Concentrate | |
| Carbohydrate – 44% | Sucrose and Maltodextrin | |
| Fat – 44% | High Oleic Sunflower Oil, Low Eruric Acid Rapeseed Oil, Medium Chain Triglycerides, Soy Lecithin. (MCT 22.5% of Fat) | |

Nonprotein Calorie: Nitrogen Ratio . . . . . .185:1
Calorie: Nitrogen Ratio . . . . . .210:1
Osmolality. . . . . 323 mOsm/kg

## CLINICAL INDICATIONS

- Insufficient dietary intake
- Increased energy requirements
- Poor appetite
- Surgery (pre and post operatively)

AUSTRALIAN MADE

PROTECTS Tetra Pak WHAT'S GOOD™

N G S D H

www.nestlehealthscience.com.au



## NUTRITIONAL INFORMATION

| | Unit of Measure | Ave Qty Per 100mL | Per 237mL (1 Serving) |
|---|---|---|---|
| **ENERGY** | kJ | 420 | 1000* |
| | kcal | 101 | 238* |
| Protein | g | 3.0 | 7.1* |
| Carbohydrate | g | 11.0 | 26.1* |
| - Sugars | g | 4.50 | 10.70 |
| Fat | g | 4.9 | 11.7* |
| Fibre | g | 0.0 | 0.0 |
| **VITAMINS** | | | |
| Vitamin A | µgRE | 72 | 171 |
| Vitamin D | µg | 1.1 | 2.5 |
| Vitamin E | mg α-TE | 1.4 | 3.3 |
| Vitamin K | µg | 7.0 | 16.6 |
| Vitamin C | mg | 5.8 | 13.7 |
| Folic Acid | µg | 17 | 40 |
| Vitamin B1 | mg | 0.12 | 0.28 |
| Niacin | mg NE | 1.2 | 2.8 |
| Vitamin B2 | mg | 0.13 | 0.30 |
| Vitamin B6 | mg | 0.16 | 0.37 |
| Vitamin B12 | µg | 0.35 | 0.82 |
| Biotin | µg | 3.2 | 7.5 |
| Pantothenic Acid | mg | 0.42 | 1.00 |
| **MINERALS** | | | |
| Sodium | mg | 52 | 123 |
| Potassium | mg | 109 | 259 |
| Chloride | mg | 77 | 182 |
| Calcium | mg | 75 | 178 |
| Phosphorous | mg | 63 | 149 |
| Magnesium | mg | 17 | 40 |
| Iodine | µg | 8 | 20 |
| Manganese | µg | 158 | 373 |
| Copper | mg | 0.15 | 0.35 |
| Zinc | mg | 0.8 | 2.0 |
| Iron | mg | 1.3 | 3.0 |
| Selenium | µg | 5.6 | 13.2 |
| Chromium | µg | 5.3 | 12.4 |
| Molybdenum | µg | 7.9 | 18.8 |
| Choline | mg | 27 | 65 |

Contains <0.71g lactose per serve.
*Average quantities per serve

## INGREDIENTS

Water, Maltodextrin, Vegetable Oils (High Oleic Sunflower, Low Erucic Acid Rapeseed), Sucrose, **Milk** Protein Concentrate, Whey Protein Isolate (**Milk**), Medium Chain Triglyceride (From Vegetable Oil), Minerals (Calcium Phosphate, Potassium Chloride, Potassium Phosphate, Sodium Chloride, Potassium Citrate, Magnesium Oxide, Ferrous Sulphate, Zinc Sulphate, Magnesium Sulphate, Copper Sulphate, Chromium Chloride, Sodium Molybdate, Sodium Selenate, Potassium Iodide), Emulsifier (**Soy** Lecithin), Stabilisers (460, 466, 407), Acidity Regulator (330), Choline Bi-tartrate, Natural and Artificial Flavourings, Vitamins (C, E, A, Nicotinamide, Calcium Pantothenate, D3, K1, B6, B1, B2, Folic Acid, Biotin, B12), L-Carnitine.
**Contains Milk and Soy.**

## ORDERING INFORMATION

**SUSTAGEN® KID ESSENTIALS®**

| SKU | Presentation | Units Per Case | Product Code |
|---|---|---|---|
| Vanilla | 237ml tetra | 24 x 237mL | 12247898 |

# SUSTAGEN® Everyday

When made up with reduced fat milk, **SUSTAGEN® Everyday** is a great tasting oral supplement that provides protein and essential vitamins and minerals.

## FEATURES

| | | |
|---|---|---|
| Energy Density | 0.84 kcal/mL | 3.5kJ/mL |
| Energy Distribution | | |
| Protein – 27% | Non-Fat Milk Solids, Whole Milk Powder | |
| Carbohydrate – 57% | Non-Fat Milk Solids, Sugar, Corn Syrup Solids | |
| Fat – 16% | Whole Milk Powder and Soy Lecithin | |

Glycaemic Index . . . . . 36
Nonprotein Calorie: Nitrogen Ratio . . . . . 69:1
Calorie: Nitrogen Ratio . . . . . .94:1

## CLINICAL INDICATIONS

- Loss of appetite
- After injury (rehabilitation)
- Surgery (pre and post operative)
- Unintentional weight loss

G S D

www.nestlehealthscience.com.au



## NUTRITIONAL INFORMATION

| | Unit of Measure | Avg Qty Per 100g Powder | Avg Qty Per 15g Serve + 150mL Reduced Fat Milk |
|---|---|---|---|
| **ENERGY** | kcal | 380 | 134 |
| | kJ | 1620 | 561 |
| Protein | g | 19.2 | 8.9 |
| Carbohydrate | g | 73 | 19.0 |
| - Sugars | g | 54 | 16.1 |
| Fat - Total | g | 1.4 | 2.4 |
| - Saturated | g | 0.9 | 1.5 |
| **VITAMINS** | | | |
| Vitamin A | µg | 690 | 126 |
| Vitamin E | mg | 18.1 | 2.7 |
| Vitamin C | mg | 52 | 9.3 |
| Folate | µg | 660 | 100 |
| Thiamin | µg | 1880 | 310 |
| Niacin | mg | 17.4 | 2.8 |
| Riboflavin | µg | 610 | 392 |
| Vitamin B12 | µg | 6.6 | 1 |
| **MINERALS** | | | |
| Sodium | mg | 240 | 108 |
| Potassium | mg | 1090 | 424 |
| Calcium | mg | 640 | 302 |
| Phosphorous | mg | 520 | 242 |
| Zinc | mg | 14.5 | 2.8 |
| Iron | mg | 21 | 3.2 |
| Gluten | | Nil detected | Nil detected |

Contains lactose.

Note: The above nutrition information reflects Dutch Chocolate product only. Please refer to packaging for Vanilla nutrition information.

## INGREDIENTS

**Dutch Chocolate:** Non Fat **Milk** Solids (51%), Sugar, Corn Syrup Solids, Cocoa (6%) (contains **Soy** Lecithin), Whey Protein Concentrate (**Milk**, **Soy** Lecithin), Whole **Milk** Powder (**Soy** Lecithin), Flavour, Lactose (**Milk**), Vitamins (Sodium Ascorbate, Tocopheryl Acetate, Niacinamide, Retinyl Acetate, Cyanocobalamin, Thiamin Hydrochloride, Folic Acid), Minerals (Ferrous Sulphate, Zinc Sulphate).
**Contains Milk and Soy.**

**Vanilla:** Non Fat **Milk** Solids (55%), Sugar, Corn Syrup Solids, Flavour, Vitamins (Sodium Ascorbate, Tocopheryl Acetate, Niacinamide, Ascorbic Acid, Retinyl Acetate, Cyanocobalamin, Thiamin Hydrochloride, Folic Acid), Minerals (Ferrous Sulphate, Zinc Sulphate). Lactose (**Milk**).
**Contains Milk and Soy.**

## ORDERING INFORMATION

**SUSTAGEN® Everyday**

| SKU | Presentation | Units Per Case | Product Code |
|---|---|---|---|
| Vanilla | 400g can | 6 x 400g | 9521013 |
| Dutch Chocolate | 400g can | 6 x 400g | 9521014 |

# SUSTAGEN® Ready to Drink

**SUSTAGEN® Ready to Drink** is a great tasting oral supplement high in protein and calcium with a range of vitamins and minerals in a ready to drink pack providing 1.0 kcal/mL.

## FEATURES

| | | |
|---|---|---|
| Energy Density | 1.0 kcal/mL | 4.2 kJ/mL |
| Energy Distribution | | |
| Protein – 20% | | Non-Fat Milk Solids |
| Carbohydrate – 66% | | Non-fat Milk Solids, Dried Glucose Syrup, Sucrose and Maltodextrin |
| Fat – 14% | | Low Erucic Acid Rapeseed Oil and Soy Lecithin |

Glycaemic Index . . . . . .39 (Vanilla)
Nonprotein Calorie: Nitrogen Ratio . . . . . .100:1
Calorie: Nitrogen Ratio . . . . . .126:1
Osmolality. . . . . 751 mOsm/kg Water (Dutch Chocolate)

## CLINICAL INDICATIONS

- Loss of appetite
- After injury (rehabilitation)
- Surgery (pre and post operative)
- Unintentional weight loss

AUSTRALIAN MADE

PROTECTS Tetra Pak WHAT'S GOOD™

G S D H

www.nestlehealthscience.com.au



## NUTRITIONAL INFORMATION

| | Unit of Measure | Avg Qty Per 250mL (1 Serve) | Avg Qty Per 100mL |
|---|---|---|---|
| **ENERGY** | kcal | 249 | 100 |
| | kJ | 1040 | 420 |
| Protein | g | 12.5 | 5.0 |
| Carbohydrate | g | 41.3 | 16.5 |
| - Sugars | g | 26.0 | 10.4 |
| Fat - Total | g | 3.8 | 1.5 |
| - Saturated | g | 2.5 | 1.0 |
| **VITAMINS** | | | |
| Vitamin A | µgRE | 188 | 75 |
| Vitamin E | mgTE | 3.5 | 1.4 |
| Vitamin C | mg | 14.0 | 5.6 |
| Folate | µg | 70 | 28 |
| Thiamin | µg | 385 | 154 |
| Niacin | mg | 3.5 | 1.4 |
| Riboflavin | µg | 595 | 238 |
| Vitamin B6 | µg | 560 | 224 |
| Vitamin B12 | µg | 0.7 | 0.28 |
| **MINERALS** | | | |
| Sodium | mg | 188 | 75 |
| Potassium | mg | 600 | 240 |
| Calcium | mg | 400 | 160 |
| Phosphorous | mg | 383 | 153 |
| Magnesium | mg | 80 | 32 |
| Iodine | µg | 30 | 12 |
| Zinc | mg | 3.0 | 1.2 |
| Iron | mg | 3.0 | 1.2 |
| Gluten | mg | Nil Detected | Nil Detected |

Contains lactose.

NOTE: The above nutrition information reflects Dutch Choc only. Please refer to packaging for Vanilla nutrition information.

## INGREDIENTS

**Dutch Chocolate Flavour:** Water, Non Fat **Milk** Solids (14%), Sugar, Dried Glucose Syrup, Maltodextrin, Low Eruric Acid Rapeseed Oil, Cocoa (0.5%), Flavour, Stabilizers (452, 460, 466, 407), Minerals (Sodium Citrate, Magnesium Oxide, Potassium Phosphate, Ferrous Sulphate, Zinc Sulphate), Food Acid ( 330), Emulsifier (**Soy** Lecithin), Vitamins (Sodium Ascorbate, Tocopheryl Acetate, Niacinamide, Retinyl Palmitate, Thiamin Mononitrate, Pyridoxine Hydrochloride, Riboflavine, Folic Acid, Cyanocobalamin).
**Contains Milk and Soy**, **Gluten Free**

## ORDERING INFORMATION

**SUSTAGEN® Ready to Drink**

| SKU | Presentation | Units Per Case | Product Code |
|---|---|---|---|
| Vanilla | 250mL tetra | 12 x 250mL | 9517821 |
| Vanilla | 250mL tetra | 4 x (3 x 250ml) | 12232856 |
| Dutch Chocolate | 250mL tetra | 12 x 250mL | 9517818 |
| Dutch Chocolate | 250mL tetra | 4 x (3 x 250mL) | 9520297 |

# SUSTAGEN® Sport

**SUSTAGEN® Sport** is a delicious, low fat nutritious powdered supplement suitable for all types of sports people to drink before or after training sessions to assist performance and recovery. SUSTAGEN® Sport is high in protein and provides 1.0 kcal/mL per suggested serving.

## FEATURES

| | | |
|---|---|---|
| Energy Density | 1.0 kcal/mL | 4.2 kJ/mL |
| Energy Distribution | | |
| Protein – 27% | | Non-Fat Milk Solids and Whey Protein Concentrate |
| Carbohydrate – 72% | | Non-Fat Milk Solids, Sugar and Corn Syrup Solids |
| Fat – 1% | | Soy Lecithin |

Glycaemic Index . . . . . 43
Nonprotein Calorie: Nitrogen Ratio . . . . . .70:1
Calorie: Nitrogen Ratio . . . . . 96:1
Osmolality. . . . . 1022 mOsm/kg Water (Vanilla) and 852 mOsm/kg Water (Chocolate)
Renal Solute Load . . . . . .500 mOsm/1000mL

## CLINICAL INDICATIONS

- Pre or post exercise
- Loss of appetite
- Unintentional weight loss
- Managing competition weight (loss or gain)

G S D

www.nestlehealthscience.com.au



## NUTRITIONAL INFORMATION

| | Unit of Measure | Avg Qty Per 100g Powder | Avg Qty Per Serve (60g) + 200mL $H_2O$ |
|---|---|---|---|
| **ENERGY** | kcal | 375 | 225 |
| | kJ | 1570 | 940 |
| Protein | g | 24.5 | 14.7 |
| Carbohydrate | g | 66.2 | 39.7 |
| - Sugars | g | 57.3 | 34.4 |
| Fat - Total | g | 0.6 | 0.4 |
| - Saturated | g | 0.4 | 0.2 |
| Dietary Fibre | g | 0 | 0 |
| **VITAMINS** | | | |
| Vitamin A | µg | 312 | 187 |
| Vitamin D | µg | 4.1 | 2.5 |
| Vitamin E | mg | 6.67 | 4 |
| Vitamin C | mg | 26.7 | 16 |
| Folic Acid | µg | 117 | 70.2 |
| Thiamin | µg | 642 | 385 |
| Niacin | mg | 5.9 | 3.54 |
| Riboflavin | µg | 992 | 595 |
| Vitamin B6 | µg | 661 | 400 |
| Vitamin B12 | µg | 1.17 | 0.7 |
| **MINERALS** | | | |
| Sodium | mg | 250 | 150 |
| Potassium | mg | 1080 | 650 |
| Calcium | mg | 667 | 400 |
| Phosphorous | mg | 741 | 445 |
| Magnesium | mg | 134 | 80.4 |
| Iodine | µg | 62.5 | 37.5 |
| Zinc | mg | 5.0 | 3.0 |
| Iron | mg | 10.2 | 6.1 |

Contains lactose.

## INGREDIENTS

**Vanilla Flavour:** Non Fat **Milk** Solids (70%), Sugar, Corn Syrup Solids, Flavour, Whey Protein Concentrate (**Milk**, **Soy** Lecithin), Minerals (Magnesium Phosphate, Ferrous Sulphate, Zinc Sulphate, Potassium Iodide), Glucose, Vitamins (Sodium Ascorbate, Tocopheryl Acetate, Niacinamide, Ascorbic Acid, Retinyl Acetate, Cholecalciferol, Pyridoxine Hydrochloride, Thiamin Hydrochloride, Riboflavin, Cyanocobalamin, Folic Acid). **Contains Milk and Soy.**

## ORDERING INFORMATION

**SUSTAGEN® Sport**

| SKU | Presentation | Units Per Case | Product Code |
|---|---|---|---|
| Chocolate | 450g can | 6 x 450g | 9517826 |
| Chocolate | 900g can | 6 x 900g | 9517829 |
| Vanilla | 900g can | 6 x 900g | 9517824 |

## FREQUENTLY ASKED QUESTIONS - SUSTAGEN®

| | Nutritionally Complete | No Gluten Containing Ingredients | Contains Soy | Contains Dairy | Halal Certified | Kosher Certified |
|---|---|---|---|---|---|---|
| SUSTAGEN® OPTIMUM™ | N | G | S | D | H | |
| SUSTAGEN® Hospital Formula | N | G | S | D | | |
| SUSTAGEN® Hospital Formula Plus Fibre | N | G | S | D | | |
| SUSTAGEN® Instant Pudding | | G | S | D | | |
| SUSTAGEN® Diabetic | N | G | S | D | H | |





## FREQUENTLY ASKED QUESTIONS - SUSTAGEN®

| | Nutritionally Complete | No Gluten Containing Ingredients | Contains Soy | Contains Dairy | Halal Certified | Kosher Certified |
|---|---|---|---|---|---|---|
| SUSTAGEN® KID ESSENTIALS® | N | G | S | D | H | |
| SUSTAGEN® Everyday | | G | S | D | | |
| SUSTAGEN® Ready to Drink | | G | S | D | H | |
| SUSTAGEN® Sport | | G | S | D | | |

## TUBE FEEDS

ISOSOURCE® 1.2 HN ..... 68 - 69
FIBERSOURCE® 1.2 HN ..... 70 - 71
ISOSOURCE® 1.5 CAL ..... 72 - 73
ISOSOURCE® STANDARD ..... 74 - 75
ISOSOURCE® MIX ..... 76 - 77
ISOSOURCE® ENERGY FIBRE ..... 78 - 79
ISOSOURCE® GI FORTE ..... 80 - 71
NUTREN® Pulmonary 1.5 CAL SPIKERIGHT® Plus ..... 82 - 83

**FEEDING EQUIPMENT**

COMPAT® Vinyl Bag ..... 84 - 85
SPIKERIGHT® Plus ..... 84 - 85

**FREQUENTLY ASKED QUESTIONS - TUBE FEEDS ... 86 - 87**



HOME →

# ISOSOURCE® 1.2 HN

**ISOSOURCE® 1.2 HN** is a high protein unflavoured liquid formula for tube feed use and provides 1.2 kcal/mL.

## FEATURES

| | | |
|---|---|---|
| Energy Density | 1.2 kcal/mL | 5.0 kJ/mL |
| Energy Distribution | | |
| Protein – 18% | Calcium and Sodium Caseinates | |
| Carbohydrate – 52% | Maltodextrin | |
| Fat – 30% | Rapeseed Oil, High Oleic Sunflower Oil, Sunflower Oil, Soy Lecithin and Medium Chain Triglycerides (MCT 20% of Fat) | |

Nonprotein Calorie: Nitrogen Ratio . . . . . 116:1
Calorie: Nitrogen Ratio . . . . . 141:1
P:S Ratio . . . . . 0.9:1
Osmolality. . . . . 341 mOsm/kg Water
Water Content . . . . . 182mL/237mL

## CLINICAL INDICATIONS

- Inadequate oral intake
- Long-term tube feeding
- Elevated protein requirements

AUSTRALIAN MADE

PROTECTS Tetra Pak WHAT'S GOOD™

N G S D H

www.nestlehealthscience.com.au

## NUTRITIONAL INFORMATION

| | Unit of Measure | Avg Qty Per 237mL (1 Serve) | Avg Qty Per 1000mL (1 Litre) |
|---|---|---|---|
| **ENERGY** | kcal | 285 | 1200 |
| | kJ | 1191 | 5030 |
| Protein | g | 12.8 | 54 |
| Carbohydrate | g | 37.2 | 157 |
| - Sugars | g | 2.4 | 10.1 |
| Fat - Total | g | 9.5 | 40 |
| - Saturated | g | 2.4 | 10 |
| Dietary Fibre | g | 0 | 0 |
| **VITAMINS** | | | |
| Vitamin A | µgRE | 220 | 930 |
| Vitamin D | µg | 3.1 | 13 |
| Vitamin E | mg α-TE | 4.5 | 19 |
| Vitamin K | µg | 17 | 72 |
| Vitamin C | mg | 17.8 | 75 |
| Folic Acid | µg | 52 | 220 |
| Thiamin | mg | 0.31 | 1.3 |
| Niacin | mgNE | 3.1 | 13 |
| Riboflavin | mg | 0.40 | 1.7 |
| Vitamin B6 | mg | 0.52 | 2.2 |
| Vitamin B12 | µg | 0.95 | 4 |
| Biotin | µg | 10.2 | 43 |
| Pantothenic Acid | mg | 1.49 | 6.3 |
| **MINERALS** | | | |
| Sodium | mg | 258 | 1090 |
| Potassium | mg | 332 | 1400 |
| Chloride | mg | 204 | 860 |
| Calcium | mg | 216 | 911 |
| Phosphorus | mg | 140 | 590 |
| Magnesium | mg | 36 | 152 |
| Iodine | µg | 31 | 130 |
| Manganese | µg | 510 | 2150 |
| Copper | mg | 0.43 | 1.8 |
| Zinc | mg | 2.4 | 10 |
| Iron | mg | 3.6 | 15 |
| Selenium | µg | 15.4 | 65 |
| Chromium | µg | 15.4 | 65 |
| Molybdenum | µg | 21 | 89 |
| Choline | mg | 76 | 320 |

## INGREDIENTS

Water, Maltodextrin, Calcium and Sodium Caseinates (**Milk**), Vegetable Oils (Low Erucic Acid Rapeseed, Medium Chain Triglycerides, High Oleic Sunflower, Sunflower), Minerals (Sodium Citrate, Calcium Citrate, Potassium Chloride, Potassium Citrate, Calcium Phosphate, Potassium Phosphate, Magnesium Oxide, Ferrous Sulphate, Zinc Sulphate, Magnesium Sulphate, Copper Sulphate, Chromium Chloride, Sodium Molybdate, Potassium Iodide, Sodium Selenate), Emulsifier (**Soy** Lecithin), Stabilizers (E460, E466, E407), Acidity Regulator (E330), Choline Bi-Tartrate, Vitamins (C, E, Calcium Pantothenate, Nicotinamide, B6, A, B1, B2, Folic Acid, K1, Biotin, D3, B12). **Contains Milk and Soy.**

**Recommended Dietary Intake*:** Meets 100% of RDI for 19 micronutrients in 1200mL.

*Specified volumes based on adult male 31-50 years old. Taken from 'Nutrient Reference Values for Australia and New Zealand 2005'.

