Data Sheet

Date of preparation: January 2017 - UK

LIT0116-005

COMPLETE

ORDER CODES

Flavour	Pip-code
Chocolate	374 - 9553
Strawberry	374 - 9595
Vanilla	374 - 9587
Banana	374 - 9579
Starter Pack	388 - 6439

DESCRIPTION

AYMES® Complete is a nutritionally complete, high energy (1.5kcal/ml), ready to drink, milkshake-style supplement, for the dietary management of disease related malnutrition.

PRESENTATION

AYMES® Complete is presented in clusters holding 4 x 200ml bottles with flexible straws attached.

Available in 4 flavours: Chocolate, Strawberry, Vanilla, and Banana

INDICATIONS FOR USE

AYMES® Complete is a Food for Special Medical Purposes (FSMP) and is designed for the dietary management of patients with or at risk of disease related malnutrition.

AYMES® Complete is suitable as a supplement to the diet or as sole source of nutrition.*

ACBS approved, prescribable on Form FP10 (GP10 in Scotland) for the following indications: short-bowel syndrome, intractable malabsorption, pre-operative preparation of patients who are undernourished, proven inflammatory bowel disease, following total gastrectomy, dysphagia, bowel fistulas and disease-related malnutrition.

DIRECTIONS FOR USE

- Shake well before use.
- Best served chilled, but may also be served at room temperature or as warm drinks. Do not boil.
- Once opened, consume within 4 hours, or store in a refrigerator for up to 24 hours. Discard unused contents thereafter.

You should try to adhere to the quantity advised by your healthcare professional.

IMPORTANT NOTICE
Use under medical supervision
For enteral use only
Not suitable for infants or children under 3 years old

CONTRAINDICATIONS

Not suitable for patients with intolerance to cows' milk or soya

Not suitable for children below 3 years of age

Not suitable for patients with galactosaemia

Chocolate flavour is not suitable for patients requiring a strict fibre free diet

PRECAUTIONS

Use with caution in children under 11 years old, and do not use for children under 3 years of age

STORAGE

Store in a cool, dry place, below 25°C
Packaged in a protective atmosphere

SHELF LIFE

15 months

**Nutritionally complete for vitamins and minerals (excluding electrolytes) in 1200ml (6 bottles), calculated using the UK Reference Nutrient Intakes for men aged 19 – 50 years. Referral to a dietitian is recommended when there is any doubt about an individual patient's nutritional requirements.*

INGREDIENTS

VANILLA

Water, Maltodextrin, **Milk** Protein, Vegetable Oil (Rapeseed, Sunflower), Sucrose, Tri-Potassium Citrate, Natural Vanilla Flavour, Di-Sodium Hydrogen Phosphate, Emulsifier: Mono- and Diglycerides of Fatty Acids (E471), Potassium Chloride, Emulsifier: Sunflower Lecithin, Magnesium Chloride, Tri-Sodium Citrate, Magnesium Citrate, Vitamin Premix (Nicotinamide, Pantothenic Acid, Vitamin B_6, Thiamin, Riboflavin, Vitamin A, Folic Acid, Vitamin E, Vitamin K_1, Biotin, Vitamin D_3, Vitamin B_{12}), Sodium Ascorbate, Colour: Natural Carotene, Ferric Pyrophosphate, Mineral Premix (Copper Gluconate, Potassium Iodide, Sodium Molybdate, Chromium Chloride, Sodium Selenite), Stabiliser: Carageenan, Zinc Sulphate, Acidity Regulator: Sodium Hydroxide, Manganese Sulphate.

