



ORDER CODES

FLAVOUR	PIP-CODE
VANILLA	395-1159
STRAWBERRY	395-1142
CHOCOLATE	395-1167
BANANA	395-1134

DESCRIPTION

AYMES® is a powder, based on skimmed milk powder with added carbohydrate, vitamins and minerals, which provides a nutritionally balanced supplement drink.

PRESENTATION

AYMES® is presented as wholesale cases of 6 cartons, each carton containing 4 x 38g sachets. It is available in 4 sweet flavours: Vanilla, Strawberry, Chocolate and Banana.

Issued by:

AYMES® International Ltd, International House, 124 Cromwell Road, Kensington, London. SW7 4ET.
For more information see www.aymesnutrition.co.uk or call 0845 6805 496

AYMES

INDICATIONS FOR USE

AYMES® should be used as a supplement to the diet. It is not suitable as a sole source of nutrition. It may be used whenever poor food intake highlights the need for additional nourishment.

For example

- Whilst awaiting hospital admission, nutritional status may be compromised.
- Elderly people who experience difficulties shopping or cooking may find that sudden illness prevents them from doing either.
- Disabled patients can experience increased needs as well as feeding problems.
- Confused or disturbed patients may forget to take meals or refuse to eat adequate quantities to maintain their weight.
- After surgery, when successful recovery depends on good nutrition.
- During minor illness when conventional foods are temporarily unacceptable.

DIRECTIONS FOR USE

Each sachet of AYMES® should be reconstituted with 200ml of whole milk. It is best served cold, but can be made up hot, if preferred.

- ▶ Pour 50ml of the milk into a glass or mug and then add 1 sachet of AYMES®
- ▶ Mix into a smooth cream with a whisk or fork
- ▶ Top up with the remaining 150ml milk whilst mixing continuously
- ▶ Serve when fully mixed

Once reconstituted, AYMES® may be stored for up to 24 hours in a refrigerator

AYMES® can also be added to sweet and savoury foods

Contact us for more info.

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SUGGESTED INTAKE

1-2 servings a day unless otherwise indicated by a health care professional.

IMPORTANT NOTICE

Not suitable as a sole source of nutrition

Not for parenteral use

Not suitable for infants or young children

A dietitian or doctor should supervise the use of AYMES® for people with diabetes

CONTRAINDICATIONS

Not suitable for patients with cows' milk intolerance or for those with galactosaemia.

PRECAUTIONS

Use with caution in children under 6 years old.

STORAGE

Store in a cool, dry place, below 25°C

SHELF LIFE

18 months

INGREDIENTS (in descending order by weight)

VANILLA Skimmed **Milk** Powder, Dextrose, Chicory Fibre, Sugar, Vitamin and Mineral Premix (Lactose (from **Milk**), Magnesium Hydroxide, Vitamin C, Iron Pyrophosphate, Vitamin E, Niacin, Zinc Oxide, Biotin, Vitamin A, Pantothenic acid, Potassium Iodide, Vitamin B₆, Vitamin D₃, Folic Acid, Thiamin, Riboflavin), Flavourings (containing lactose from **Milk**)

STRAWBERRY Skimmed **Milk** Powder, Dextrose, Sugar, Chicory Fibre, Vitamin and Mineral Premix (Lactose (from **Milk**), Magnesium Hydroxide, Vitamin C, Iron Pyrophosphate, Vitamin E, Niacin, Zinc Oxide, Biotin, Vitamin A, Pantothenic acid, Potassium Iodide, Vitamin B₆, Vitamin D, Folic Acid, Thiamin, Riboflavin), Colour: Beetroot Red, Flavouring, Acid: Citric Acid

CHOCOLATE Skimmed **Milk** Powder, Sugar, Dextrose, Chicory Fibre, Fat Reduced Cocoa Powder, Vitamin and Mineral Premix (Lactose (from **Milk**), Magnesium Hydroxide, Vitamin C, Iron Pyrophosphate, Vitamin E, Niacin, Zinc Oxide, Biotin, Vitamin A, Pantothenic acid, Potassium Iodide, Vitamin B₆, Vitamin D, Folic Acid, Thiamin, Riboflavin), Flavouring, Colour: Ammonia Caramel.