## ORDERING INFORMATION

| ISOSOURCE® 1.2 HN | | | |
|---|---|---|---|
| **SKU** | **Presentation** | **Units Per Case** | **Product Code** |
| Unflavoured | 237mL tetra | 24 x 237mL | 12145190 |

Contains 0.71g lactose per 237mL serve.

# FIBERSOURCE® 1.2 HN

**FIBERSOURCE® 1.2 HN** is a high protein, unflavoured tube feed. It provides 1.2 kcal/mL and contains fibre.

## FEATURES

| | | |
|---|---|---|
| Energy Density | 1.2 kcal/mL | 5.0 kJ/mL |
| Energy Distribution | | |
| Protein – 18% | Calcium and Sodium Caseinates | |
| Carbohydrate – 52% | Maltodextrin | |
| Fat – 30% | Rapeseed Oil, High Oleic Sunflower Oil, Sunflower Oil, Soy Lecithin and Medium Chain Triglycerides (MCT 20% of Fat) | |
| Dietary fibre (soluble and insoluble) | 15.0g per 1000mL | |

Nonprotein Calorie: Nitrogen Ratio . . . . . 118:1
Calorie: Nitrogen Ratio . . . . . 144:1
P:S Ratio . . . . . 1:1
Osmolality. . . . . 366 mOsm/kg Water
Water Content . . . . . 183mL/237mL

## CLINICAL INDICATIONS

- Abnormal bowel function
- Long-term tube feeding
- Inadequate oral intake
- Elevated protein requirements

AUSTRALIAN MADE

PROTECTS Tetra Pak WHAT'S GOOD™

N G S D H

www.nestlehealthscience.com.au



## NUTRITIONAL INFORMATION

| | Unit of Measure | Avg Qty Per 237mL (1 Serve) | Avg Qty Per 1000mL (1 Litre) |
|---|---|---|---|
| **ENERGY** | kcal | 290 | 1220 |
| | kJ | 1212 | 5110 |
| Protein | g | 12.8 | 54 |
| Carbohydrate | g | 37 | 156 |
| - Sugars | g | 2.4 | 10.1 |
| Fat - Total | g | 9.7 | 41 |
| - Saturated | g | 2.6 | 11 |
| - Monounsaturated | g | 5.2 | 22 |
| - Polyunsaturated | g | 2.1 | 9 |
| Dietary Fibre | g | 3.6 | 15 |
| **VITAMINS** | | | |
| Vitamin A | µgRE | 223 | 940 |
| Vitamin D | µg | 3.1 | 13 |
| Vitamin E | mg α-TE | 4.3 | 18 |
| Vitamin K | µg | 14 | 59 |
| Vitamin C | mg | 18.0 | 76 |
| Folic Acid | µg | 64 | 270 |
| Thiamin | mg | 0.33 | 1.4 |
| Niacin | mgNE | 3.3 | 14 |
| Riboflavin | mg | 0.36 | 1.5 |
| Vitamin B6 | mg | 0.52 | 2.2 |
| Vitamin B12 | µg | 1.16 | 4.9 |
| Biotin | µg | 9.2 | 39 |
| Pantothenic Acid | mg | 1.52 | 6.4 |
| **MINERALS** | | | |
| Sodium | mg | 246 | 1038 |
| Potassium | mg | 334 | 1410 |
| Chloride | mg | 206 | 870 |
| Calcium | mg | 206 | 870 |
| Phosphorus | mg | 168 | 709 |
| Magnesium | mg | 38 | 160 |
| Iodine | µg | 28 | 120 |
| Manganese | µg | 488 | 2060 |
| Copper | mg | 0.43 | 1.8 |
| Zinc | mg | 2.4 | 10 |
| Iron | mg | 3.6 | 15 |
| Selenium | µg | 14.2 | 60 |
| Chromium | µg | 12.8 | 54 |
| Molybdenum | µg | 21 | 90 |
| Choline | mg | 78 | 329 |

## INGREDIENTS

Water, Maltodextrin, **Milk** Proteins (Sodium Caseinate, Calcium Caseinate), Vegetable Oils (Low Erucic Acid Rapeseed, Medium Chain Triglycerides, High Oleic Sunflower, Sunflower), Pea Fibre, Minerals (Sodium Citrate, Potassium Chloride, Calcium Phosphate, Potassium Citrate, Potassium Phosphate, Magnesium Oxide, Ferrous Sulphate, Zinc Sulphate, Magnesium Sulphate, Copper Sulphate, Chromium Chloride, Sodium Molybdate, Potassium Iodide, Sodium Selenate), Stabilizers (414, E460, E466, E407), Fructo-Oligosaccharide, Inulin, Emulsifier (**Soy** Lecithin), Acidity Regulators (330, 525), Choline Bi-tartrate, Vitamins (C, E, Calcium Pantothenate, Nicotinamide, B6, A, B1, B2, Folic Acid, K1, Biotin, D3, B12).
**Contains Milk and Soy.**

**Recommended Dietary Intake*:** Meets 100% of RDI for 19 micronutrients in 1200mL.

*Specified volumes based on adult male 31-50 years old. Taken from 'Nutrient Reference Values for Australia and New Zealand 2005'.

## ORDERING INFORMATION

| FIBERSOURCE® 1.2 HN | | | |
|---|---|---|---|
| **SKU** | **Presentation** | **Units Per Case** | **Product Code** |
| Unflavoured | 237mL tetra | 24 x 237mL | 12145079 |

Contains 0.71g lactose per 237mL serve.

# ISOSOURCE® 1.5 CAL

**ISOSOURCE® 1.5 CAL** is a high calorie, high protein, unflavoured liquid formula. It provides 1.5 kcal/mL and contains fibre. Suitable for oral or tube feed use.

## FEATURES

| | | |
|---|---|---|
| Energy Density | 1.5 kcal/mL | 6.35 kJ/mL |
| Energy Distribution | | |
| Protein – 17% | Sodium and Calcium Caseinates | |
| Carbohydrate – 44% | Sucrose and Maltodextrin | |
| Fat – 38% | Rapeseed Oil, Soy Lecithin, Sunflower Oil and Medium Chain Triglycerides (MCT 30% of Fat) | |
| Dietary fibre (soluble and insoluble) | 8g per 1000mL | |

Nonprotein Calorie: Nitrogen Ratio . . . . . .123:1
Calorie: Nitrogen Ratio . . . . . 148:1
Osmolality. . . . . .620 mOsm/kg Water
P:S Ratio . . . . . 0.7:1
Water Content . . . . . 179mL/237mL

## CLINICAL INDICATIONS

- Inadequate oral intake
- Long-term tube feeding
- Shortened feeding schedules
- Elevated protein requirements

AUSTRALIAN MADE

PROTECTS Tetra Pak WHAT'S GOOD®

N G S D H

www.nestlehealthscience.com.au



## NUTRITIONAL INFORMATION

| | Unit of Measure | Avg Qty Per 237mL (1 Serve) | Avg Qty Per 1000mL (1 Litre) |
|---|---|---|---|
| **ENERGY** | kcal | 360 | 1519 |
| | kJ | 1505 | 6351 |
| Protein | g | 15.4 | 65 |
| Carbohydrate | g | 39.6 | 167 |
| - Sugars | g | 19.2 | 81 |
| Fat - Total | g | 15.2 | 64 |
| - Saturated | g | 5.2 | 22 |
| Dietary Fibre | g | 1.9 | 8.0 |
| - Soluble Fibre | g | 1.0 | 4.2 |
| - Insoluble Fibre | g | 0.9 | 3.8 |
| **VITAMINS** | | | |
| Vitamin A | µgRE | 284 | 1200 |
| Vitamin D | µg | 3.8 | 16 |
| Vitamin E | mg α-TE | 5.2 | 22 |
| Vitamin K | µg | 24 | 101 |
| Vitamin C | mg | 20.4 | 86 |
| Folic Acid | µg | 66 | 278 |
| Thiamin | mg | 0.43 | 1.8 |
| Niacin | mgNE | 3.8 | 16 |
| Riboflavin | mg | 0.4 | 1.7 |
| Vitamin B6 | mg | 0.64 | 2.7 |
| Vitamin B12 | µg | 1.49 | 6.3 |
| Biotin | µg | 11.6 | 49 |
| Pantothenic Acid | mg | 1.52 | 6.4 |
| **MINERALS** | | | |
| Sodium | mg | 218 | 920 |
| Potassium | mg | 486 | 2050 |
| Chloride | mg | 180 | 759 |
| Calcium | mg | 244 | 1030 |
| Phosphorus | mg | 180 | 760 |
| Magnesium | mg | 59 | 250 |
| Iodine | µg | 33 | 140 |
| Manganese | µg | 569 | 2400 |
| Copper | mg | 0.52 | 2.2 |
| Zinc | mg | 2.8 | 12 |
| Iron | mg | 4.3 | 18 |
| Selenium | µg | 18.0 | 76 |
| Chromium | µg | 17.3 | 73 |
| Molybdenum | µg | 26 | 110 |
| Choline | mg | 102 | 430 |

## INGREDIENTS

Water, Maltodextrin, **Milk** Proteins (Sodium Caseinate, Calcium Caseinate), Sucrose, Vegetable Oils (Low Erucic Acid Rapeseed, Medium Chain Triglycerides, Sunflower), Minerals (Potassium Citrate, Potassium Chloride, Calcium Phosphate, Calcium Citrate, Sodium Citrate, Magnesium Oxide, Ferrous Sulphate, Zinc Sulphate, Magnesium Sulphate, Copper Sulphate, Chromium Chloride, Sodium Molybdate, Potassium Iodide, Sodium Selenate), Pea Fibre, Stabiliser (414), Fructo-Oligosaccharide, Acidty Regulators (330, 525), Emulsifier (**Soy** Lecithin), Choline Bi-tartrate, Inulin, Vitamins (C, E, Calcium Pantothenate, Nicotinamide, B6, A, B1, B2, Folic Acid, K1, Biotin,D3, B12). **Contains Milk and Soy.**

**Recommended Dietary Intake*:** Meets 100% of RDI for 19 micronutrients in 1000 mL.

*Specified volumes based on adult male 31-50 years old. Taken from 'Nutrient Reference Values for Australia and New Zealand 2005'.

## ORDERING INFORMATION

**ISOSOURCE® 1.5 CAL**

| SKU | Presentation | Units Per Case | Product Code |
|---|---|---|---|
| Unflavoured | 237mL tetra | 24 x 237mL | 12145102 |

Contains 0.71g lactose per 237mL serve.

# ISOSOURCE® Standard

**ISOSOURCE® Standard** is an unflavoured liquid formula. Suitable for tube feed or oral use and provides 1.0 kcal/ml.

## FEATURES

| | | |
|---|---|---|
| Energy Density | 1.0 kcal/ml 4.2 kJ/ml | 6.3 kJ/mL |
| Energy Distribution | | |
| Protein – 16% | | Milk protein caseinates |
| Carbohydrate – 54% | | Maltodextrin |
| Fat – 30% | | Vegetable Oils (Rapeseed and Sunflower), Medium Chain Triglycerides (MCT 20% of fat), fish oil |

Nonprotein Calorie: Nitrogen Ratio . . . . . .137:1
Calorie: Nitrogen Ratio . . . . . .163:1
n-6:n-3 Ratio . . . . . 4:3:1
Osmolality. . . . . .280 mOsm/kg water
Water Content . . . . . .860mL/1000mL

## CLINICAL INDICATIONS

- Inadequate oral intake
- Long term tube feeding

www.nestlehealthscience.com.au



## NUTRITIONAL INFORMATION

| | Unit of Measure | Avg Qty per 100 mL | Avg Qty per 1000 mL (1 Litre) |
|---|---|---|---|
| **ENERGY** | kJ | 422 | 4220 |
| Energy | kcal | 100 | 1000 |
| Protein (16% kcal) | g | 3.9 | 39 |
| Fat, Total (30% kcal) | g | 3.4 | 34 |
| -MCT | g | 0.7 | 7 |
| - saturated | g | 1.2 | 12 |
| -monounsaturated | g | 1.5 | 15 |
| -polyunsaturated | g | 0.7 | 7.0 |
| -Omega 3 | g | 0.14 | 1.4 |
| Carbohydrate ( 54% kcal) | g | 13.5 | 135 |
| -sugars | g | 1.2 | 12 |
| -lactose | g | <0.05 | <0.50 |
| Dietary Fibre (0% kcal) | g | 0 | 0 |
| **VITAMINS** | | | |
| Vitamin A | µgRE | 110 | 1100 |
| Vitamin D | µg | 1.5 | 15 |
| Vitamin E | mg α-TE | 1.6 | 16 |
| Vitamin K | µg | 7.0 | 70 |
| Vitamin C | mg | 11 | 110 |
| Folic Acid | µg | 29 | 290 |
| Thiamin | mg | 0.14 | 1.4 |
| Niacin | mg NE | 1.7 | 17 |
| Riboflavin | mg | 0.17 | 1.7 |
| Vitamin B6 | mg | 0.17 | 1.7 |
| Vitamin B12 | µg | 0.38 | 3.8 |
| Biotin | µg | 4.6 | 46 |
| Pantothenic Acid | mg | 0.6 | 6 |
| **MINERALS** | | | |
| Sodium | mg | 80 | 800 |
| Potassium | mg | 135 | 1350 |
| Chloride | mg | 75 | 750 |
| Calcium | mg | 70 | 700 |
| Phosphorous | mg | 60 | 600 |
| Magnesium | mg | 17 | 170 |
| Iodine | µg | 13 | 130 |
| Manganese | mg | 0.24 | 2.4 |
| Copper | mg | 0.17 | 1.7 |
| Zinc | mg | 1.0 | 10 |
| Iron | mg | 1.1 | 11 |
| Selenium | µg | 7.0 | 70 |
| Chromium | µg | 11 | 110 |
| Molybdenum | µg | 13 | 130 |
| Fluoride | mg | 0.13 | 1.3 |
| Choline | mg | 38 | 380 |

## INGREDIENTS

Water, Maltodextrin, **Milk** Proteins (Calcium Caseinate, Sodium Caseinate), Vegetable Oils (Rapeseed, Sunflower), Medium Chain Triglycerides, Minerals (Trisodium Citrate, Potassium Chloride, Potassium Phosphate, Magnesium Citrate, Tricalcium Phosphate, Potassium Citrate, Sodium Chloride, Ferrous Lactate, Zinc Sulphate, Copper Gluconate, Manganese Sulphate, Sodium Fluoride, Sodium Selenite, Chromium Chloride, Sodium Molybdate, Potassium Iodide), Emulsifiers (E472c, E471), Stabilisers (E460, E466, E407), **Fish** Oil, Choline Bitartrate, Vitamins (C, E, Niacin, Pantothenic Acid, B6, B1, B2, Beta-carotene, A, D, B12, K, Folic acid, Biotin), Antioxidant (E304). **Contains Milk and Fish.**

**Recommended Dietary Intake*:** Meets 100% of RDI for 22 key micronutrients in 1500ml

*Specified volumes based on adult male 31-50 years old. Taken from 'Nutrient Reference Values for Australia and New Zealand 2005'.

## ORDERING INFORMATION

**ISOSOURCE® Standard**

| SKU | Presentation | Units Per Case | Product Code |
|---|---|---|---|
| Neutral | 1000 mL SMARTFLEX® bottle | 9 x 1000 mL/case | 12241131 |

Contains < 0.05g lactose per 100mL.

HOME →

# ISOSOURCE® Mix

**ISOSOURCE® Mix** is a fibre enriched, unflavoured liquid formula. Suitable for tube feed or oral use and provides 1.1 kcal/ml.