STRAWBERRY

Water, Maltodextrin, **Milk** Protein, Vegetable Oil (Rapeseed, Sunflower), Sucrose, Natural Strawberry Flavour, Tri-Potassium Citrate, Di-Sodium Hydrogen Phosphate, Emulsifier: Mono- and Diglycerides of Fatty Acids (E471), Potassium Chloride, Emulsifier: Sunflower Lecithin, Magnesium Chloride, Tri-Sodium Citrate, Magnesium Citrate, Vitamin Premix (Nicotinamide, Pantothenic Acid, Vitamin B6, Thiamin, Riboflavin, Vitamin A, Folic Acid, Vitamin E, Vitamin K1, Biotin, Vitamin D3, Vitamin B12), Sodium Ascorbate, Ferric Pyrophosphate, Mineral Premix (Copper Gluconate, Potassium Iodide, Sodium Molybdate, Chromium Chloride, Sodium Selenite), Colour: Carmine (E120), Stabiliser: Carageenan, Zinc Sulphate, Acidity Regulator: Sodium Hydroxide, Manganese Sulphate.

CHOCOLATE

Water, Maltodextrin, **Milk** Protein, Vegetable Oil (Rapeseed, Sunflower), Sucrose, Tri-Potassium Citrate, Natural Banana Flavour, Di-Sodium Hydrogen Phosphate, Emulsifier: Mono- and Diglycerides of Fatty Acids (E471), Potassium Chloride, Emulsifier: Sunflower Lecithin, Magnesium Chloride, Tri-Sodium Citrate, Magnesium Citrate, Vitamin Premix (Nicotinamide, Pantothenic Acid, Vitamin B_6, Thiamin, Riboflavin, Vitamin A, Folic Acid, Vitamin E, Vitamin K_1, Biotin, Vitamin D_3, Vitamin B_{12}), Sodium Ascorbate, Colour: Natural Carotene, Ferric Pyrophosphate, Mineral Premix (Copper Gluconate, Potassium Iodide, Sodium Molybdate, Chromium Chloride, Sodium Selenite), Stabiliser: Carageenan, Zinc Sulphate, Acidity Regulator: Sodium Hydroxide, Manganese Sulphate.

BANANA

Water, Maltodextrin, **Milk** Protein, Vegetable Oil (Rapeseed, Sunflower), Sucrose, Chocolate Powder (1.6% (Contains **Milk**)), Cocoa Powder (1.3%), Emulsifier: Mono- and Diglycerides of Fatty Acids (E471), Di-Sodium Hydrogen Phosphate, Potassium Chloride, Emulsifier: Sunflower Lecithin, Tri-Sodium Citrate, Magnesium Citrate, Vitamin Premix (Nicotinamide, Pantothenic Acid, Vitamin B_6, Thiamin, Riboflavin, Vitamin A, Folic Acid, Vitamin E, Vitamin K_1, Biotin, Vitamin D_3, Vitamin B_{12}), Magnesium Chloride, Sodium Ascorbate, Mineral Premix (Copper Gluconate, Potassium Iodide, Sodium Molybdate, Chromium Chloride, Sodium Selenite), Tri-Potassium Citrate, Stabiliser: Carageenan, Ferric Pyrophosphate, Zinc Sulphate, Acidity Regulator: Sodium Hydroxide, Manganese Sulphate.

All flavours of AYMES® Complete are suitable for a gluten free diet

OTHER INFORMATION

Osmolality	(mOsm/kgH2O)	495-535
Osmolarity	(mOsm/litre)	390-420
Energy distribution		
Protein	%	16
Carbohydrate	%	48
Fat	%	36