BANANA Skimmed **Milk** Powder, Dextrose, Chicory Fibre, Sugar, Vitamin and Mineral Premix (Lactose (from **Milk**), Magnesium Hydroxide, Vitamin C, Iron Pyrophosphate, Vitamin E, Niacin, Zinc Oxide, Biotin, Vitamin A, Pantothenic acid, Potassium Iodide, Vitamin B₆, Vitamin D, Folic Acid, Thiamin, Riboflavin), Flavouring, Colour: Carotenes

Suitable for Vegetarian, Gluten Free, Halal & Soy Free Diets

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FLAVOUR		VANILLA				STRAWBERRY				CHOCOLATE				BANANA			
		per 100g powder	% NRV*	per 38g sachet +200ml wholemilk	% NRV*	per 100g powder	% NRV*	per 38g sachet +200ml whole milk	% NRV*	per 100g powder	% NRV*	per 38g sachet +200ml wholemilk	% NRV*	per 100g powder	% NRV*	per 38g sachet +200ml wholemilk	% NRV*
Typical values																	
Energy	KJ	1446	-	1114	-	1444	-	1114	-	1454	-	1118	-	1447	-	1114	-
	kcal	341	-	265	-	341	-	265	-	344	-	266	-	342	-	265	-
Fat	g	0.4	-	8.2	-	0.4	-	8.2	-	1.1	-	8.5	-	0.4	-	8.2	-
of which: saturates	g	0.2	-	5.2	-	0.2	-	5.2	-	0.7	-	5.4	-	0.3	-	5.2	-
Carbohydrate	g	58.3	-	31.0	-	58.2	-	31.0	-	57.3	-	30.6	-	58.3	-	31.0	-
of which: sugars	g	58.0	-	30.9	-	57.2	-	30.6	-	55.8	-	30.1	-	57.5	-	30.7	-
Fibre	g	8.9	-	3.4	-	8.9	-	3.4	-	9.8	-	3.7	-	9.0	-	3.4	-
Protein	g	21.7	-	15.1	-	21.7	-	15.1	-	21.2	-	14.9	-	21.7	-	15.1	-
Salt	g	0.84	-	0.54	-	0.84	-	0.54	-	0.78	-	0.52	-	0.84	-	0.54	-
Vitamins																	
Vitamin A (RE)	µg	1160	145	510	64	1160	145	510	64	1160	145	510	64	1160	145	510	64
Vitamin D	µg	7.0	140	2.7	54	7.0	140	2.7	54	7.0	140	2.7	54	7.0	140	2.7	54
Vitamin E (α-TE)	mg	11	92	4.3	36	11	92	4.3	36	11	92	4.3	36	11	92	4.3	36
Vitamin C	mg	82	103	35	44	82	103	35	44	82	103	35	44	82	103	35	44
Thiamin	mg	1.8	164	0.75	68	1.8	164	0.75	68	1.8	164	0.75	68	1.8	164	0.75	68
Riboflavin	mg	2.7	193	1.5	107	2.7	193	1.5	107	2.7	193	1.5	107	2.7	193	1.5	107
Niacin (NE)	mg	18	113	7.3	46	18	113	7.3	46	18	113	7.3	46	18	113	7.3	46
Vitamin B ₆	mg	2.4	171	1.0	71	2.4	171	1.0	71	2.4	171	1.0	71	2.4	171	1.0	71
Folic acid	µg	250	125	110	55	250	125	110	55	250	125	110	55	250	125	110	55
Vitamin B ₁₂	µg	1.6	64	2.5	100	1.6	64	2.5	100	1.6	64	2.5	100	1.6	64	2.5	100
Biotin	µg	160	320	67	134	160	320	67	134	160	320	67	134	160	320	67	134
Pantothenic acid	mg	8.2	137	4.3	72	8.2	137	4.3	72	8.2	137	4.3	72	8.2	137	4.3	72
Minerals																	
Potassium	mg	970	48	688	34	970	48	688	34	1223	61	784	39	970	48	688	34
Calcium	mg	780	98	540	68	780	98	540	68	720	90	520	65	780	98	540	68
Phosphorus	mg	590	84	420	60	590	84	420	60	590	84	420	60	590	84	420	60
Magnesium	mg	260	69	120	32	260	69	120	32	290	77	130	35	260	69	120	32
Iron	mg	13	93	5.1	36	13	93	5.1	36	16	114	6.0	43	13	93	5.1	36
Zinc	mg	16	160	6.8	68	16	160	6.8	68	16	160	6.8	68	16	160	6.8	68
Iodine	µg	220	147	150	100	220	147	150	100	220	147	150	100	220	147	150	100

*NRV = nutrient reference value