## FEATURES

| | | |
|---|---|---|
| Energy Density | 1.1 kcal/ml | 4.6 kJ/ml |
| Energy Distribution | | |
| Protein – 16% | Milk protein caseinates, chicken protein, pea and bean protein | |
| Carbohydrate – 51% | Maltodextrin | |
| Fat – 30% | Vegetable Oils (Rapeseed and Sunflower), Medium Chain Triglycerides (MCT 19 % of fat), fish oil | |
| Dietary fibre (soluble and insoluble) | 14g per 1000mL | |

Nonprotein Calorie: Nitrogen Ratio . . . . . .133:1
Calorie: Nitrogen Ratio . . . . . .159:1
n-6:n-3 Ratio . . . . . 4.1:1
Osmolality. . . . . .380 mOsm/kg water
Water Content . . . . . .838mL/1000mL

## CLINICAL INDICATIONS

- Inadequate oral intake
- Long term tube feeding
- Abnormal bowel function

N G D

## NUTRITIONAL INFORMATION

| | Unit of Measure | Avg Qty per 100 mL | Avg Qty per 1000 mL (1 Litre) |
|---|---|---|---|
| **ENERGY** | kJ | 461 | 4610 |
| Energy | kcal | 110 | 1100 |
| Protein (16% kcal) | g | 4.4 | 44 |
| Fat, Total (30% kcal) | g | 3.7 | 37 |
| -MCT | g | 0.7 | 7 |
| - saturated | g | 1.6 | 16 |
| -monounsaturated | g | 1.4 | 14 |
| -polyunsaturated | g | 0.7 | 7.0 |
| -Ômega 3 | g | 0.13 | 1.3 |
| Carbohydrate (51% kcal) | g | 14 | 140 |
| -sugars | g | 1.4 | 14 |
| -lactose | g | <0.05 | <0.50 |
| Dietary Fibre (3% kcal) | g | 1.4 | 14 |
| -soluble | g | 0.7 | 7 |
| -insoluble | g | 0.7 | 7 |
| **VITAMINS** | | | |
| Vitamin A | µgRE | 130 | 1300 |
| Vitamin D | µg | 1.6 | 16 |
| Vitamin E | mg α-TE | 1.6 | 16 |
| Vitamin K | µg | 8.5 | 85 |
| Vitamin C | mg | 11.5 | 115 |
| Folic Acid | µg | 31 | 310 |
| Thiamin | mg | 0.16 | 1.6 |
| Niacin | mg NE | 2.2 | 22 |
| Riboflavin | mg | 0.19 | 1.9 |
| Vitamin B6 | mg | 0.2 | 2 |
| Vitamin B12 | µg | 0.38 | 3.8 |
| Biotin | µg | 5.0 | 50 |
| Pantothenic Acid | mg | 0.8 | 8 |
| **MINERALS** | | | |
| Sodium | mg | 100 | 1000 |
| Potassium | mg | 130 | 1300 |
| Chloride | mg | 100 | 1000 |
| Calcium | mg | 90 | 900 |
| Phosphorous | mg | 70 | 700 |
| Magnesium | mg | 18 | 180 |
| Iodine | µg | 17 | 170 |
| Manganese | mg | 0.29 | 2.9 |
| Copper | mg | 0.19 | 1.9 |
| Zinc | mg | 1.3 | 13 |
| Iron | mg | 1.5 | 15 |
| Selenium | µg | 8.0 | 80 |
| Chromium | µg | 11 | 110 |
| Molybdenum | µg | 14 | 140 |
| Fluoride | mg | 0.16 | 1.6 |
| Choline | mg | 42 | 420 |

## INGREDIENTS

Water, Maltodextrin, Pea (10%), Chicken Meat (7.6%), French Beans (3%), **Milk** Proteins (Sodium Caseinate, Calcium Caseinate), Peach (1.4%), Vegetable Oils (Rapeseed, Sunflower), Fibres (Pea, Acacia Gum, Fructo-oligosaccharides, Inulin), Orange juice from concentrate (1.2%), Medium Chain Triglycerides, Minerals (Potassium Citrate, Trisodium Citrate, Potassium Phosphate, Calcium Lactate, Sodium Chloride, Tricalcium Phosphate, Calcium Chloride, Potassium Chloride, Magnesium Oxide, Magnesium Citrate, Ferrous Lactate, Zinc Sulphate, Copper Gluconate, Manganese Sulphate, Sodium Fluoride, Sodium Selenite, Chromium Chloride, Sodium Molybdate, Potassium Iodide), Emulsifiers (E472c, E471), **Fish Oil,** Choline Bitartrate, Vitamins (C, E, Niacin, Pantothenic Acid, B6, B1, A, B2, Beta-carotene, D, B12, K, Folic Acid, Biotin,), Stabiliser (E407), Antioxidant (E304). **Contains Milk and Fish.**

**Recommended Dietary Intake*:** Meets 100% of RDI for 24 key micronutrients in 1500ml.

*Specified volumes based on adult male 31-50 years old. Taken from 'Nutrient Reference Values for Australia and New Zealand 2005'.

## ORDERING INFORMATION

### ISOSOURCE® Mix

| SKU | Presentation | Units Per Case | Product Code |
|---|---|---|---|
| Neutral | 1000 mL SMARTFLEX® bottle | 9 x 1000 mL/case | 12241132 |

Contains < 0.05g lactose per 100mL.

# ISOSOURCE® Energy Fibre

**ISOSOURCE® Energy Fibre** is a high calorie, high protein, fibre enriched, unflavoured liquid formula. Suitable fortube feed or oral use and provides 1.6 kcal/ml.

## FEATURES

| | | |
|---|---|---|
| Energy Density | 1.6 kcal/mL | 6.7 kJ/ml |
| Energy Distribution | | |
| Protein – 15% | | Milk protein caseinates |
| Carbohydrate – 48% | | Maltodextrin |
| Fat – 35% | | Vegetable Oils (Rapeseed and Sunflower), Medium Chain Triglycerides (MCT 19% of fat), fish oil |
| Dietary fibre (soluble and insoluble) | | 15g per 1000ml |

Nonprotein Calorie: Nitrogen Ratio . . . . . 141:1
Calorie: Nitrogen Ratio . . . . . 167:1
n-6:n-3 Ratio . . . . . 4:2:1
Osmolality. . . . . 550 Osm/kg
Water Content . . . . . 760ml/1000ml

## CLINICAL INDICATIONS

- Inadequate oral intake
- Long term tube feeding
- Abnormal bowel function
- Elevated protein requirements
- Volume intolerance

N G D



## NUTRITIONAL INFORMATION

| | Unit of Measure | Avg Qty per 100 mL | Avg Qty per 1000 mL (1 Litre) |
|---|---|---|---|
| **ENERGY** | kJ | 673 | 6732 |
| Energy | kcal | 160 | 1600 |
| Protein (15% kcal) | g | 6.1 | 61 |
| Fat, Total (35% kcal) | g | 6.2 | 62 |
| -MCT | g | 1.2 | 12 |
| - saturated | g | 2.0 | 20 |
| -monounsaturated | g | 2.9 | 29 |
| -polyunsaturated | g | 1.3 | 13.0 |
| -Omega 3 | g | 0.26 | 2.6 |
| Carbohydrate (48% kcal) | g | 19.3 | 193 |
| -sugars | g | 1.9 | 19 |
| -lactose | g | <0.05 | <0.50 |
| Dietary Fibre (2% kcal) | g | 1.5 | 15 |
| -soluble | g | 0.75 | 7.5 |
| -insoluble | g | 0.75 | 7.5 |
| **VITAMINS** | | | |
| Vitamin A | µgRE | 170 | 1700 |
| Vitamin D | µg | 2.2 | 22 |
| Vitamin E | mg α-TE | 2.6 | 26 |
| Vitamin K | µg | 12.0 | 120 |
| Vitamin C | mg | 16 | 160 |
| Folic Acid | µg | 45 | 450 |
| Thiamin | mg | 0.24 | 2.4 |
| Niacin | mg NE | 2.7 | 27 |
| Riboflavin | mg | 0.27 | 2.7 |
| Vitamin B6 | mg | 0.28 | 2.8 |
| Vitamin B12 | µg | 0.58 | 5.8 |
| Biotin | µg | 7.0 | 70 |
| Pantothenic Acid | mg | 0.9 | 9 |
| **MINERALS** | | | |
| Sodium | mg | 120 | 1200 |
| Potassium | mg | 190 | 1900 |
| Chloride | mg | 100 | 1000 |
| Calcium | mg | 110 | 1100 |
| Phosphorous | mg | 80 | 800 |
| Magnesium | mg | 18 | 180 |
| Iodine | µg | 23 | 230 |
| Manganese | mg | 0.36 | 3.6 |
| Copper | mg | 0.24 | 2.4 |
| Zinc | mg | 1.5 | 15 |
| Iron | mg | 1.6 | 16 |
| Selenium | µg | 10.0 | 100 |
| Chromium | µg | 15 | 150 |
| Molybdenum | µg | 18 | 180 |
| Fluoride | mg | 0.21 | 2.1 |
| Choline | mg | 60 | 600 |

## INGREDIENTS

Water, Maltodextrin, **Milk** Proteins (Calcium Caseinate, Sodium Caseinate), Vegetable Oils (Rapeseed, Sunflower), Fibres (Pea, Acacia gum, Fructo-oligosaccharides, Inulin), Medium Chain Triglycerides, Minerals (Trisodium Citrate, Potassium Chloride, Potassium Citrate, Calcium Citrate, Magnesium Citrate, Tripotassium Phosphate, Tricalcium Phosphate, Sodium Chloride, Ferrous Lactate, Zinc Sulphate, Copper Gluconate, Manganese Sulphate, Sodium Fluoride, Chromium Chloride, Sodium Selenite, Sodium Molybdate, Potassium Iodide), Emulsifiers (E472c, E471), **Fish** Oil, Choline Bitartrate, Vitamins (C, E, Niacin, Pantothenic Acid, B6, B1, B2, A, Beta carotene, Folic Acid, D, B12, K, Biotin), Stabilisers (E466, E460, E407), Antioxidant (E304). **Contains Milk and Fish.**

**Recommended Dietary Intake*:** Meets 100% of RDI for 23 key micronutrients in 1000ml

*Specified volumes based on adult male 31-50 years old. Taken from 'Nutrient Reference Values for Australia and New Zealand 2005'.

## ORDERING INFORMATION

**ISOSOURCE® Energy Fibre**

| SKU | Presentation | Units Per Case | Product Code |
|---|---|---|---|
| Neutral | 1000 mL SMARTFLEX® bottle | 9 x 1000 mL/case | 12241158 |

Contains < 0.05g lactose per 100mL.

HOME →

# NOVASOURCE® GI Forte

**NOVASOURCE® GI Forte** is a high-calorie, high protein liquid specifically formulated with partially hydrolyzed guar gum (PHGG) for the management of patients with enteral nutrition associated diarrhoea. Suitable for tube feed or oral use and provides 1.5 kcal/ml.

## FEATURES

| | | |
|---|---|---|
| Energy Density | 1.55 kcal/mL | 6.5 kJ/mL |
| Energy Distribution | | |
| Protein – 16% | | Milk protein caseinates |
| Carbohydrate – 47% | | Maltodextrin |
| Fat – 34% | | Vegetable Oils, Medium Chain Triglycerides (MCT 22% of fat) |
| Dietary fibre (100% Partially hydrolyzed guar gum (PHGG)) | | 22g per 1000mL |

Nonprotein Calorie: Nitrogen Ratio . . . . . .139:1
Calorie: Nitrogen Ratio . . . . . .164:1
n-6:n-3 Ratio . . . . . .5:1
Osmolality. . . . . .510 mOsm/kg
Water Content . . . . . .760gml/1000ml

## CLINICAL INDICATIONS

- Management of diarrhoea
- Volume intolerance
- Inadequate oral intake
- Elevated protein requirements

N G D



## NUTRITIONAL INFORMATION

| | Unit of Measure | Avg Qty per 100 mL | Avg Qty per 1000 mL (1 Litre) |
|---|---|---|---|
| **ENERGY** | kJ | 649 | 6490 |
| Energy | kcal | 155 | 1550 |
| Protein (16% kcal) | g | 6 | 60 |
| Fat, Total (34% kcal) | g | 5.9 | 59 |
| -MCT | g | 1.3 | 13 |
| - saturated | g | 2.1 | 21 |
| -monounsaturated | g | 2.7 | 27 |
| -polyunsaturated | g | 1.1 | 11.0 |
| -Omega 3 | g | 0.18 | 1.8 |
| Carbohydrate (47% kcal) | g | 18.3 | 183 |
| -sugars | g | 1.6 | 16 |
| -lactose | g | <0.05 | <0.50 |
| Dietary Fibre (3% kcal) | g | 2.2 | 22 |
| -soluble | g | 2.2 | 22 |
| **VITAMINS** | | | |
| Vitamin A | µgRE | 160 | 1600 |
| Vitamin D | µg | 2.2 | 22 |
| Vitamin E | mgα-TE | 2.9 | 29 |
| Vitamin K | µg | 11 | 110 |
| Vitamin C | mg | 16 | 160 |
| Folic Acid | µg | 45 | 450 |
| Thiamin | mg | 0.22 | 2.2 |
| Niacin | mg NE | 3.0 | 30 |
| Riboflavin | mg | 0.26 | 2.6 |
| Vitamin B6 | mg | 0.27 | 2.7 |
| Vitamin B12 | µg | 0.58 | 5.8 |
| Biotin | µg | 7.0 | 70 |
| Pantothenic Acid | mg | 0.92 | 9.2 |
| **MINERALS** | | | |
| Sodium | mg | 120 | 1200 |
| Potassium | mg | 135 | 1350 |
| Chloride | mg | 150 | 1500 |
| Calcium | mg | 80 | 800 |
| Phosphorous | mg | 75 | 750 |
| Magnesium | mg | 30 | 300 |
| Iodine | µg | 22 | 220 |
| Manganese | mg | 0.36 | 3.6 |
| Copper | mg | 0.24 | 2.4 |
| Zinc | mg | 1.8 | 18 |
| Iron | mg | 1.6 | 16 |
| Selenium | µg | 10 | 100 |
| Chromium | µg | 15 | 150 |
| Molybdenum | µg | 20 | 200 |
| Fluoride | mg | 0.16 | 1.6 |
| Choline | mg | 57 | 570 |

## INGREDIENTS

Water, Maltodextrin, **Milk** proteins (Calcium Caseinate, Sodium Caseinate), Vegetable Oils (Rapeseed, Sunflower), partially hydrolysed Guar Gum (PHGG), Medium Chain Triglycerides, Minerals (Sodium Chloride, Potassium Phosphate, Trisodium Citrate, Potassium Chloride, Potassium Citrate, Magnesium Citrate, Magnesium Oxide, Potassium Dihydrogen Phosphate, Tricalcium Phosphate, Ferrous Lactate, Zinc Sulphate, Copper Gluconate, Manganese Sulphate, Sodium Fluoride, Sodium Selenite, Sodium Molybdate, Chromium Chloride, Potassium Iodide), Emulsifiers (E472c, E471), Choline Bitartrate, Vitamins (C, E, Niacin, Pantothenic Acid, B6, B1, B2, Beta-carotene, A, Folic Acid, D, B12, K, Biotin), Stabiliser (E407), Antioxidant (E304). **Contains Milk.**

**Recommended Dietary Intake*:** Meets 100% of RDI for 21 key micronutrients in 1000ml

*Specified volumes based on adult male 31-50 years old. Taken from 'Nutrient Reference Values for Australia and New Zealand 2005'.

## ORDERING INFORMATION

**NOVASOURCE® GI Forte**

| SKU | Presentation | Units Per Case | Product Code |
|---|---|---|---|
| Neutral | 1000 mL SMARTFLEX® bottle | 9 x 1000 mL/case | 12241328 |

Contains < 0.05g lactose per 100mL.

HOME →

# NUTREN® Pulmonary 1.5 Cal SPIKERIGHT® Plus

**NUTREN® Pulmonary 1.5 Cal SPIKERIGHT® Plus** is a high-calorie, high protein tube feed specifically formulated for ICU patients or those with pulmonary disease, providing 1.5 kcal/mL. SPIKERIGHT® Plus enteral port eliminates the risk of tube misconnection.

## FEATURES

| | | |
|---|---|---|
| Energy Density | 1.5 kcal/mL | 6.3 kJ/mL |
| Energy Distribution | | |
| Protein – 18% | Calcium and Potassium Caseinate | |
| Carbohydrate – 27% | Maltodextrin | |
| Fat – 55% | Medium Chain Triglycerides, Canola Oil and Corn Oil (MCT 40% of Fat) | |

| | |
|---|---|
| Nonprotein Calorie: Nitrogen Ratio | 115:1 |
| Calorie: Nitrogen Ratio | 140:1 |
| n-6:n-3 Ratio | 4:1 |
| Osmolality | 330 mOsm/kg water |
| Water Content | 780mL/1000mL |

## CLINICAL INDICATIONS

- Chronic obstructive pulmonary disease
- Respiratory disease
- Pulmonary oedema
- Fluid restriction
- Acute respiratory distress syndrome

N G S D U



## NUTRITIONAL INFORMATION

| | Unit of Measure | Avg Qty per 1000mL (1 litre) |
|---|---|---|
| **ENERGY** | kcal | 1500 |
| | kJ | 6280 |
| Protein | g | 68 |
| Carbohydrate | g | 100 |
| Fat - Total | g | 94.8 |
| - Saturated | g | 43.4 |
| Dietary Fibre | g | 0 |
| **VITAMINS** | | |
| Vitamin A | µg | 1440 |
| Vitamin D | µg | 10 |
| Vitamin E | mg | 28 |
| Vitamin K | µg | 76 |
| Vitamin C | mg | 200 |
| Folic Acid | µg | 800 |
| Thiamin | mg | 3 |
| Niacin | mgNE | 42 |
| Riboflavin | mg | 3.6 |
| Vitamin B6 | mg | 6 |
| Vitamin B12 | µg | 12 |
| Biotin | µg | 600 |
| Pantothenic Acid | mg | 20 |
| **MINERALS** | | |
| Sodium | mg | 1168 |
| Potassium | mg | 1872 |
| Chloride | mg | 1740 |
| Calcium | mg | 1200 |
| Phosphorus | mg | 1200 |
| Magnesium | mg | 480 |
| Iodine | µg | 152 |
| Manganese | mg | 4 |
| Copper | mg | 2.12 |
| Zinc | mg | 21.2 |
| Iron | mg | 18 |
| Selenium | µg | 60 |
| Chromium | µg | 60 |
| Molybdenum | µg | 180 |
| Choline | mg | 672 |
| L-Carnitine | mg | 120 |
| Taurine | mg | 120 |

## INGREDIENTS

Water, Maltodextrin, **Milk** Proteins (Calcium Caseinate, Potassium Caseinate), Medium Chain Triglyceride (from Coconut and/or Palm Kernel Oil), Vegetable Oil (Canola, Corn), Emulsifier (**Soy** Lecithin), Minerals (Calcium Citrate, Magnesium Chloride, Potasssium Phosphate, Potassium Citrate, Sodium Phosphate, Sodium Chloride, Sodium Citrate, Magnesium Oxide, Zinc Sulphate, Ferrous Sulphate, Manganese Sulphate, Copper Sulphate, Sodium Molybdate, Potassium Iodide, Chromium Chloride, Sodium Selenate ), Choline Chloride, Food Acid (330), Stabiliser (407), Vitamins (Sodium Ascorbate, Alpha-Tocopheryl Acetate, Niacinamide, Calcium Pantothenate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Riboflavin, Vitamin D3, Thiamine Mononitrate, Folic Acid, Biotin, Phytonadione, Vitamin B12), L-carnitine, Taurine. **Contains Milk and Soy.**

**Recommended Dietary Intake*:** Meets 100% of RDI for 24 Key Micronutrients in 1000mL.

*Specified volumes based on adult male 31-50 years old. Taken from 'Nutrient Reference Values for Australia and New Zealand 2005'.

## ORDERING INFORMATION

**NUTREN® Pulmonary 1.5 Cal**

| SKU | Presentation | Units Per Case | Product Code |
|---|---|---|---|
| Standard | 1000mL soft pack | 6 x 1000mL | 12172616 |

Contains < 0.05g lactose per 100mL.

HOME →

# Feeding Equipment

The **COMPAT® 220V Standard Pump** is a versatile, easy-to-use pump for the administration of enteral formulas using either a COMPAT® Vinyl Bag or a SPIKERIGHT® Plus Admin set.