NUTRITIONAL COMPOSITION

Flavour		VANILLA		STRAWBERRY		CHOCOLATE		BANANA	
Typical values		per 100ml	per 200ml bottle	per 100ml	per 200ml bottle	per 100ml	per 200ml bottle	per 100ml	per 200ml bottle
Energy	kJ	630	1260	630	1260	634	1270	630	1260
	kcal	150	300	150	300	151	302	150	300
Fat	g	6.0	12.0	6.0	12.0	6.0	12.0	6.0	12.0
of which saturates	g	0.56	1.12	0.56	1.12	0.96	1.9	0.56	1.12
polyunsaturates	g	2.3	4.6	2.3	4.6	1.9	3.8	2.3	4.6
Carbohydrate	g	18.0	36.0	18.0	36.0	18.0	36.0	18.0	36.0
of which sugars	g	6.8	13.6	6.8	13.6	6.0	12.0	6.8	13.6
lactose	g	0.10	0.20	0.10	0.20	0.10	0.20	0.10	0.20
sucrose	g	5.6	11.2	5.6	11.2	5.0	10.0	5.6	11.2
maltose	g	0.70	1.4	0.70	1.4	0.60	1.2	0.70	1.4
glucose	g	0.40	0.80	0.40	0.80	0.30	0.60	0.40	0.80
polysaccharides	g	11.2	22.4	11.2	22.4	12.0	24.0	11.2	22.4
Fibre	g	0	0	0	0	0.60	1.2	0	0
Protein	g	6.0	12.0	6.0	12.0	6.0	12.0	6.0	12.0
Nitrogen	g	0.96	1.92	0.96	1.92	0.96	1.92	0.96	1.92
Salt	g	0.20	0.40	0.20	0.40	0.20	0.40	0.20	0.40
Vitamins									
Vitamin A (RE)	µg	125	250	125	250	125	250	125	250
Vitamin D	µg	1.4	2.8	1.4	2.8	1.4	2.8	1.4	2.8
Vitamin E (α-TE)	mg	2.0	4.0	2.0	4.0	2.0	4.0	2.0	4.0
Vitamin K	µg	8.0	16.0	8.0	16.0	8.0	16.0	8.0	16.0
Vitamin C	mg	15.0	30.0	15.0	30.0	15.0	30.0	15.0	30.0
Thiamin	mg	0.25	0.50	0.25	0.50	0.25	0.50	0.25	0.50
Riboflavin	mg	0.25	0.50	0.25	0.50	0.25	0.50	0.25	0.50
Vitamin B6	mg	0.25	0.50	0.25	0.50	0.25	0.50	0.25	0.50
Niacin (NE)	mg	3.5	7.0	3.5	7.0	3.5	7.0	3.5	7.0
Folic acid	µg	40.0	80.0	40.0	80.0	40.0	80.0	40.0	80.0
Vitamin B12	µg	0.50	1.0	0.50	1.0	0.50	1.0	0.50	1.0
Pantothenic acid	mg	0.80	1.6	0.80	1.6	0.80	1.6	0.80	1.6
Biotin	µg	5.0	10.0	5.0	10.0	5.0	10.0	5.0	10.0
Minerals									
Sodium	mg	80.0	160	80.0	160	80.0	160	80.0	160
	mmol	3.5	7.0	3.5	7.0	3.5	7.0	3.5	7.0
Chloride	mg	95.0	190	95.0	190	95.0	190	95.0	190
	mmol	2.7	5.4	2.7	5.4	2.7	5.4	2.7	5.4
Potassium	mg	150	300	150	300	150	300	150	300
	mmol	3.8	7.6	3.8	7.6	3.8	7.6	3.8	7.6
Calcium	mg	90.0	180	90.0	180	90.0	180	90.0	180
	mmol	2.25	4.5	2.25	4.5	2.25	4.5	2.25	4.5
Phosphorus	mg	90.0	180	90.0	180	90.0	180	90.0	180
	mmol	2.9	5.8	2.9	5.8	2.9	5.8	2.9	5.8
Magnesium	mg	25.0	50.0	25.0	50.0	25.0	50.0	25.0	50.0
	mmol	1.0	2.1	1.0	2.1	1.0	2.1	1.0	2.1
Iron	mg	2.5	5.0	2.5	5.0	2.5	5.0	2.5	5.0
Zinc	mg	1.8	3.6	1.8	3.6	1.8	3.6	1.8	3.6
Copper	µg	270	540	270	540	270	540	270	540
Iodine	µg	20.0	40.0	20.0	40.0	20.0	40.0	20.0	40.0
Selenium	µg	8.5	17.0	8.5	17.0	8.5	17.0	8.5	17.0
Manganese	mg	0.50	1.0	0.50	1.0	0.50	1.0	0.50	1.0
Chromium	µg	10.0	20.0	10.0	20.0	10.0	20.0	10.0	20.0
Molybdenum	µg	15.0	30.0	15.0	30.0	15.0	30.0	15.0	30.0

**For other flavours see individual packaging*