## COMPAT® 220V STANDARD PUMP

### FEATURES

- Dose limit
- Dose complete alarm options
- Accumulated volume
- Audible and visual alarms: occlusion empty, free flow, dose complete, rate change, low battery and hold
- Internal battery with 8 hour life
- Smooth surface

### BENEFITS

- Reduces nursing time by retaining all pump settings
- Provides security in case of power failure or accidental shut-off
- Allows user to set administration volumes according to individual feeding regimes
- Provides verification of input records
- Provides security during enteral feeding
- Provides flexibility and mobility for patients

## COMPAT® VINYL BAG

### FEATURES

- Rigid wide mouth opening
- Unique angled funnel neck
- Pre-attached screw cap
- Graduations in 50mL increments
- Patient information area
- Compact packaging
- Admin set attached

## SPIKERIGHT® PLUS ADMIN SET

### FEATURES

- In line "Y" adapter for flushing
- Wide flange
- Purple colour coding to clearly indicate enteral tube feeding
- Graduated adapter

## ORDERING INFORMATION

| Feeding Equipment | |
|---|---|
| **SKU** | **Product Code** |
| COMPAT® 220V Standard Pump | 9517455 |
| COMPAT® Vinyl Bag | 9519810 |
| COMPAT® Stayput Nasojejunal Tube 9/18 Fr | 9517466 |
| COMPAT® Balloon Gastrostomy Replacement Tube 18 Fr | 9517476 |
| COMPAT® Balloon Gastrostomy Replacement Tube 20 Fr | 9517477 |
| COMPAT® Balloon Gastrostomy Replacement Tube 22 Fr | 9517478 |
| COMPAT® Balloon Gastrostomy Replacement Tube 24 Fr | 9517479 |
| COMPAT® Universal "Y" Port Adapter Medium | 9517453 |
| COMPAT® Nasogastric Tube 8 Fr | 9517470 |
| COMPAT® Nasogastric Tube 10 Fr | 9517472 |
| COMPAT® Nasogastric Tube 12 Fr | 9517471 |
| SPIKERIGHT® Plus Admin Set | 12154513 |

## FREQUENTLY ASKED QUESTIONS - TUBE FEEDS

| | Nutritionally Complete | No Gluten Containing Ingredients | Contains Soy | Contains Dairy | Halal Certified | Kosher Certified |
|---|---|---|---|---|---|---|
| ISOSOURCE® 1.2 HN | N | G | S | D | H | |
| FIBERSOURCE® 1.2 HN | N | G | S | D | H | |
| ISOSOURCE® 1.5 CAL | N | G | S | D | H | |



## FREQUENTLY ASKED QUESTIONS - TUBE FEEDS

| | Nutritionally Complete | No Gluten Containing Ingredients | Contains Soy | Contains Dairy | Halal Certified | Kosher Certified |
|---|---|---|---|---|---|---|
| ISOSOURCE® Standard | N | G | | D | | |
| ISOSOURCE® Mix | N | G | | D | | |
| ISOSOURCE® Energy Fibre | N | G | | D | | |
| NOVASOURCE® GI Forte | N | G | | D | | |
| NUTREN® Pulmonary 1.5 Cal SPIKERIGHT® Plus | N | G | S | D | | U |

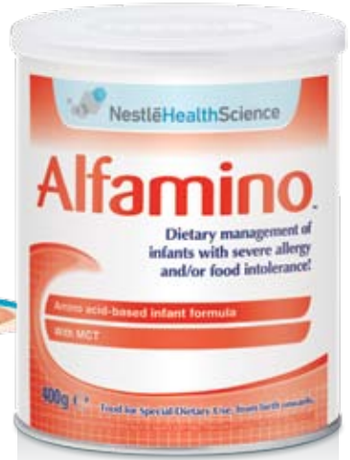
## PAEDIATRICS

ALFAMINO® ..... 90 - 91
ALFARÉ® ..... 92 - 93
MODULEN® IBD ..... 94 - 95
SUSTAGEN® KID ESSENTIALS® ..... 96 - 97
SUSTAGEN® KID ESSENTIALS® RTD ..... 98 - 99
VIVONEX® Pediatric ..... 100 - 99

**FREQUENTLY ASKED QUESTIONS - PAEDIATRICS 102 - 103**

HOME →

# ALFAMINO®




**ALFAMINO®** is an amino-acid based formula specifically formulated for the dietary management of formula-fed infants with severe allergy and/or food intolerance.

**IMPORTANT NOTICE:** Breast milk is best for babies. Before you decide to use this product, consult your doctor or health worker for advice.

INFORMATION FOR HEALTHCARE PROFESSIONALS ONLY

## FEATURES

| | | |
|---|---|---|
| Energy Density | 0.7 kcal/mL | 2.93 kJ/mL |
| Energy Distribution | | |
| Protein – 11% | 100% Free Amino Acids | |
| Carbohydrate – 45% | Corn Syrup Solids and Potato Starch | |
| Fat – 44% | Medium Chain Triglycerides, Vegetable Oils, DHA and ARA (MCT 25% of Fat) | |

| | |
|---|---|
| Nonprotein Calorie: Nitrogen Ratio | 185:1 |
| Calorie: Nitrogen Ratio | 208:1 |
| P:S Ratio | 0.6:1 |
| n-6:n-3 Ratio | 8:1 |
| Osmolality | 360 mOsm/kg water |
| Renal Solute Load | 320 mOsm/L |
| Water Content | 900ml/1000ml (139g of powder with 900ml of previously boiled water) |

## CLINICAL INDICATIONS

- Severe cow's milk protein allergy (including anaphylaxis)
- Eosinophilic Oesophagitis
- Multiple food protein allergy

www.nestlehealthscience.com.au



## NUTRITIONAL INFORMATION

| | Unit of Measure | Ave Qty Per 100mL made up Units Formula** | Ave Qty Per 100g Powder |
|---|---|---|---|
| **ENERGY** | kcal | 70 | 503 |
| | kJ | 293 | 2105 |
| Protein Equivalent* | g | 1.9 | 13.3 |
| Carbohydrate | g | 7.9 | 57.0 |
| Fat | g | 3.4 | 24.6 |
| - DHA | mg | 7.0 | 50.0 |
| - ARA | mg | 7.0 | 50.0 |
| - MCT | g | 0.84 | 6.0 |
| - Linoleic Acid | g | 0.49 | 3.5 |
| - α-Linolenic Acid | mg | 0.06 | 0.4 |
| **VITAMINS** | | | |
| Vitamin A | µgRE | 81 | 580 |
| Vitamin D | µg | 0.9 | 6.6 |
| Vitamin E | mg -TE | 1.7 | 12.3 |
| Vitamin K | µg | 6.1 | 44 |
| Vitamin C | mg | 10 | 70 |
| Folic Acid | µg | 8.4 | 60.0 |
| Thiamin | mg | 0.07 | 0.50 |
| Niacin | mg NE | 0.57 | 4.1 |
| Riboflavin | mg | 0.15 | 1.10 |
| Vitamin B6 | mg | 0.05 | 0.38 |
| Vitamin B12 | µg | 0.22 | 1.58 |
| Biotin | µg | 1.6 | 11.3 |
| Pantothenic Acid | mg | 0.54 | 3.9 |
| **MINERALS** | | | |
| Sodium | mg | 25 | 180 |
| Potassium | mg | 79 | 570 |
| Chloride | mg | 58 | 420 |
| Calcium | mg | 57 | 410 |
| Phosphorous | mg | 39 | 280 |
| Magnesium | mg | 6.4 | 46 |
| Iodine | µg | 11 | 76 |
| Manganese | µg | 7.0 | 50.0 |
| Copper | µg | 53 | 380 |
| Zinc | mg | 0.7 | 5.0 |
| Iron | mg | 0.7 | 5.0 |
| Selenium | µg | 1.7 | 11.9 |
| Choline | mg | 6.1 | 43.8 |
| Insitol | mg | 4.3 | 30.6 |
| Taurine | mg | 4.9 | 35.0 |
| L-Carnitine | mg | 1.0 | 7.5 |

## INGREDIENTS

Corn Syrup Solids, Vegetable Oil (Sunflower High Oleic Oil, Canola Oil, Sunflower Oil, Palm Oil), Amino Acids (L-arginine-L-aspartate, L-lysine Acetate, L-leucine, L-proline, L-glutamine, L-valine, Glycine, L-isoleucine, L-threonine, L-serine, L-phenylalanine, L-tyrosine, L-histidine, L-alanine, L-cystine, L-tryptophan, Magnesium L-aspartate, L-methionine), Medium Chain Triglycerides, Potato Starch, Minerals (Calcium Glycerophosphate, Potassium Chloride, Calcium Citrate, Sodium Citrate, Potassium Citrate, Sodium Phosphate, Magnesium Oxide, Ferrous Sulfate, Zinc Sulfate, Copper Sulfate, Potassium Iodide, Manganese Sulphate, Sodium Selenate), Emulsifier (472c), C. Cohii Oil (Rich in DHA), M. Alpina Oil (Rich in ARA), Vitamins (C, E, Niacin, Pantothenic Acid, B2, A, B1, B6, Folic Acid, D3, K1, B12, Biotin), Choline Bitartrate, Acidity Regulator (330), Taurine, Inositol, Antioxidants (307b, 304), L-carnitine.

## PREPARATION GUIDE

| | Quantity Per Feed | | Number of Feeds Per Day |
|---|---|---|---|
| Age of Infant | Previously Boiled Water (mL) | Number of Measuring Scoops | Formula |
| 1 - 2 weeks | 90 | 3 | 6 |
| 3 - 4 weeks | 120 | 4 | 5 |
| 2nd month | 150 | 5 | 5 |
| 3 - 4 months | 180 | 6 | 5 |
| 5 - 6 months | 210 | 7 | 5 |
| From the 5th (7th) month^ | 210 | 7 | 3-4 |

Average scoop weight: 4.6g

## ORDERING INFORMATION

**ALFAMINO®**

| SKU | Presentation | Units Per Case | Product Code |
|---|---|---|---|
| Standard | 400g can | 6 x 400g | 12192506 |

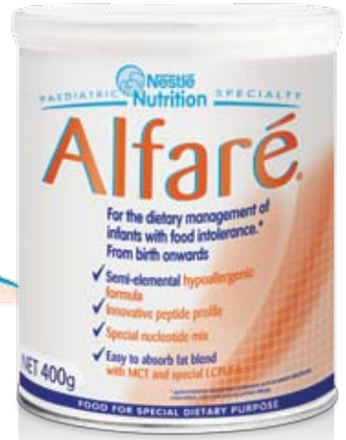
**1 litre = 139g powder + 900mL water. *Represents the sum of added amino acids. Total Nitrogen x 6.25 equals to 14.5g protein /100g of powder. RE = Retinol-Equivalent. NE = Niacin-Equivalent TE = Tocopherol-Equivalent. ^If also giving baby solids under the guidance of their paediatrician.

INFORMATION FOR HEALTHCARE PROFESSIONALS ONLY.

**IMPORTANT NOTICE:** Breast milk is best for babies. Before you decide to use this product, consult your doctor or health worker for advice.

HOME →

# ALFARÉ®




**ALFARÉ®** is a semi-elemental hypoallergenic infant formula based on extensively hydrolysed whey protein specifically formulated for the dietary management of formula-fed infants with severe allergy and/or food intolerance.

**IMPORTANT NOTICE:** Breast milk is best for babies. Before you decide to use this product, consult your doctor or health worker for advice.



INFORMATION FOR HEALTHCARE PROFESSIONALS ONLY

## FEATURES

| | | |
|---|---|---|
| Energy Density | 0.7 kcal/mL | 2.93 kJ/mL |
| Energy Distribution | | |
| Protein – 12% | Enzymatically Hydrolysed Whey Protein (80% Small Peptides and 20% Free Amino Acids) | |
| Carbohydrate – 43% | Maltodextrin and Starch | |
| Fat – 45% | Medium Chain Triglycerides, Vegetable Oils and Fish Oil (MCT 40% of Fat) | |

| | |
|---|---|
| Nonprotein Calorie: Nitrogen Ratio | 186:1 |
| Calorie: Nitrogen Ratio | 209:1 |
| P:S Ratio | 0.35:1 |
| n-6:n-3 Ratio | 6.87:1 |
| Osmolality | 217mOsm/kg Water |
| Renal Solute Load | 140mOsm/1000mL |
| Water Content | 900mL/1000mL (142g of powder with 900mL previously boiled Water) |

## CLINICAL INDICATIONS

- Cow's milk protein allergy
- Soy protein allergy
- Protracted diarrhoea
- Cystic fibrosis
- Enterokinase deficiency
- Biliary atresia
- Maldigestion and malabsorptive disorders

**IMPORTANT NOTE: Contraindicated for galactosemia, diarrhoea with metabolic or endocrine aetiology such as congenital chloridorrhoea, congenital malabsorption of glucose or galactose.**

N G D

www.nestlehealthscience.com.au

## NUTRITIONAL INFORMATION

| | Unit of Measure | Avg Qty Per 100mL Made Up Formula† | Avg Qty Per 100g Powder |
|---|---|---|---|
| **ENERGY** | kcal | 70 | 494 |
| | kJ | 293 | 2070 |
| Protein | g | 2.1 | 14.8 |
| Carbohydrate | g | 7.7 | 53.9 |
| Fat - Total | g | 3.6 | 25.1 |
| - DHA (Omega 3) | mg | 6 | 42 |
| - GLA (Omega 6) | mg | 18 | 126 |
| - MCT | g | 1.4 | 9.9 |
| - Linoleic Acid | g | 0.5 | 3.6 |
| - α-Linolenic Acid | mg | 64 | 447 |
| **VITAMINS** | | | |
| Vitamin A | µg | 74 | 520 |
| Vitamin D | µg | 1.1 | 7.4 |
| Vitamin E | mg | 1.2 | 8.2 |
| Vitamin K | µg | 5.7 | 40 |
| Vitamin C | mg | 7.0 | 49 |
| Folic Acid | µg | 6.3 | 44 |
| Thiamin | µg | 50 | 350 |
| Niacin | mg | 0.7 | 4.9 |
| Riboflavin | µg | 105 | 740 |
| Vitamin B6 | µg | 56 | 400 |
| Vitamin B12 | µg | 0.21 | 1.5 |
| Biotin | µg | 1.4 | 9.9 |
| Pantothenic Acid | mg | 0.3 | 2.2 |
| **MINERALS** | | | |
| Sodium | mg | 35 | 245 |
| Potassium | mg | 88 | 618 |
| Chloride | mg | 63 | 442 |
| Calcium | mg | 54 | 380 |
| Phosphorous | mg | 36 | 255 |
| Magnesium | mg | 8.4 | 59 |
| Iodine | µg | 11 | 74 |
| Manganese | µg | 5 | 35 |
| Copper | µg | 57 | 400 |
| Zinc | mg | 0.7 | 4.9 |
| Iron | mg | 0.7 | 4.9 |
| Selenium | µg | 2.5 | 17.3 |
| Choline | mg | 7.0 | 49 |
| Inositol | mg | 3.5 | 25 |
| Taurine | mg | 5.6 | 40 |
| Carnitine | mg | 1.4 | 9.9 |
| Total Nucleotide 5' Monophosphates | mg | 5.9 | 42 |

## INGREDIENTS

Maltodextrin (from Corn), Enzymatically Hydrolysed Whey Protein (from **Milk**), Vegetable Oils, Medium Chain Triglycerides, Potato Starch, Minerals (Calcium Glycerophosphate, Sodium Chloride, Magnesium Chloride, Potassium Chloride, Potassium Phosphate (Monobasic), Calcium Phosphate (Tribasic), Ferrous Sulphate, Zinc Sulphate, Calcium Chloride, Copper Sulphate, Potassium Iodide, Manganese Sulphate), Emulsifier (472C), Blackcurrant Seed Oil, **Fish** Oil, Vitamins [Sodium Ascorbate (Vitamin C), Dl-Alpha-Tocopheryl Acetate (Vitamin E), Niacinamide (Niacin), Calcium-D-Pantothenate, Retinyl Acetate (Vitamin A), Riboflavin (Vitamin B2), Pyridoxine Hydrochloride (Vitamin B6), Thiamin Mononitrate (Vitamin B1), Folic Acid, Phylloquinone (Vitamin K1), D-Biotin, Cholecalciferol (Vitamin D3), Cyanocobalamin (Vitamin B12)], Choline Bitartrate, Taurine, Nucleotides (Cytidine 5'-Monophosphate, Uridine 5'- Monophosphate, Adenosine 5'-Monophosphate, Guanosine 5'- Monophosphate), Inositol, L-Carnitine. **Contains Fish Oil and Milk.**

## PREPARATION GUIDE

| | Quantity Per Feed | | Number of Feeds Per Day |
|---|---|---|---|
| Age of Infant | Previously Boiled Water (mL) | Number of Measuring Scoops | Formula |
| 1 - 2 weeks | 90 | 3 | 6 |
| 3 - 4 weeks | 120 | 4 | 5 |
| 2nd month | 150 | 5 | 5 |
| 3 - 4 months | 180 | 6 | 5 |
| From the 5th (7th) month | 210 | 7 | 5 (4-3) |

The physician should calculate the desired total intake of energy, water and electrolytes for each infant. Initial feedings should be more diluted with a progression to full strength (14.2% solution) over a period of 4 days. In the absence of medical advice, the above feeding table may be useful as a guide.

## ORDERING INFORMATION

**ALFARÉ®**

| SKU | Presentation | Units Per Case | Product Code |
|---|---|---|---|
| Standard | 400g can | 6 x 400g | 110422 |

† 1 litre = 142g of powder + 900mL of water (average scoop weight 4.73g).

INFORMATION FOR HEALTHCARE PROFESSIONALS ONLY.
**IMPORTANT NOTICE:** Breast milk is best for babies. Before you decide to use this product, consult your doctor or health worker for advice.

HOME →

# MODULEN® IBD

**MODULEN® IBD** is a unique formulation designed to meet nutritional needs and reduce gut inflammation in people with Crohn's Disease. Suitable for oral or tube feed use and provides 1.0 kcal/mL.

## FEATURES

| | | |
|---|---|---|
| Energy Density | 1.0 kcal/mL | 4.2 kJ/mL |
| Energy Distribution | | |
| Protein – 14% | 100% Casein Containing TGF-β2 (Anti-Inflammatory Cytokine) | |
| Carbohydrate – 44% | Corn Syrup and Sucrose | |
| Fat – 42% | Milk Fat, Medium Chain Triglycerides, Corn Oil and Soy Lecithin (MCT 25% of Fat) | |

| | |
|---|---|
| Nonprotein Calorie: Nitrogen Ratio | 150:1 |
| Calorie: Nitrogen Ratio | 175:1 |
| P:S Ratio | 1:5 |
| n-6:n-3 Ratio | 11:1 |
| Osmolality | 370 mOsm/kg Water |
| Water Content | 210 mL/250mL |

## CLINICAL INDICATIONS

- Crohn's Disease
- Paediatric Crohn's Disease

N G S D H

www.nestlehealthscience.com.au



## NUTRITIONAL INFORMATION

| | Unit of Measure | Avg Qty Per 250mL Serve (50g Powder + 210mL Water) | Avg Qty Per 1000mL |
|---|---|---|---|
| **ENERGY** | kcal | 250 | 1000 |
| | kJ | 1045 | 4180 |
| Protein | g | 9 | 36 |
| Carbohydrate | g | 27 | 108 |
| - Sugars | g | 7.4 | 30 |
| Fat - Total | g | 11.5 | 46 |
| - Saturated | g | 6.6 | 26 |
| - Monounsaturated | g | 2.8 | 11 |
| - Polyunsaturated | g | 1.3 | 5 |
| - Medium Chain Triglycerides | g | 2.9 | 11.6 |
| Dietary Fibre | | 0 | 0 |
| **VITAMINS** | | | |
| Vitamin A | µg | 210 | 840 |
| Vitamin D | µg | 2.5 | 10 |
| Vitamin E | mg | 3.3 | 13 |
| Vitamin K | µg | 13 | 52 |
| Vitamin C | mg | 23 | 92 |
| Folic Acid | µg | 60 | 240 |
| Thiamin | mg | 0.29 | 1.2 |
| Niacin | mg | 2.9 | 12 |
| Riboflavin | mg | 0.32 | 1.3 |
| Vitamin B6 | mg | 0.41 | 1.6 |
| Vitamin B12 | µg | 0.8 | 3.2 |
| Biotin | µg | 8 | 32 |
| Pantothenic Acid | mg | 1.2 | 5 |
| **MINERALS** | | | |
| Sodium | mg (mmol) | 85 (3.7) | 340 (15) |
| Potassium | mg (mmol) | 300 (7.7) | 1200 (31) |
| Chloride | mg (mmol) | 182 (5.2) | 728 (21) |
| Calcium | mg | 222 | 888 |
| Phosphorous | mg | 150 | 600 |
| Magnesium | mg | 50 | 200 |
| Iodine | µg | 24 | 96 |
| Manganese | mg | 0.49 | 1.96 |
| Copper | mg | 0.24 | 0.96 |
| Zinc | mg | 2.3 | 9.2 |
| Iron | mg | 2.7 | 10.8 |
| Selenium | µg | 8.5 | 34 |
| Chromium | µg | 12 | 48 |
| Molybdenum | µg | 18 | 72 |
| Choline | mg | 17 | 68 |

## INGREDIENTS

Corn Syrup, Casein (**Milk**), Sucrose, **Milk** Fat, Medium Chain Triglycerides, Corn Oil, and less than 2% of **Soy** Lecithin, Potassium Citrate, Calcium Phosphate, Sodium Citrate, Calcium Carbonate, Magnesium Chloride, Potassium Hydroxide, Potassium Chloride, Sodium Ascorbate, Choline Bitartrate, Ferrous Sulphate, Magnesium Oxide, Dl-Alpha-Tocopheryl Acetate, Zinc Sulphate, Niacinamide, Calcium Pantothenate, Copper Sulphate, Manganese Sulphate, Retinyl Acetate, Riboflavin, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Cholecalciferol, Folic Acid, Biotin, Potassium Iodide, Sodium Molybdate, Chromium Chloride, Sodium Selenate, Phylloquinone, Cyanocobalamin.

**Contains Milk and Soy.**

**Recommended Dietary Intake*:**

3 years: Meets 100% of RDI for 20 key micronutrients in 750mL (3 serves).
4-8 years: Meets 100% of RDI for 22 key micronutrients in 1000mL (4 serves).
9-13 years: Meets 100% of RDI for 22 key micronutrients in 1500mL (6 serves).
14-18 years: Meets 100% of RDI for 20 key micronutrients in 1750mL (7 serves).
Adult male: Meets 100% of RDI for 21 key micronutrients in 2000mL (8 serves).

*Specified volumes based on males (children, adolescent and adult males 31-50 years old). Taken from 'Nutrient Reference Values for Australia and New Zealand 2005'.

## ORDERING INFORMATION

| MODULEN® IBD | | | |
|---|---|---|---|
| **SKU** | **Presentation** | **Units Per Case** | **Product Code** |
| Standard | 400g can | 12 x 400g | 140115 |

Contains less than 0.05g lactose per serve.

HOME →

# SUSTAGEN® KID ESSENTIALS®

**SUSTAGEN® KID ESSENTIALS®** is a nutritionally complete powdered supplement specially formulated for children aged 1 to 10 years.
For oral or tube feed use.

## FEATURES

| | | |
|---|---|---|
| Energy Density | 1.0 kcal/mL* | 4.2kJ/mL |
| Energy Distribution | | |
| Protein – 12% | 50% Whey Protein and 50% Potassium Caseinate | |
| Carbohydrate – 53% | Sucrose and Maltodextrin | |
| Fat – 35% | High Oleic Sunflower Oil, Rapeseed Oil, Sunflower Oil, Medium Chain Triglycerides, Fish Oil and Soy Lecithin (MCT 18.5% of Fat) | |

Nonprotein Calorie: Nitrogen Ratio . . . . . .183:1
Calorie: Nitrogen Ratio . . . . . 208:1
Osmolality. . . . . 380 mOsm/kg

*Flexible caloric density, can be concentrated to 1.5kcal/mL.

## CLINICAL INDICATIONS

- Insufficient dietary intake
- Increased energy requirements
- Poor appetite
- Surgery (pre and post operatively)

N G S D H

www.nestlehealthscience.com.au



## NUTRITIONAL INFORMATION

| | Unit of Measure | Ave Qty Per 250ml Serve (55g + 210 mL water) | Ave Qty Per 100g | Avg Qty Per 100mL* Preparation |
|---|---|---|---|---|
| **ENERGY** | kJ | 1067 | 1940 | 427 |
| | kcal | 255 | 463 | 102 |
| Protein | g | 7.6 | 13.9 | 3.0 |
| Fat, Total | g | 10.1 | 18.3 | 4.0 |
| - Saturated | g | 2.6 | 4.7 | 1.0 |
| - Monounsaturated | g | 5.2 | 9.5 | 2.1 |
| - Polyunsaturated | g | 1.5 | 2.7 | 0.6 |
| - Linoleic Acid | g | 1.2 | 2.2 | 0.5 |
| - α-Linolenic Acid | g | 0.2 | 0.4 | 0.1 |
| - DHA | mg | 11 | 20 | 4 |
| - Trans fatty Acid | g | 0.1 | 0.1 | 0.04 |
| - Medium Chain Triglycerides | g | 1.88 | 3.42 | 0.75 |
| Carbohydrate | g | 33.4 | 60.7 | 13.4 |
| - Sugars | g | 13.2 | 24.0 | 5.3 |
| - Lactose | g | <0.22 | <0.40 | <0.10 |
| Soluble Fibre, Total | g | 1.4 | 2.5 | 0.6 |
| - Fructo-oligosaccharide | g | 0.7 | 1.2 | 0.3 |
| - Inulin | g | 0.2 | 0.3 | 0.1 |
| **VITAMINS** | | | | |
| Vitamin A | µgRE | 187 | 340 | 75 |
| Vitamin D | µg | 2.3 | 4.2 | 0.9 |
| Vitamin E | mgTE | 2.3 | 4.2 | 0.9 |
| Vitamin K | µg | 13.8 | 25 | 5.5 |
| Vitamin C | mg | 18.2 | 33 | 7.3 |
| Folic Acid | µg | 49.5 | 90 | 19.8 |
| Vitamin B1 | mg | 0.3 | 0.47 | 0.12 |
| Niacin | mgNE | 3.6 | 6.5 | 1.4 |
| Vitamin B2 | mg | 0.3 | 0.48 | 0.12 |
| Vitamin B6 | mg | 0.4 | 0.7 | 0.2 |
| Vitamin B12 | µg | 0.6 | 1 | 0.2 |
| Biotin | µg | 5.2 | 9.5 | 2.1 |
| Pantothenic Acid | mg | 1.4 | 2.5 | 0.6 |
| **MINERALS** | | | | |
| Sodium | mg | 124 | 225 | 50 |
| Potassium | mg | 308 | 560 | 123 |
| Chloride | mg | 198 | 360 | 79 |
| Calcium | mg | 209 | 380 | 84 |
| Phosphorous | mg | 149 | 270 | 60 |
| Magnesium | mg | 26.4 | 48 | 10.4 |
| Iodine | µg | 28 | 50 | 11 |
| Manganese | mg | 0.2 | 0.4 | 0.1 |
| Copper | mg | 0.2 | 0.4 | 0.1 |
| Zinc | mg | 1.8 | 3.3 | 0.7 |
| Iron | mg | 2.6 | 4.8 | 1 |
| Selenium | µg | 11 | 20 | 4 |
| Chromium | µg | 7.7 | 14 | 3.1 |
| Molybdenum | µg | 14 | 25 | 6 |
| Choline | mg | 66 | 120 | 26 |
| Probiotics - L.Paracasei | CFU^ | 55 million | 100 million | 22 million |
| Probiotics - B. Longum | CFU^ | 55 million | 100 million | 22 million |

## INGREDIENTS

Maltodextrin (Corn), Sucrose, **Milk** Protein (Whey, Potassium Caseinate), Vegetable Oils (High Oleic Sunflower Oil, Rapeseed Oil, Sunflower Oil), Medium Chain Triglycerides, Minerals (Potassium Phosphate, Sodium Phosphate, Calcium Carbonate, Calcium Chloride, Magnesium Chloride, Ferrous Sulphate, Zinc Sulphate, Manganese Sulphate, Copper Sulphate, Potassium Iodide, Sodium Selenate, Chromium Chloride, Sodium Molybdate), Prebiotic Fibres (Fructo-Oligosaccharides, Inulin), Stabiliser (414), Emulsifier (**Soy** Lecithin), Flavour (Vanilla), Choline Bitartrate, Food Acid (E330), **Fish** Oil, Vitamins (C, E, Niacin, Calcium Pantothenate, B6, A, B1, B2, Folic Acid, K1, Biotin, D3, B12), Probiotics Cultures (Bifidobacterium Longum, Lactobacillus Paracasei), Taurine, L-Carnitine.
**Contains Milk, Soy and Fish.**

## ORDERING INFORMATION

**SUSTAGEN® KID ESSENTIALS®**

| SKU | Presentation | Units Per Case | Product Code |
|---|---|---|---|
| Vanilla | 800g can | 6 x 800g | 12190631 |

Contains <0.1g lactose per 100ml.
*1 litre = 220g powder + 840mL water.
^CFU: Colony Forming Units

# SUSTAGEN® KID ESSENTIALS® Ready to Drink

**SUSTAGEN® KID ESSENTIALS® Ready to Drink** is a nutritionally complete liquid specially formulated for children aged 1 to 10 years. For oral or tube feed use.

## FEATURES

| | | |
|---|---|---|
| Energy Density | 1.0 kcal/mL | 4.2kJ/mL |
| Energy Distribution | | |
| Protein – 12% | 44% Whey and 56% Milk Protein Concentrate | |
| Carbohydrate – 44% | Sucrose and Maltodextrin | |
| Fat – 44% | High Oleic Sunflower Oil, Low Eruric Acid Rapeseed Oil, Medium Chain Triglycerides, Soy Lecithin. (MCT 22.5% of Fat) | |

Nonprotein Calorie: Nitrogen Ratio . . . . . .185:1
Calorie: Nitrogen Ratio . . . . . .210:1
Osmolality. . . . . 323 mOsm/kg

## CLINICAL INDICATIONS

- Insufficient dietary intake
- Increased energy requirements
- Poor appetite
- Surgery (pre and post operatively)

AUSTRALIAN MADE

PROTECTS Tetra Pak WHAT'S GOOD™

N G S D H

www.nestlehealthscience.com.au



## NUTRITIONAL INFORMATION

| | Unit of Measure | Ave Qty Per 100mL | Per 237mL (1 Serving) |
|---|---|---|---|
| **ENERGY** | kJ | 420 | 1000* |
| | kcal | 101 | 238* |
| Protein | g | 3.0 | 7.1* |
| Carbohydrate | g | 11.0 | 26.1* |
| - Sugars | g | 4.50 | 10.70 |
| Fat | g | 4.9 | 11.7* |
| Fibre | g | 0.0 | 0.0 |
| **VITAMINS** | | | |
| Vitamin A | µgRE | 72 | 171 |
| Vitamin D | µg | 1.1 | 2.5 |
| Vitamin E | mg α-TE | 1.4 | 3.3 |
| Vitamin K | µg | 7.0 | 16.6 |
| Vitamin C | mg | 5.8 | 13.7 |
| Folic Acid | µg | 17 | 40 |
| Vitamin B1 | mg | 0.12 | 0.28 |
| Niacin | mg NE | 1.2 | 2.8 |
| Vitamin B2 | mg | 0.13 | 0.30 |
| Vitamin B6 | mg | 0.16 | 0.37 |
| Vitamin B12 | µg | 0.35 | 0.82 |
| Biotin | µg | 3.2 | 7.5 |
| Pantothenic Acid | mg | 0.42 | 1.00 |
| **MINERALS** | | | |
| Sodium | mg | 52 | 123 |
| Potassium | mg | 109 | 259 |
| Chloride | mg | 77 | 182 |
| Calcium | mg | 75 | 178 |
| Phosphorous | mg | 63 | 149 |
| Magnesium | mg | 17 | 40 |
| Iodine | µg | 8 | 20 |
| Manganese | µg | 158 | 373 |
| Copper | mg | 0.15 | 0.35 |
| Zinc | mg | 0.8 | 2.0 |
| Iron | mg | 1.3 | 3.0 |
| Selenium | µg | 5.6 | 13.2 |
| Chromium | µg | 5.3 | 12.4 |
| Molybdenum | µg | 7.9 | 18.8 |
| Choline | mg | 27 | 65 |

Contains <0.71g lactose per serve.
*Average quantities per serve

## INGREDIENTS

Water, Maltodextrin, Vegetable Oils (High Oleic Sunflower, Low Erucic Acid Rapeseed), Sucrose, **Milk** Protein Concentrate, Whey Protein Isolate (**Milk**), Medium Chain Triglyceride (From Vegetable Oil), Minerals (Calcium Phosphate, Potassium Chloride, Potassium Phosphate, Sodium Chloride, Potassium Citrate, Magnesium Oxide, Ferrous Sulphate, Zinc Sulphate, Magnesium Sulphate, Copper Sulphate, Chromium Chloride, Sodium Molybdate, Sodium Selenate, Potassium Iodide), Emulsifier (**Soy** Lecithin), Stabilisers (460, 466, 407), Acidity Regulator (330), Choline Bi-tartrate, Natural and Artificial Flavourings, Vitamins (C, E, A, Nicotinamide, Calcium Pantothenate, D3, K1, B6, B1, B2, Folic Acid, Biotin, B12), L-Carnitine.
**Contains Milk and Soy.**

## ORDERING INFORMATION

**SUSTAGEN® KID ESSENTIALS®**

| SKU | Presentation | Units Per Case | Product Code |
|---|---|---|---|
| Vanilla | 237ml tetra | 24 x 237mL | 12247898 |

# VIVONEX® Pediatric

**VIVONEX® Pediatric** is an elemental formula containing 100% free amino acids specifically designed for children aged 1 to 10 years providing 0.8 kcal/mL.

## FEATURES

| | | |
|---|---|---|
| Energy Density | 0.8 kcal/mL | 3.3 kJ/mL |
| Energy Distribution | | |
| Protein – 12% | 100% Free Amino Acids (includes 21.6% Branched Chain Amino Acids,12.9% Free Glutamine, 6.2% L-Arginine) | |
| Carbohydrate – 63% | Maltodextrin and Modified Cornstarch | |
| Fat – 25% | Medium Chain Triglycerides (68% of Fat) and Soybean Oil (74% Saturated Fat, 19% Polyunsaturated Fat, 7% Monounsaturated Fat) | |

| | |
|---|---|
| Nonprotein Calorie: Nitrogen Ratio | 200:1 |
| Calorie: Nitrogen Ratio | 227:1 |
| P:S Ratio | 1.0:3.9 |
| n-6:n-3 Ratio | 7.7:1.0 |
| Osmolality | 360 mOsm/kg Water |
| Renal Solute Load | 170 mOsm/1000mL |
| Water Content | 223mL/250mL |

## CLINICAL INDICATIONS

- Malabsorption
- Crohn's Disease
- Milk protein allergy
- Intractable diarrhoea
- Short bowel syndrome
- TPN transitional feedings
- Gastrointestinal enterocutaneous fistula
- Select pre and post operative (in cases of major GI impairment)

N G S U

www.nestlehealthscience.com.au



## NUTRITIONAL INFORMATION

| | Unit of Measure | Avg Qty Per 250mL Serve (48.5g Powder + 220mL $H_2O$) | Avg Qty Per 1000mL (1 Litre) |
|---|---|---|---|
| **ENERGY** | kcal | 200 | 800 |
| | kJ | 836 | 3340 |
| Protein* | g | 6.0 | 24 |
| Carbohydrate | g | 31.5 | 126 |
| - Sugars | g | 0 | 0 |
| Fat - Total | g | 5.8 | 24 |
| - Saturated | g | 4.4 | 18 |
| - Monounsaturated | g | 0.4 | 2 |
| - Polyunsaturated | g | 1.1 | 4 |
| Dietary Fibre | g | 0 | 0 |
| **VITAMINS** | | | |
| Vitamin A** | µgRE | 187.5 | 750 |
| Vitamin D | µg | 4 | 16 |
| Vitamin E | mg | 5 | 20 |
| Vitamin K | µg | 15 | 60 |
| Vitamin C | mg | 25 | 100 |
| Folic Acid | µg | 50 | 200 |
| Thiamin | mg | 0.38 | 1.5 |
| Niacin | mg | 2.4 | 9.6 |
| Riboflavin | mg | 0.5 | 2.0 |
| Vitamin B6 | mg | 0.5 | 2.0 |
| Vitamin B12 | µg | 0.8 | 3.2 |
| Biotin | µg | 25 | 100 |
| Pantothenic Acid | mg | 1.25 | 5.0 |
| **MINERALS** | | | |
| Sodium | mg (mmol) | 100 (4.3) | 400 (17) |
| Potassium | mg (mmol) | 300 (7.7) | 1200 (31) |
| Chloride | mg (mmol) | 250 (7.1) | 1000 (28) |
| Calcium | mg | 280 | 1120 |
| Phosphorous | mg | 210 | 840 |
| Magnesium | mg | 50 | 200 |
| Iodine | µg | 30 | 120 |
| Manganese | mg | 0.5 | 2.0 |
| Copper | mg | 0.25 | 1.0 |
| Zinc | mg | 1.75 | 7.0 |
| Iron | mg | 2.5 | 10 |
| Selenium | µg | 7.5 | 30 |
| Chromium | µg | 11.3 | 45 |
| Molybdenum | µg | 18.8 | 75 |
| Choline | mg | 63 | 252 |
| L-Carnitine | mg | 6.25 | 25 |
| Taurine | mg | 20 | 80 |
| M-Inositol | mg | 15 | 60 |

*Representing 6g of amino acids **Includes 46% Vitamin A activity from beta carotene.

## INGREDIENTS

Maltodextrin, Modified Cornstarch, Medium Chain Triglycerides (from Coconut and/or Palm Kernel Oil), **Soy**bean Oil, Calcium Glycerophosphate, Magnesium Gluconate and less than 2% of L-Glutamine, L-Lysine Acetate, L-Leucine, L-Arginine Acetate, Potassium Chloride, L-Valine, Citric Acid, L-Isoleucine, L-Aspartic Acid, L-Alanine, L-Phenylalanine, L-Serine, L-Proline, L-Threonine, Sodium Citrate, L-Tyrosine, L-Glutamic Acid, Potassium Citrate, Glycine, L-Histidine Hydrochloride, L-Methionine, Choline Bitartrate, L-Cystine, Polyglycerol Esters of Fatty Acids, L-Tryptophan, Sodium Phosphate, Ascorbic Acid, Potassium Sorbate and BHA/BHT (to maintain freshness), M-Inositol, Taurine, Alpha Tocopheryl Acetate, Ferrous Sulphate, L-Carnitine, Zinc Sulphate, Niacinamide, Calcium Pantothenate, Vitamin D3, Copper Gluconate, Vitamin A Palmitate, Manganese Sulphate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Riboflavin, Beta Carotene, Chromium Chloride, Sodium Molybdate, Folic Acid, Potassium Iodide, Biotin, Sodium Selenite, Phytonadione, Vitamin B12. **Contains Soy.**

**Recommended Dietary Intake*:**

1-3 years: Meets 100% of RDI for 21 key micronutrients in 750mL (3 serves).
4-8 years: Meets 100% of RDI for 24 key micronutrients in 1000mL (4 serves).
9-13 years: Meets 100% of RDI for 24 key micronutrients in 1500mL (6 serves).

*Specified volumes based on male children. Taken from 'Nutrient Reference Values for Australia and New Zealand 2005'.

## ORDERING INFORMATION

**VIVONEX® Pediatric**

| SKU | Presentation | Units Per Case | Product Code |
|---|---|---|---|
| Standard | 48.5g sachet | 6 x 6 x 48.5g | 12172654 |

Not suitable for people with galactosemia.
Not suitable for vegans: contains vitamin D derived from lanolin.

## FREQUENTLY ASKED QUESTIONS - PAEDIATRICS

INFORMATION FOR HEALTHCARE PROFESSIONALS ONLY

| | Nutritionally Complete | No Gluten Containing Ingredients | Contains Soy | Contains Dairy | Halal Certified | Kosher Certified |
|---|---|---|---|---|---|---|
| ALFAMINO® | N | G | | | | |
| ALFARÉ® | N | G | | D | | |
| MODULEN® IBD | N | G | S | D | H | |
| SUSTAGEN® KID ESSENTIALS® | N | G | S | D | H | |
| VIVONEX® Pediatric | N | G | S | | | U |

**IMPORTANT NOTICE:** Breast milk is best for babies. Before you decide to use this product, consult your doctor or health worker for advice.



## FREQUENTLY ASKED QUESTIONS - PAEDIATRICS

INFORMATION FOR HEALTHCARE PROFESSIONALS ONLY

### The Nestlé Health Science Paediatric product range

**IMPORTANT NOTICE:** Breast milk is best for babies and provides ideal nutrition. Good maternal nutrition is important for the preparation and maintenance of breastfeeding. Introducing partial bottle feeding could negatively affect breastfeeding and reversing a decision not to breastfeed is difficult. Professional advice should be followed on infant feeding. Infant formula should be prepared and used exactly as directed or it could pose a health hazard. The preparation requirements and weekly cost of providing infant formula until 12 months of age should be considered before making a decision to formula feed.

## OPTIFAST®

**OBESITY MANAGEMENT**

OPTIFAST® VLCD™ ..... 106 - 115

**FREQUENTLY ASKED QUESTIONS - OPTIFAST® ..... 116 - 117**

# OPTIFAST® VLCD™

The **OPTIFAST® VLCD™** Program is a nutritionally complete very low calorie diet for the management of people who are obese or severely overweight. To assist with compliance the product range comes in a variety of products including shakes, desserts, soups and bars.

## INGREDIENTS

### Vanilla Flavour Shake (21 pack) Original recipe

**Milk** proteins (Calcium caseinate 25%, Sodium caseinate 12% ), Skimmed **Milk** powder (25%), Sugar, Maltodextrin (corn), Vegetable oil (Sunflower), Minerals (Potassium citrate, Sodium chloride, Magnesium carbonate, Sodium citrate, Potassium phosphate, Tricalcium phosphate, Ferric pyrophosphate, Zinc sulphate, Copper gluconate, Manganese sulphate, Sodium fluoride, Chromium chloride, Sodium molybdate, Potassium iodide, Sodium selenite), Glucose syrup (corn), Flavour, Emulsifier (**Soy** lecithin), Sweetener (Sodium saccharin), Antioxidants (304, 307), Colour (160a), Vitamins (Ascorbic Acid, Nicotinamide, Vitamin E acetate, Calcium pantothenate, Thiamin hydrochloride, Pyridoxine hydrochloride, Riboflavin, Vitamin A acetate, Folic acid, Biotin, Phytonadione, Cholecalciferol, Cyanocobalamin).
**Contains Milk and Soy. Made on equipment that also processes products containing Egg and Celery.**

### Chocolate Shake (21 pack) Original recipe

**Milk** proteins (Calcium caseinate 25%, Sodium caseinate 12% ) Skimmed **Milk** powder (25%), Sugar, Maltodextrin (corn), Vegetable oil (Sunflower), Cocoa powder (5%), Minerals (Potassium citrate, Sodium chloride, Magnesium carbonate, Sodium citrate, Potassium phosphate, Tricalcium phosphate, Ferric pyrophosphate, Zinc sulphate, Copper gluconate, Manganese sulphate, Sodium fluoride, Chromium chloride, Sodium molybdate, Potassium iodide, Sodium selenite), Glucose syrup (corn), Flavour, Emulsifier (**Soy** lecithin), Sweetener (Sodium saccharin), Vanillin, Antioxidants (304, 307), Vitamins (Ascorbic Acid, Nicotinamide, Vitamin E acetate, Calcium pantothenate, Thiamin hydrochloride, Pyridoxine hydrochloride, Riboflavin, Vitamin A acetate, Folic acid, Biotin, Phytonadione, Cholecalciferol, Cyanocobalamin).
**Contains Milk and Soy. Made on equipment that also processes products containing Egg and Celery.**



## INGREDIENTS

### Vanilla Flavour Shake (12 pack)

Skimmed **Milk** Powder (36%), **Milk** proteins (Calcium caseinate 13%, Sodium caseinate 8% ), Inulin, Maltodextrin (corn), Sugar, Vegetable oils (Canola, Sunflower), Fructose, Minerals (Potassium citrate, Sodium chloride, Magnesium carbonate, Potassium phosphate, Tricalcium phosphate, Ferric pyrophosphate, Zinc sulphate, Copper gluconate, Manganese sulphate, Sodium fluoride, Chromium chloride, Sodium molybdate, Potassium iodide, Sodium selenite), Glucose Syrup (Corn, **Wheat** or Potato), Medium Chain Triglycerides, **Fish** oil, Corn Starch, Flavour, Vegetable Gum (414), Sweetener (Aspartame, Acesulfame potassium), Emulsifiers (**Soy** lecithin, 472c, 471),Vitamins (Ascorbic Acid, Nicotinamide, Vitamin E acetate, Calcium pantothenate, Thiamin hydrochloride, Pyridoxine hydrochloride, Riboflavin, Vitamin A acetate, Folic acid, Biotin, Phytonadione, Cholecalciferol, Cyanocobalamin), Antioxidants (304, 307), Colour (160a).
**Contains Milk, Soy, Wheat and Fish. Contains Phenylalanine. Made on equipment that also processes products containing Egg and Celery.**

### Chocolate Shake (12 pack)

Skimmed **Milk** Powder (34%), **Milk** proteins (Calcium caseinate 13% , Sodium Caseinate 7%), Fructose, Vegetable oils (Canola, Sunflower), Inulin, Maltodextrin (corn), Sugar, Cocoa Powder (5%), Minerals (Potassium citrate, Magnesium carbonate, Potassium phosphate, Sodium chloride, Ferric pyrophosphate, Zinc sulphate, Copper gluconate, Tricalcium phosphate, Manganese sulphate, Sodium fluoride, Chromium chloride, Sodium selenite, Sodium molybdate, Potassium iodide), Glucose Syrup (Corn, **Wheat** or Potato), **Fish** oil, Corn Starch, Emulsifiers (Soy lecithin, 472c, 471), Sweeteners (Aspartame, Acesulfame potassium), Vitamins (Ascorbic Acid, Vitamin E acetate, Nicotinamide, Calcium pantothenate, Pyridoxine hydrochloride, Thiamin hydrochloride, Riboflavin, Vitamin A acetate, Folic acid, Biotin, Phytonadione, Cholecalciferol, Cyanocobalamin), Flavour, Antioxidants (304, 307), Vegetable Gum (414), Medium Chain Triglycerides. **Contains Milk, Soy, Wheat and Fish. Contains Phenylalanine. Made on equipment that also processes products containing Egg and Celery.**

### Strawberry Flavour Shake

Skimmed **Milk** Powder(35%), **Milk** proteins (Calcium caseinate 13%, Sodium caseinate 7% ), Inulin, Maltodextrin (corn, potato), Sugar, Vegetable oils (Canola, Sunflower), Fructose, Minerals (Potassium citrate, Sodium chloride, Magnesium carbonate, Potassium phosphate, Tricalcium phosphate, Ferric pyrophosphate, Zinc sulphate, Copper gluconate, Manganese sulphate, Sodium fluoride, Chromium chloride, Sodium molybdate, Potassium iodide, Sodium selenite), Glucose Syrup (Corn, **Wheat** or Potato), Medium chain triglycerides, **Fish** oil, Corn Starch, Colour (160a), Sweetener (Aspartame, Acesulfame potassium), Emulsifiers (**Soy** lecithin, 472c, 471), Flavour, Vegetable Gum (414), Vitamins (Ascorbic Acid, Nicotinamide, Vitamin E acetate, Calcium pantothenate, Thiamin hydrochloride, Pyridoxine hydrochloride, Riboflavin, Vitamin A acetate, Folic acid, Biotin, Phytonadione, Cholecalciferol, Cyanocobalamin), Antioxidants (304, 307), Food Acid (330).
**Contains Milk, Soy, Wheat and Fish. Contains Phenylalanine. Made on equipment that also processes products containing Egg and Celery.**

### Coffee Shake

Skimmed **Milk** Powder (35%), **Milk** proteins (Calcium caseinate 13% , Sodium Caseinate 7%),Inulin, Maltodextrin (corn), Vegetable oils (Canola, Sunflower), Fructose, Sugar, Coffee extract (4%), Minerals (Potassium citrate, Magnesium carbonate, Potassium phosphate, Sodium chloride, Ferric pyrophosphate, Zinc sulphate, Copper gluconate, Tricalcium phosphate, Manganese sulphate, Sodium fluoride, Chromium chloride, Sodium selenite, Sodium molybdate, Potassium iodide), Glucose Syrup (Corn, **Wheat** or Potato), Medium chain triglycerides, Flavour, **Fish** oil, Corn Starch, Vegetable Gum (414), Sweeteners (Aspartame, Acesulfame potassium), Emulsifiers (**Soy** lecithin, 472c, 471), Vitamins (Ascorbic Acid, Vitamin E acetate, Nicotinamide, Calcium pantothenate, Pyridoxine hydrochloride, Thiamin hydrochloride, Riboflavin, Vitamin A acetate, Folic acid, Biotin, Phytonadione, Cholecalciferol, Cyanocobalamin), Antioxidants (304, 307). **Contains Milk, Soy, Wheat and Fish. Contains Phenylalanine. Made on equipment that also processes products containing traces of Egg and Celery.**

HOME →

## Banana Flavour Shake

Skimmed **Milk** Powder (37%), **Milk** proteins [Calcium caseinate (13%) , Sodium Caseinate (7%)],Inulin, Vegetable oils (Canola, Sunflower), Sugar, Maltodextrin (corn, potato), Fructose, Minerals (Potassium citrate, Magnesium carbonate, Potassium phosphate, Sodium chloride, Ferric pyrophosphate, Zinc sulphate, Copper gluconate, Tricalcium phosphate, Manganese sulphate, Sodium fluoride, Chromium chloride, Sodium selenite, Sodium molybdate, Potassium iodide), Glucose Syrup (Corn, **Wheat** or Potato), Medium chain triglycerides, **Fish** oil, Corn Starch, Sweeteners (Aspartame, Acesulfame potassium), Emulsifiers (Soy lecithin, 472c, 471), Vitamins (Ascorbic Acid, Vitamin E acetate, Nicotinamide, Calcium pantothenate, Pyridoxine hydrochloride, Thiamin hydrochloride, Riboflavin, Vitamin A acetate, Folic acid, Biotin, Phytonadione, Cholecalciferol, Cyanocobalamin), Flavour, Antioxidants (304, 307), Vegetable Gum (414), Colour (160a). **Contains Milk, Soy, Wheat and Fish. Contains Phenylalanine. Made on equipment that also processes products containing Egg and Celery.**

## Caramel Flavour Shake

Skimmed **Milk** powder (35%), **Milk** proteins (Calcium caseinate 15%, Sodium caseinate 7% ), Sugar, Inulin, Vegetable oils (Canola, Sunflower), Maltodextrin (corn), Minerals (Potassium citrate, Magnesium carbonate, Sodium chloride, Potassium phosphate, Tricalcium phosphate, Ferric pyrophosphate, Zinc sulphate, Copper gluconate, Manganese sulphate, Chromium chloride, Potassium iodide, Sodium selenite, Sodium molybdate, Sodium fluoride), Medium Chain Triglycerides, Glucose Syrup (Corn, **Wheat** or Potato), Colour (150a), **Fish** oil, Corn Starch, Emulsifiers (**Soy** lecithin, 472c, 471),Vitamins (Ascorbic Acid, Nicotinamide, Vitamin E acetate, Calcium pantothenate, Thiamin hydrochloride, Pyridoxine hydrochloride, Riboflavin, Vitamin A acetate, Folic acid, Biotin, Phytonadione, Cholecalciferol, Cyanocobalamin), Flavour, Sweetener (Aspartame, Acesulfame potassium), Vegetable Gum (414), Antioxidants (304, 307). **Contains Milk, Soy, Wheat and Fish. Contains Phenylalanine. Made on equipment that also processes products containing Egg and Celery.**

## Chocolate Dessert

**Milk** protein isolate (30%), **Milk** proteins [Calcium caseinate (8%), Sodium caseinate (4%)], Fructose, **Soy** oil, Sugar, Thickener (407,1414), Cocoa powder (6%), Maltodextrin (corn), Maize dextrin, Minerals (Tripotassium citrate, Magnesium carbonate, Potassium chloride, Sodium chloride, Potassium phosphate, Ferric pyrophosphate, Zinc sulphate, Copper gluconate, Manganese sulphate, Tricalcium phosphate, Sodium fluoride, Sodium molybdate, Chromium chloride, Potassium iodide, Sodium selenite), Flavour, Glucose syrup (corn), MCT oil, Sweeteners (Aspartame, Acesulfame potassium), Emulsifier (**Soy** lecithin), Antioxidants (304, 307), Vitamins (Ascorbic acid, Nicotinamide, Calcium pantothenate, Vitamin E acetate, Vitamin A acetate, Pyridoxine hydrochloride, Riboflavin, Thiamin hydrochloride, Folic acid, Phytonadione, Biotin, Cholecalciferol, Cyanocobalamin). **Contains Milk and Soy. Contains Phenylalanine. Made on equipment that also processes products containing Egg and Celery.**

## Lemon Crème Flavour Dessert

**Milk** protein isolate (25%), **Milk** proteins [Calcium caseinate (13%), Sodium caseinate (6%)], Fructose, Sugar, **Soy** oil, Maize dextrin, Thickener (407,1414), Maltodextrin (corn), Minerals (Tripotassium citrate, Magnesium carbonate, Potassium chloride, Sodium chloride, Potassium phosphate, Ferric pyrophosphate, Zinc sulphate, Copper gluconate, Manganese sulphate, Tricalcium phosphate, Sodium fluoride, Chromium chloride, Potassium iodide, Sodium selenite, Sodium Molybdate), Glucose syrup (corn), Flavour, MCT oil, Sweeteners (Aspartame, Acesulfame potassium), Colour (100), Vitamins (Ascorbic acid, Nicotinamide, Vitamin E acetate, Calcium pantothenate, Pyridoxine hydrochloride, Riboflavin, Thiamin hydrochloride, Vitamin A acetate, Folic acid, Phytonadione, Biotin, Cholecalciferol, Cyanocobalamin), Emulsifier (Soy lecithin), Antioxidants (304, 307). **Contains Milk and Soy. Contains Phenylalanine. Made on equipment that also processes products containing Egg and Celery.**

## Chicken Flavour Soup

**Milk** proteins [Calcium caseinate (26%), Sodium caseinate (12%) ], Maltodextrin (corn), Vegetable Fat powder [**Soy** oil, Maltodextrin, **Milk** protein, Emulsifier (**Soy** lecithin), Antioxidants (304,307)], Maize dextrin, Chicken flavour (Contains Milk & Celery)), Thickener (1414), Minerals (Tripotassium phosphate, Potassium citrate, Magnesium carbonate, Ferric pyrophosphate, Tricalcium phosphate, Zinc sulphate, Copper Gluconate, Manganese sulphate, Sodium flouride, Chromium chloride, Potassium iodide, Sodium selenite, Sodium molybdate), Skimmed **Milk** powder, Flavour [Contains **Soy**, **Wheat** and **celery**], Yeast extract, Glucose syrup (corn), MCT oil, Parsley, Vitamins (Ascorbic Acid, Nicotinamide, Vitamin E acetate, Calcium pantothenate, Pyridoxine hydrochloride, Riboflavin, Thiamin hydrochloride, Vitamin A acetate, Folic acid, Phylloquinine, Biotin, Cholecalciferol, Cyanocobalamin), Colour (100), Pepper extract, Emulsifier (**Soy** lecithin). **Contains Milk, Soy, Wheat and Celery. Made on equipment that also processes products containing egg.**

## Vegetable Soup

Skimmed **Milk** powder (**Soy** lecithin), **Milk** proteins [Calcium caseinate (16%), Sodium caseinate (8%)], Inulin, Vegetable Fat powder [Vegetable Oils, Glucose syrup (corn),





**Milk** protein, Emulsifiers (472b, 472c), Antioxidants (301, 306)], Vegetable flavour [Maltodextrin (**Wheat**), Flavour, Flavour enhancers (621, 627, 631), Anti-caking agent (551)], Flavour (Flavour enhancers (621), contains **Soy**, **Wheat** and **Celery**), Potato flakes (4%) (contains **Sulphites**), Minerals (Potassium citrate, Tricalcium phosphate, Magnesium carbonate, Potassium phosphate, Ferric pyrophosphate, Zinc sulphate, Copper gluconate, Manganese sulphate, Sodium fluoride, Chromium chloride, Sodium selenite, Potassium iodide, Sodium molybdate), Dried vegetable mix (3.5%), Thickener (1414, 407), Tomato powder (3%), Yeast extract, MCT oil, **Fish** oil powder (contains **Milk** and **Soy**), Leek powder (1%), Flavour, Glucose syryup (corn), Maltodextrin (corn), Pepper flavour, Emulsifier (**Soy** lecithin), Vitamins (Vitamin E acetate, Nicotinamide, Calcium pantothenate, Ascorbic acid, Thiamin hydrochloride, Pyridoxine hydrochloride, Riboflavin, Vitamin A acetate, Folic acid, Phytonadione, Biotin, Cholecalciferol, Cyanocobalamin), Nutmeg flavour (contains **sulphites**). **Contains Milk, Soy, Wheat, Sulphites, Fish and Celery. Made on equipment that also processes products containing egg.**

## Tomato Country Style Soup

Skimmed **Milk** Powder (28%), **Milk** Proteins [Calcium Caseinate (15%), Sodium Caseinate (7%)], Tomato (12%), Maltodextrin (Corn), Vegetable Oil (Sunflower Oil, Rapeseed Oil), Minerals (Sodium Chloride, Magnesium Citrate, Potassium Citrate, Potassium Phosphate, Potassium Chloride, Tricalcium Phosphate, Ferric Pyrophosphate, Zinc Sulphate, Copper Gluconate, Manganese Sulphate, Chromium Chloride, Potassium Iodide, Sodium Selenite, Sodium Molybdate, Sodium Fluoride), Sugar, Beetroot Juice Conc, Glucose Syrup (Corn, **Wheat** or Potato), Medium Chain Triglycerides, **Fish** Oil, Vegetable Gum (415), Parsley, Stabiliser (466), Emulsifiers (472c, **Soy** Lecithin, 471), Vitamins (Vitamin E Acetate, Vitamin A Acetate, Nicotinamide, Calcium Pantothenate, Ascorbic Acid, Cholecalciferol, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Cyanocobalamin, Phylloquinone, Riboflavin, Folic Acid, Biotin), Colour (100), Flavours (**Wheat**), Antioxidants (304, 307). **Contains Milk , Soy, Wheat and Fish. Made on equipment that also processes products containing Egg and Celery.**

## Berry Crunch Flavour Bar

Fructose glucose syrup (sugar beet), **Soy** crisp (**Soy** protein isolate, tapioca starch, salt), **Milk** chocolate (17%) [Sugar, Cocoa solids (6.5%), whole **Milk** powder, Emulsifier (**Soy** lecithin), Flavour], **Soy** nuts, **Soy** protein isolate, Minerals (Tripotassium citrate, Calcium phosphate, Sodium phosphate, Magnesium phosphate, Trisodium citrate, Magnesium carbonate, Ferric pyrophosphate, Potassium iodate, Zinc oxide, Sodium selenate, Copper sulphate, Manganese sulphate), Inulin, Fruit preparation [ Sugar, Raspberry (0.6%), Apple puree (0.4%), Raspberry (0.6%) and Cherry (0.2%) juice concentrate, Fructose syrup, Lactose (9%) (**Milk**), Vegetable fat, Flavour, Vegetable gum (440), Food acid (330)], Vegetable oil (Rapeseed), Vitamins (Ascorbic acid, Vitamin E acetate, Nicotinamide, Biotin, Vitamin A acetate, Calcium pantothenate, Folic acid, Cholecalciferol, Pyridoxine, Riboflavin, Thiamin, Cyanocobalamin), Food acid (330), Flavour, Emulsifier (**Soy** lecithin). **Contains Milk and Soy. Made on equipment that also processes products containing tree nuts, peanuts and oats.**

## Chocolate Bar

**Milk** Protein (Calcium Caseinate, Whey), Polydextrose, **Milk** chocolate (15%) [Sugar, Cocoa solids (6%), whole milk powder, Emulsifier (**Soy** lecithin), Flavour], Fructose, Sorbitol, Minerals (Tripotassium Citrate, Calcium phosphate, Sodium phosphate, Sodium Chloride, Magnesium phosphate, Magnesium carbonate, Ferric pyrophosphate, Sodium citrate, Potassium iodate, Zinc oxide, Sodium selenate, Copper sulphate, Manganese sulphate), Cocoa powder (5.2%), Vegetable oils (Rapeseed, Safflower), **Soy** protein isolate, Vitamins (Ascorbic acid, Vitamin E acetate, Nicotinamide, Biotin, Vitamin A acetate, Calcium pantothenate, Folic acid, Cholecalciferol, Pyridoxine, Riboflavin, Thiamin, Cyanocobalamin), Emulsifier (**Soy** lecithin), Flavour. **Contains Milk and Soy. Made on equipment that also processes products containing tree nuts, peanuts and oats.**

## Cappuccino Flavour Bar

Fructose glucose syrup (sugar beet), **Soy** crisp (**Soy** protein isolate, tapioca starch, salt), **Milk** chocolate (17%) [Sugar, Cocoa solids (6.5%), Whole **Milk** powder, Emulsifier (**Soy** lecithin), Flavour], **Soy** nuts, **Soy** protein isolate, Minerals (Tripotassium citrate, Calcium phosphate, Sodium phosphate, Magnesium phosphate, Trisodium citrate, Magnesium carbonate, Ferric pyrophosphate, Potassium iodate, Zinc oxide, Sodium selenate, Copper sulphate, Manganese sulphate), Inulin, Vegetable oil (Rapeseed), Mocca Paste (0.5%), Vitamins (Ascorbic acid, Vitamin E acetate, Nicotinamide, Biotin, Vitamin A acetate, Calcium pantothenate, Folic acid, Cholecalciferol, Pyridoxine, Riboflavin, Thiamin, Cyanocobalamin), Flavour, Emulsifier (**Soy** lecithin). **Contains Milk and Soy. Made on equipment that also processes products containing tree nuts, peanuts and oats.**

HOME →

## NUTRITIONAL INFORMATION

| | Unit of Measure | OPTIFAST® VLCD™ Shakes (21 packs) Original Recipe Vanilla & Chocolate | OPTIFAST® VLCD™ Shakes (12 packs) Vanilla, Chocolate, Strawberry, Coffee, Banana | OPTIFAST® VLCD™ Shakes (12 pack) Caramel Flavour | OPTIFAST® VLCD™ Chocolate Dessert | OPTIFAST® VLCD™ Lemon Crème Flavour Dessert |
|---|---|---|---|---|---|---|
| **Average Quantity Per Serving** | | **40g** | **54g** | **54g** | **46g** | **46g** |
| ENERGY | kJ | 635 | 870 | 870 | 720 | 720 |
| | Cal | 152 | 207 | 207 | 173 | 173 |
| Protein | g | 17.3 | 17.5 | 17.5 | 18.3 | 18.3 |
| Fat, Total | g | 2.3 | 4.5 | 4.5 | 2.7 | 2.7 |
| - Saturated | g | 0.3 | 1.1 | 1.1 | 0.60 | 0.8 |
| - Linoleic Acid (Omega 6) | g | 1.32 | 1.2 | 1.22 | 1.25 | 1.32 |
| - α-Linolenic Acid (Omega 3) | g | 0.004 | 0.22 | 0.20 | 0.18 | 0.19 |
| - EPA & DHA | mg | 0 | 60 | 60 | 0 | 0 |
| Carbohydrate | g | 15 | 22.5 | 22.5 | 17.0 | 17.0 |
| - Sugars | g | 9.2 | 17.8 | 17.8 | 8.9 | 9.9 |
| Dietary Fibre | g | 0 | 3.6 | 3.6 | 3.0 | 3.0 |
| Sodium | mg(mmol) | 330 (14) | 220 (10) | 275 | 240 (10) | 230 (10) |
| Vitamin A | µg | 332 | 486 | 486 | 330 | 310 |
| Thiamin | mg | 0.53 | 0.70 | 0.60 | 0.5 | 0.5 |
| Riboflavin | mg | 0.67 | 0.92 | 0.92 | 0.7 | 0.7 |
| Niacin | mgNE | 6 | 7 | 7 | 6 | 6 |
| Pantothenic Acid | mg | 2.7 | 4.0 | 4.0 | 2.7 | 2.7 |
| Vitamin B6 | mg | 0.7 | 0.9 | 0.8 | 0.8 | 0.8 |
| Biotin | µg | 67 | 16 | 16 | 70 | 10 |
| Folic Acid | µg | 133 | 124 | 124 | 130 | 130 |
| Vitamin B12 | µg | 1 | 1.2 | 1.2 | 1 | 1 |
| Vitamin C | mg | 25 | 46 | 46 | 25 | 25 |
| Vitamin D | µg | 1.7 | 2.4 | 2.4 | 1.7 | 1.7 |
| Vitamin E | mg | 4 | 8.1 | 8.1 | 4.4 | 4.4 |
| Vitamin K | µg | 33 | 32 | 32 | 33 | 25 |
| Calcium | mg | 300 | 350 | 350 | 280 | 260 |
| Chromium | µg | 33 | 54 | 59 | 30 | 30 |
| Copper | mg | 0.8 | 0.5 | 0.5 | 0.8 | 0.7 |
| Iodine | µg | 50 | 81 | 81 | 60 | 60 |
| Iron | mg | 6 | 5.4 | 5.9 | 6.9 | 6.7 |
| Magnesium | mg | 116 | 130 | 130 | 140 | 140 |
| Manganese | mg | 1 | 0.5 | 0.5 | 1 | 1 |
| Molybdenum | µg | 67 | 33 | 43 | 70 | 15 |
| Phosphorus | mg | 268 | 340 | 340 | 270 | 250 |
| Selenium | µg | 14 | 32 | 38 | 14 | 14 |
| Zinc | mg | 5 | 5.9 | 5.9 | 5 | 5 |
| Potassium | mg (mmol) | 670(17) | 780 (20) | 780 | 699 (18) | 700 (18) |
| Chloride | mg | 400 | 351 | 421 | 250 | 230 |



## NUTRITIONAL INFORMATION

| | Unit of Measure | OPTIFAST® VLCD™ Chicken Flavour Soup | OPTIFAST® VLCD™ Vegetable Soup | OPTIFAST® VLCD™ Tomato Country Style Soup | OPTIFAST® VLCD™ Berry Crunch Flavour Bar | OPTIFAST® VLCD™ Chocolate Bar* | OPTIFAST® VLCD™ Cappuccino Flavour Bar |
|---|---|---|---|---|---|---|---|
| **Average Quantity Per Serving** | | **48g** | **54g** | **54g** | **60g** | **70g** | **60g** |
| ENERGY | kJ | 724 | 875 | 860 | 950 | 950 | 940 |
| | Cal | 173 | 209 | 206 | 228 | 226 | 226 |
| Protein | g | 18.3 | 17.5 | 17.5 | 18.3 | 20 | 18.3 |
| Fat, Total | g | 2.7 | 4.5 | 4.5 | 6.9 | 7.4 | 6.9 |
| - Saturated | g | 0.8 | 1.8 | 1.1 | 2.6 | 2.8 | 2.6 |
| - Linoleic Acid (Omega 6) | g | 1.18 | 1.15 | 1.06 | 1.2 | 1.15 | 1.2 |
| - α-Linolenic Acid (Omega 3) | g | 0.17 | 0.17 | 0.18 | 0.22 | 0.19 | 0.22 |
| - EPA & DHA | mg | 0 | 75 | 60 | 0 | 0 | 0 |
| Carbohydrate | g | 17 | 22.5 | 22.0 | 20.8 | 13 | 20.4 |
| - Sugars | g | 2.4 | 9.1 | 10.3 | 19.3 | 11.2 | 18.3 |
| Dietary Fibre | g | 3.0 | 3.6 | 3.6 | 4.5 | 2.1 | 4.5 |
| Sodium | mg | 660 (29) | 870 (38) | 755 | 390 (17) | 250 (11) | 390 (17) |
| Vitamin A | µg | 310 | 330 | 487 | 426 | 455 | 429 |
| Thiamin | mg | 0.5 | 0.54 | 0.6 | 0.69 | 0.67 | 0.57 |
| Riboflavin | mg | 0.7 | 0.67 | 0.76 | 1.02 | 1.12 | 0.9 |
| Niacin | mg | 6 | 6 | 7.6 | 9.6 | 11 | 10.8 |
| Pantothenic Acid | mg | 2.7 | 2.4 | 4.0 | 1.9 | 2.03 | 1.9 |
| Vitamin B6 | mg | 0.8 | 0.7 | 0.8 | 1 | 1.2 | 0.8 |
| Biotin | µg | 10 | 10 | 16 | 67 | 70 | 67 |
| Folic Acid | µg | 130 | 100 | 124 | 126 | 150 | 126 |
| Vitamin B12 | µg | 0.7 | 1.0 | 1.2 | 0.6 | 1.4 | 0.6 |
| Vitamin C | mg | 25 | 25 | 46 | 63 | 35 | 45 |
| Vitamin D | µg | 1.7 | 1.7 | 2.4 | 3 | 3.4 | 3.2 |
| Vitamin E | mg | 4.4 | 8 | 8.1 | 6 | 7 | 6.1 |
| Vitamin K | µg | 25 | 25 | 32 | 0 | 0 | 0 |
| Calcium | mg | 210 | 500 | 350 | 270 | 340 | 270 |
| Chromium | µg | 30 | 50 | 59 | 0 | 0 | 0 |
| Copper | mg | 0.7 | 0.5 | 0.5 | 0.9 | 0.8 | 0.9 |
| Iodine | µg | 60 | 50 | 81 | 66 | 70 | 66 |
| Iron | mg | 6.7 | 6 | 5.9 | 9.1 | 11 | 9.1 |
| Magnesium | mg | 140 | 120 | 130 | 150 | 150 | 150 |
| Manganese | mg | 1.0 | 0.5 | 0.5 | 0.70 | 0.53 | 0.70 |
| Molybdenum | µg | 15 | 30 | 43 | 0 | 0 | 0 |
| Phosphorus | mg | 300 | 420 | 340 | 588 | 525 | 588 |
| Selenium | µg | 14 | 30 | 38 | 36 | 32 | 36 |
| Zinc | mg | 5 | 5.4 | 5.9 | 5.4 | 5.1 | 5.4 |
| Potassium | mg (mmol) | 770 (20) | 775 (20) | 780 | 732 (19) | 840 (22) | 732 (19) |
| Chloride | mg | 900 | 1100 | 1103 | 0 | 0 | 0 |

*OPTIFAST® VLCD™ Chocolate Bar also contains the following nutrients per 70g serve: Polydextrose 7.7g, Sorbitol 4.6g.

HOME →

## INDICATIONS

Total food replacement for the obese and severely overweight. OPTIFAST® VLCD™ Program is intended for use as part of the management of the moderately to severely overweight, even when there is associated secondary pathology e.g. non-insulin dependent diabetes, hypertension, osteoarthritis, hypothyroidism corrected by replacement therapy, gynaecological disorders, hyperlipidaemia or where obesity is an impediment to surgery.

## CONTRAINDICATIONS

**Use in pregnancy -** Contraindicated.

**Use in lactation -** Contraindicated.

**Use in children -** Use of very low energy diets is not recommended in persons below 18 years.

## PRECAUTIONS

Acute cerebrovascular or cardiovascular disease, renal disease, hepatic disease, type 1 diabetes, porphyria or overt psychosis.

Individuals with recent myocardial infarction should be referred to a cardiologist to determine suitability for modified fasting.

Individuals receiving medication for diabetes, hypertension, hyperlipidaemia or those on lithium therapy may require a reduction in dose or withdrawal of treatment whilst undergoing modified fasting. Such individuals should be monitored carefully in the first weeks of an OPTIFAST® VLCD™ Program.

Individuals with a history of hepatic or renal disease should also be monitored carefully. Individuals on lithium therapy require more frequent monitoring of blood lithium levels.

## MONITORING

At the commencement of the program, individuals should be checked for normal renal and hepatic function and thereafter regular checks for weight, blood pressure and urinalysis.

## ADVERSE REACTIONS

Initial transient effects have been observed: sensitivity to cold, dry skin, temporary rash, temporary hair loss, postural hypotension, fatigue, diarrhoea, constipation, muscle cramps, halitosis, irritability, menstrual disturbances. These are generally insufficient in magnitude or duration to warrant cessation of the program.

Rapid weight loss occasionally leads to higher serum uric acid levels and might precipitate an acute attack of gout in a predisposed individual. This may be ameliorated by ensuring adequate fluid intake and including one teaspoon of vegetable oil with the 2 cups of additional vegetables consumed daily.

Although the OPTIFAST® VLCD™ Program contains adequate electrolytes for the needs of most individuals, some individuals may become hyponatraemic or hypokalaemic, especially if they are receiving diuretic therapy. In such circumstances, electrolyte supplements may be required.

## DOSAGE AND ADMINISTRATION

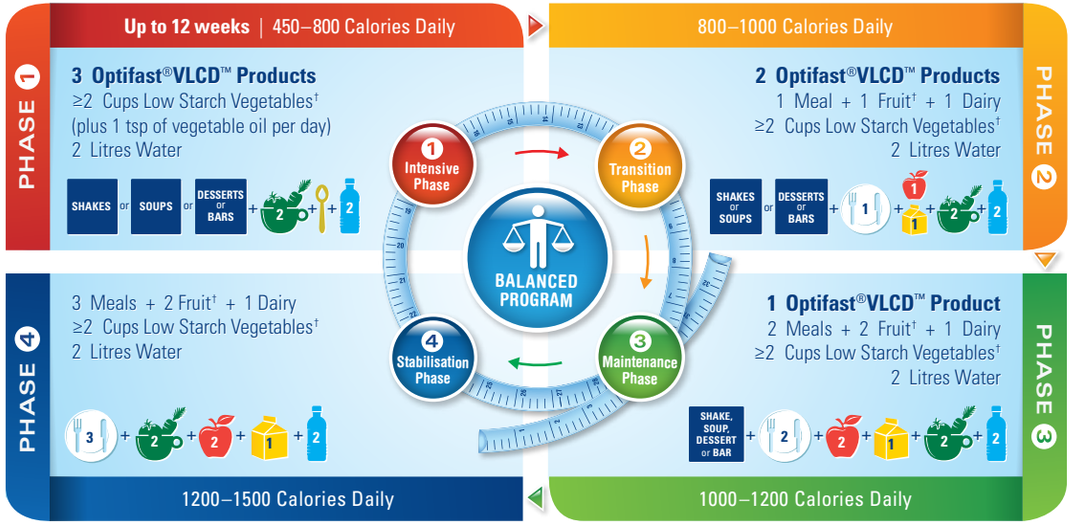
**Preparation:** See pack for directions.

**Administration:** The OPTIFAST® VLCD™ Program should replace all food. Each sachet/bar to be taken at meal times.

Supplement this program with at least 2 litres of calorie free liquids (e.g. water, diet soda, mineral water or tea). A minimum of two cups per day of low starch vegetables, prepared with a teaspoon of vegetable oil is also recommended. A program of regular light exercise enhances wellbeing and therefore, likelihood of success.



## SUGGESTED WEIGHT LOSS PROGRAM




Suggested Weight Management Plan.

The OPTIFAST® VLCD™ Program can be modified to suit individual requirements.

† See 'allowed low starch vegetables and fruit' in the 'Additional Foods' table (www.optifast.com.au).

## ONLINE SUPPORT

- Meal plans that you can personalise
- Online support videos with Dietitian and Exercise Physiologist Joanne Turner. Videos include:
  - Getting started – taking the first step
  - 3 Day OPTIFAST® VLCD™ Challenge
  - Recipe and cooking demonstrations
- Exercise plans that you can personalise
- Information and downloads for Healthcare Professionals
- Community Forum for sharing progress and stories
- Recipes for different stages of the OPTIFAST® VLCD™ Program
- Weight loss progress tracker

For more information visit
**www.optifast.com.au**

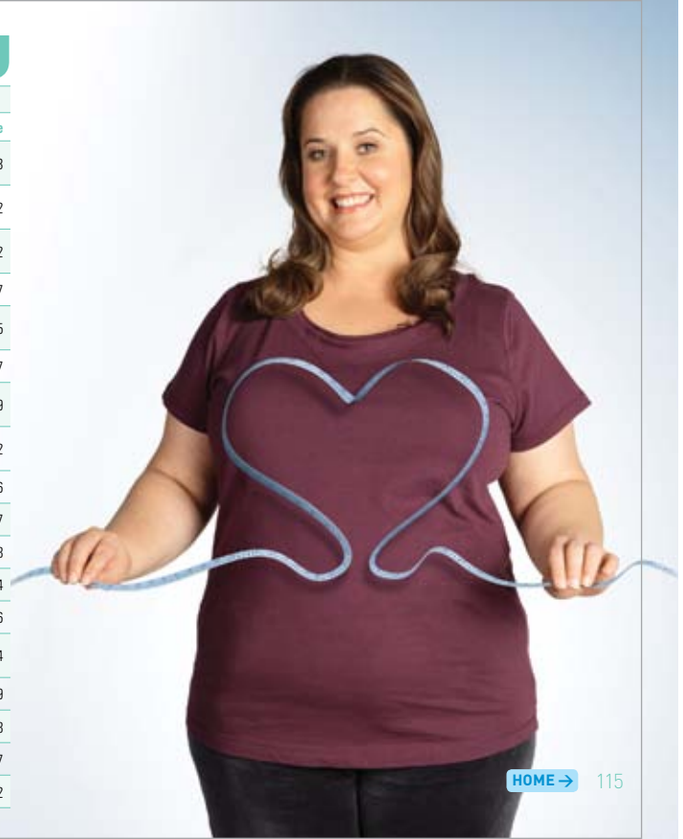
OPTIFAST® VLCD™ is for the dietary management of obesity.
Must be used under medical supervision.





## ORDERING INFORMATION

| OPTIFAST® VLCD™ | | | |
|---|---|---|---|
| SKU | Presentation | Units Per Case | Product Code |
| Vanilla Flavour Shake (21 pack) Original Recipe | 40g sachet | 4 x (21x40g) | 12058003 |
| Chocolate Shake (21 pack) Original Recipe | 40g sachet | 4 x (21x40g) | 12058002 |
| Vanilla Flavour Shake (12 pack) | 54g sachet | 6 (12 x 54g) | 12162592 |
| Chocolate Shake (12 pack) | 54g sachet | 6 (12 x 54g) | 12162587 |
| Strawberry Flavour Shake (12 pack) | 54g sachet | 6 (12 x 54g) | 12162475 |
| Coffee Shake (12 pack) | 54g sachet | 6 (12 x 54g) | 12162547 |
| Banana Flavour Shake (12 pack) | 54g sachet | 6 (12 x 54g) | 12162779 |
| Caramel Flavour Shake (12 pack) | 54g sachet | 6 (12 x 54g) | 12228762 |
| Assorted Shakes (10 pack) | 54g sachet | 6 (10 x 54g) | 12249996 |
| Chicken Flavour Soup | 48g sachet | 10 x (8x48g) | 12058037 |
| Vegetable Soup | 54g sachet | 10 x (8x54g) | 12058028 |
| Tomato Country Style Soup | 54g sachet | 10 x (8x54g) | 12238994 |
| Chocolate Dessert | 46g sachet | 10 x (8x46g) | 12057996 |
| Lemon Crème Flavour Dessert | 46g sachet | 10 x (8x46g) | 12058034 |
| Chocolate Bar | 70g bar | 12 x (6x70g) | 12066399 |
| Berry Crunch Flavour Bar | 60g bar | 12 x (6x60g) | 12066398 |
| Cappuccino Flavour Bar | 60g bar | 12 x (6x60g) | 12066397 |
| Assorted Bars (6 pack) | 60g/70g bar | 12 (2 x 70g, 4 x 60g) | 12250932 |



## FREQUENTLY ASKED QUESTIONS - DISEASE SPECIFIC OPTIFAST® VLCD™

| PRODUCT | Gluten containing ingredients | Lactose (Per Serve) | Fructose (Per Serve) | Inulin | Fish Oil | GI values |
|---|---|---|---|---|---|---|
| Vanilla Flavour Shake | NO* | 10.3g | 3.4g | YES | YES | 27 |
| Chocolate Shake | NO* | 10.3g | 4.0g | YES | YES | 31 |
| Strawberry Flavour Shake | NO* | 10.3g | 3.4g | YES | YES | 27 |
| Coffee Shake | NO* | 10.3g | 3.0g | YES | YES | 31 |
| Banana Flavour Shake | NO* | 10.3g | 3.4g | YES | YES | 24 |
| Caramel Flavour Shake | NO* | 10.3g | 0 | YES | YES | N/A |
| Vanilla Flavour Shake (Original Recipe) | NO | 4.2g | 0 | NO | NO | 33 |
| Chocolate Shake (Original Recipe) | NO | 4.8g | 0 | NO | NO | 33 |

*Glucose syrup is derived from wheat, however this is very highly refined and thus does not contain gluten.
^No gluten-containing ingredients. Made on equipment that also processes oats.





## FREQUENTLY ASKED QUESTIONS - DISEASE SPECIFIC OPTIFAST® VLCD™

| PRODUCT | Gluten containing ingredients | Lactose (Per Serve) | Fructose (Per Serve) | Inulin | Fish Oil | GI values |
|---|---|---|---|---|---|---|
| Chocolate Dessert | NO | <0.05g | 4.6g | NO | NO | 27 |
| Lemon Crème Flavour Dessert | NO | <0.1g | 4.6g | NO | NO | 27 |
| Chicken Flavour Soup | YES | 1.1g | 0.09g | NO | NO | 31 |
| Vegetable Soup | YES | 7.1g | 0.49g | YES | YES | 24 |
| Tomato Country Style Soup | YES | 8.1g | 0g | NO | YES | N/A |
| Berry Crunch Flavour Bar | No^ | 0.12g | 9.4g | YES | NO | 25 |
| Chocolate Bar | No^ | 0.8g | 5.9g | NO | NO | 20 |
| Cappuccino Flavour Bar | No^ | 0.8g | 8.1g | YES | NO | 29 |

*Glucose syrup is derived from wheat, however this is very highly refined and thus does not contain gluten.
^No gluten-containing ingredients. Made on equipment that also processes oats.

## DYSPHAGIA

RESOURCE® THICKENUP® Clear ..... 120 - 121
RESOURCE® THICKENUP® Thickened Juice ..... 122 - 123
RESOURCE® Dessert Fruit ..... 124 - 125

**FREQUENTLY ASKED QUESTIONS - TEXTURE MODIFIED ..... 126 - 127**



HOME →

# RESOURCE® THICKENUP® Clear

**RESOURCE® THICKENUP® Clear** is the clear solution for dysphagia. Our exclusive patented xanthan gum formulation offers a clear solution for patients and clinicians.

## FEATURES

- ✔ Transparent
- ✔ Lump-free
- ✔ Odourless
- ✔ Easy to mix

## CLINICAL INDICATIONS

- Dysphagia

www.nestlehealthscience.com.au

## NUTRITIONAL INFORMATION

| | Unit of Measure | Mildly Thick Level 150 | Moderately Thick Level 400 | Extremely Thick Level 900 | Per 100g |
|---|---|---|---|---|---|
| **ENERGY** | kcal | 3.7 | 7.4 | 11 | 310 |
| | kJ | 15 | 31 | 46 | 1285 |
| Protein | g | 0.01 | 0.02 | 0.03 | 0.8 |
| Carbohydrate (81% kcal) | g | 0.8 | 1.5 | 2.3 | 63 |
| - Sugars | g | 0.02 | 0.04 | 0.06 | 1.8 |
| Fat (0% kcal) | g | 0 | 0 | 0 | 0 |
| - Saturated | g | 0 | 0 | 0 | 0 |
| Fibre (19% kcal) | g | 0.3 | 0.7 | 1.0 | 29 |
| **MINERALS** | | | | | |
| Sodium | mg | 13 | 25 | 38 | 1060 |
| Potassium | mg | 4.8 | 9.6 | 14 | 400 |

## INGREDIENTS

Maltodextrin (Corn, Potato), Thickener (Xanthan Gum), Mineral Salt (Potassium Chloride). **Made on equipment that also processes products containing Milk.**

## ORDERING INFORMATION

| RESOURCE® THICKENUP® Clear | | | |
|---|---|---|---|
| **SKU** | **Presentation** | **Units Per Case** | **Product Code** |
| Standard | 900g can | 6 x 900g | 12114005 |
| Standard | 125g can | 12 x 125g | 12132987 |
| Standard | 1.2g sachets | 12 x 24 x 1.2g | 12151076 |

# RESOURCE® THICKENUP® Thickened Juice

**RESOURCE® THICKENUP® Thickened Juices**
are ready-to-serve thickened juices for the dietary management of swallowing disorders (dysphagia).

## FEATURES

- Contains fruit juice concentrate
- Convenient 237mL ready to drink
- Bottles can be stored in the refrigerator for 5 days after opening
- Colour-coded packaging
- Australasian Standardised Terminology displayed on pack
- Modified food starch
- High in vitamin C
- Contains calcium, zinc and iron

## CLINICAL INDICATIONS

- Stroke
- Parkinson's disease
- Multiple sclerosis
- Muscular dystrophy
- Motor neuron disease
- Neurological disorders caused by injury or disease
- Malignancies of the oral cavity and throat

www.nestlehealthscience.com.au



## NUTRITIONAL INFORMATION

| | Unit of Measure | Thickened Orange Juice Mildly Thick Level 150 Per 237mL Serve | Thickened Orange Juice Moderately Thick Level 400 Per 237mL Serve | Thickened Apple Juice Mildly Thick Level 150 Per 237mL Serve | Thickened Apple Juice Moderately Thick Level 400 Per 237mL Serve |
|---|---|---|---|---|---|
| **ENERGY** | kcal | 160 | 170 | 180 | 190 |
| | kJ | 669 | 711 | 752 | 794 |
| Protein | g | 1 | 1 | 0 | 0 |
| Carbohydrate | g | 39 | 41 | 44 | 46 |
| - Sugars | g | 31 | 31 | 34 | 34 |
| Fat - Total | g | 0 | 0 | 0 | 0 |
| - Saturated | g | 0 | 0 | 0 | 0 |
| Dietary Fibre | g | 0 | 0 | 0 | 0 |
| **VITAMINS** | | | | | |
| Vitamin C | mg | 144 | 144 | 138 | 138 |
| **MINERALS** | | | | | |
| Sodium | mg | 20 | 20 | 30 | 30 |
| Potassium | mg | 400 | 400 | 300 | 300 |
| Calcium | mg | 150 | 150 | 100 | 100 |
| Phosphorus | mg | 150 | 150 | 150 | 150 |
| Iron | mg | 0.32 | 0.36 | 0 | 0 |

## INGREDIENTS

**Thickened Orange Juice:** Orange Juice from Concentrate (Water, Orange Juice Concentrate), Modified Corn Starch, Phosphoric Acid, Calcium Carbonate, Ascorbic Acid, Citric Acid, Natural Flavour.

**Thickened Apple Juice:** Apple Juice from Concentrate (Water, Apple Juice Concentrate), Modified Corn Starch, Phosphoric Acid, Natural Flavour, Calcium Carbonate, Ascorbic Acid, Citric Acid.

## ORDERING INFORMATION

| RESOURCE® THICKENUP® Thickened Juice | | | |
|---|---|---|---|
| **SKU** | **Presentation** | **Units Per Case** | **Product Code** |
| Orange (Mildly Thick Level 150) | 237mL tetra | 27 x 237mL | 12172645 |
| Orange (Moderately Thick Level 400) | 237mL tetra | 27 x 237mL | 12172642 |
| Apple (Mildly Thick Level 150) | 237mL tetra | 27 x 237mL | 12172643 |
| Apple (Moderately Thick Level 400) | 237mL tetra | 27 x 237mL | 12172640 |

# RESOURCE® Dessert Fruit

**RESOURCE® Dessert Fruit** is a delicious tasting thickened dessert high in energy and a source of protein. Made with fruit and packaged in a convenient 125g ready to eat cup for the dietary management of swallowing disorders (dysphagia) and malnutrition.

## FEATURES

- ✔ Contains 48% fruit
- ✔ Enticing aroma
- ✔ 125g ready to eat cup
- ✔ Consistent smooth texture
- ✔ Delicious fruit based alternative
- ✔ High in energy
- ✔ Source of protein
- ✔ Moderately Thick Level 400 (honey-like consistency)
- ✔ Apple-Prune flavour contains 7.5g dietary fibre per serve

## CLINICAL INDICATIONS

- Stroke
- Parkinson's disease
- Muscular dystrophy
- Motor neuron disease
- Multiple sclerosis
- Neurological disorders caused by injury or disease
- Malignancies of the oral cavity and throat
- Malnourished patients

N G D

www.nestlehealthscience.com.au



## NUTRITIONAL INFORMATION

| | Unit of Measure | Apple-Strawberry Per 100g | Apple-Strawberry Per 125g Serve | Apple-Prune Per 100g | Apple-Prune Per 125g Serve |
|---|---|---|---|---|---|
| **ENERGY** | kcal | 164 | 205 | 173 | 216 |
| | kJ | 690 | 863 | 726 | 908 |
| Protein | g | 5 | 6.25 | 5 | 6.25 |
| Carbohydrate | g | 24 | 30 | 24 | 30 |
| - Sugars | g | 14 | 17.5 | 18 | 22 |
| Fat - Total | g | 5 | 6.25 | 5 | 6.2 |
| - Saturated | g | 0.4 | 0.5 | 0.4 | 0.5 |
| - Monounsaturated | g | 3.2 | 4 | 3.2 | 4 |
| - Polyunsaturated | g | 1.5 | 1.9 | 1.5 | 1.9 |
| Dietary Fibre, Total | g | 1.4 | 1.75 | 6 | 7.5 |
| **VITAMINS** | | | | | |
| Vitamin A | µg | 105 | 131 | 105 | 131 |
| Vitamin D | µg | 2 | 2.5 | 2 | 2.5 |
| Vitamin E | mg α-TE | 2 | 2.5 | 2 | 2.5 |
| Vitamin K | µg | 8 | 10 | 8 | 10 |
| Vitamin C | mg | 15 | 19 | 15 | 19 |
| Folic Acid | µg | 40 | 50 | 40 | 50 |
| Thiamin | mg | 0.2 | 0.25 | 0.2 | 0.25 |
| Niacin | mg | 2.3 | 2.9 | 2.3 | 2.9 |
| Niacin Equivalent | mgNE | 4 | 5 | 4 | 5 |
| Riboflavin | mg | 0.2 | 0.25 | 0.2 | 0.25 |
| Vitamin B6 | mg | 0.2 | 0.25 | 0.2 | 0.25 |
| Vitamin B12 | µg | 0.3 | 0.38 | 0.3 | 0.38 |
| Biotin | µg | 8 | 10 | 8 | 10 |
| Pantothenic Acid | mg | 0.8 | 1 | 0.8 | 1 |
| **MINERALS** | | | | | |
| Sodium | mg | 60 | 75 | 90 | 113 |
| Potassium | mg | 160 | 200 | 160 | 200 |
| Chloride | mg | 120 | 150 | 120 | 150 |
| Calcium | mg | 70 | 88 | 70 | 87 |
| Phosphorous | mg | 90 | 112.5 | 90 | 112 |
| Magnesium | mg | 15 | 19 | 15 | 19 |
| Iodine | µg | 22 | 27.5 | 22 | 27 |
| Manganese | mg | 0.3 | 0.38 | 0.3 | 0.38 |
| Copper | mg | 0.23 | 0.29 | 0.23 | 0.29 |
| Zinc | mg | 1.8 | 2.25 | 1.8 | 2.3 |
| Iron | mg | 1.35 | 1.7 | 1.4 | 1.7 |
| Selenium | µg | 8 | 10 | 8 | 10 |
| Chromium | µg | 12 | 15 | 12 | 15 |
| Molybdenum | µg | 14 | 17.5 | 14 | 17 |
| Fluoride | mg | 0.16 | 0.2 | 0.16 | 0.2 |

## INGREDIENTS

**Apple-Prune Flavour:** Stewed Apple 38.2%, Water, Prune Puree 10%, **Wheat** Glucose-Fructose Syrup, Fibres (Acacia Gum, Apple Fibres), Maltodextrin, **Milk** Protein, Rapeseed Oil, Sucrose, Minerals (Sodium Hydrogen Phosphate, Calcium Lactate, Potassium Citrate, Magnesium Citrate, Sodium Chloride, Potassium Hydrogen Phosphate, Sodium Citrate, Zinc Sulphate, Iron Sulphate, Sodium Selenite, Manganese Sulphate, Copper Sulphate, Sodium Fluoride, Chromium Chloride, Sodium Molybdate, Potassium Iodide), Vitamins (C, Niacin, E, Pantothenic Acid, B6, B1, B2, A, Folic Acid, Biotin, K D, B12), Flavour.
**Contains Milk and Wheat.**

**Apple-Strawberry Flavour:** Stewed Apple 38.2%, Water, Strawberry Puree 10%, Maltodextrins, **Wheat** Glucose-Fructose Syrup, **Milk** Protein, Rapeseed Oil, Sucrose, Minerals (Calcium Lactate, Sodium Hydrogen Phosphate, Potassium Citrate, Magnesium Citrate, Sodium Chloride, Sodium Citrate, Zinc Sulphate, Iron Sulphate, Sodium Selenite, Manganese Sulphate, Copper Sulphate, Sodium Fluoride, Potassium Hydrogen Phosphate, Sodium Molybdate, Potassium Iodide, Chromium Chloride) Thickener (E440), Colour (E120), Vitamins (C, Niacin, E, Pantothenic Acid, B6, B1, B2, A, Folic Acid, Biotin, K D, B12), Flavouring.
**Contains Milk and Wheat.**

## ORDERING INFORMATION

| RESOURCE® Dessert Fruit | | | |
|---|---|---|---|
| **SKU** | **Presentation** | **Units Per Case** | **Product Code** |
| Apple-Prune | 125g cup | 12 x 3 x 125g | 12060238 |
| Apple-Strawberry | 125g cup | 12 x 3 x 125g | 12060261 |

Contains < 0.06g lactose per 125g serve.

HOME →

| | Nutritionally Complete | No Gluten Containing Ingredients | Contains Soy | Contains Dairy | Halal Certified | Kosher Certified |
|---|---|---|---|---|---|---|
| RESOURCE® THICKENUP® Clear | | G | | | | U |
| RESOURCE® THICKENUP® Thickened Juice | | G | | | | U |
| RESOURCE® Dessert Fruit | N | G | | D | | |





INFORMATION FOR HEALTHCARE PROFESSIONALS ONLY

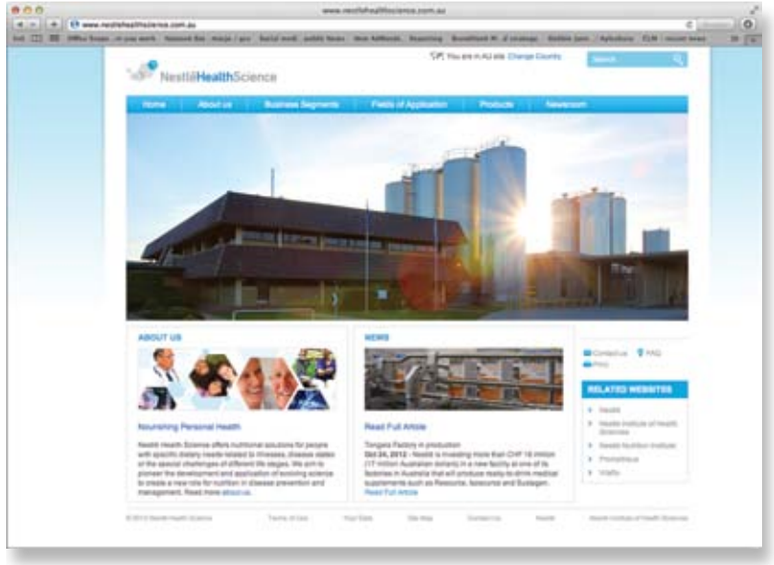
## The Nestlé Health Science Dysphagia product range

## OTHER

Important Websites ..... 130- 135
Distributor Information ..... 136

HOME →

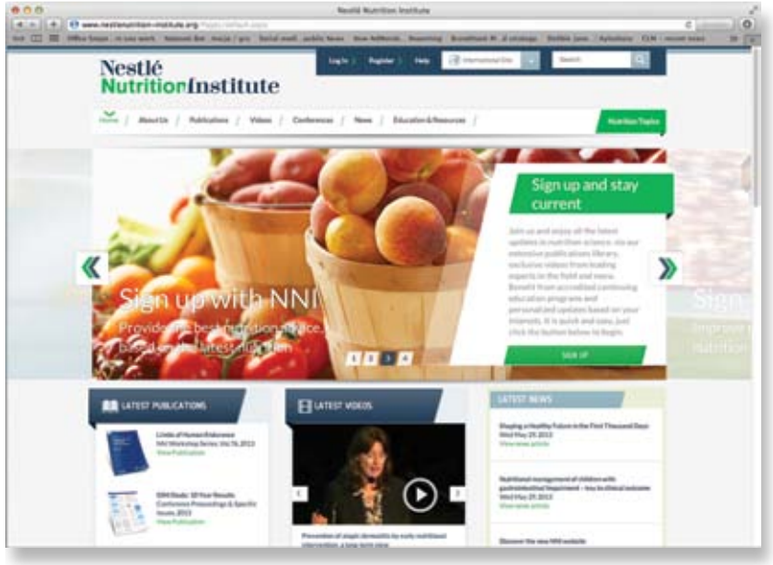
## www.nestlehealthscience.com.au




- Information for healthcare professionals on the range of Nestlé Healthcare Nutrition products
- Includes information and resources on topics such as malnutrition, wound care, dysphagia and obesity



## www.nestlenutrition-institute.org




- Nestlé Nutrition workshops
- Nestlé Nutrition publications
- Educational materials

## www.mna-elderly.com

- Information on the MNA® Mini Nutritional Assessment screening tool
- Downloadable forms
- Supporting research



## www.optifast.com.au

- OPTIFAST® VLCD™ provides an online lifestyle program to your patients, providing the support and information they need to manage their weight loss
- The lifestyle program includes meal and exercise plans, community forum and a progress tracker
- The OPTIFAST® VLCD™ website also provides great information for healthcare professionals

## www.sustagen.com.au

- Information for healthcare professionals and patients on the SUSTAGEN® range of products
- A great selection of recipes, and information on nutrition



## www.sustagenkids.com.au

Information for parents on SUSTAGEN® KID ESSENTIALS® including:

- Recipes
- Information on nutrition and healthy eating
- Information on childhood illness
- Where to buy
- FAQs

| NATIONAL DISTRIBUTORS | PHONE |
|---|---|
| Symbion | 1300 773 000 |
| CH2- Hospital | 1300 720 274 |
| CH2- In Touch Aged Care & Community | 1300 134 260 |
| Brightsky | 1300 886 601 |
| Bunzl | 03 9212 9333 |
| EBOS Healthcare | 1800 269 534 |
| Independence Australia | 1300 788 855 |
| **STATE BASED DISTRIBUTORS** | |
| **VICTORIA** | |
| Superior Health Care | 03 8787 8222 |
| Gildana Health Care | 03 9752 3455 |
| AIMS Medical Supplies | 1300 731 530 |
| **QUEENSLAND** | |
| SSS Australia | 1800 777 518 |
| **SOUTH AUSTRALIA** | |
| Atlas Healthcare | 08 8177 1600 |
| **WESTERN AUSTRALIA** | |
| Surgical House | 08 9381 4199 |
| Westcoast Medical and Surgical Supplies | 08 9455 6676 |







SUSTAGEN® and OPTIFAST® VLCD™ products are also available at your local pharmacy

NestléHealthScience

NOURISHING PERSONAL HEALTH

® Reg. Trademark of Société des Produits Nestlé S.A.

Nestlé Healthcare Nutrition, a division of Nestlé Australia Ltd,
20-24 Howleys Road, Notting Hill VIC 3168, Australia.
For more information call **1800 671 628.**

www.nestlehealthscience.com.au

Note: Every effort is made to ensure all product information is accurate at the time of publication.
The most current information can always be obtained by referring to the package label.

Printed in June 2014