

SHAKE COMPACT



ORDER CODES

Flavour	Pip-code
Vanilla	389-7337
Chocolate	389-7360
Strawberry	389-7345
Banana	389-7352
Neutral	388-6371
Starter Pack	395-2496

DESCRIPTION

AYMES® Shake Compact is a powder, based on skimmed milk powder with added carbohydrate, fat, vitamins and minerals, which provides a concentrated source of nutrients as a supplement/sip feed when mixed with whole milk or water.

PRESENTATION

AYMES® Shake Compact is presented as wholesale cases of 6 cartons, each carton containing 7 x 57g sachets. It is available in 5 flavours: Vanilla, Strawberry, Chocolate, Banana and Neutral. **AYMES Shake Compact** is also available in a Starter Pack containing 5 x 57g sachets (one of each flavour) plus a shaker with 100 ml gradation clearly marked.

Additional Shakers available on request.

INDICATIONS FOR USE

AYMES® Shake Compact 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® Shake Compact should be used as a supplement to the diet. It is not suitable as a 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, bowel fistulas and disease-related malnutrition.

DIRECTIONS FOR USE

Each sachet of **AYMES® Shake Compact** should be reconstituted with 100ml of whole milk or water. It is best served cold, but can be made up hot, if preferred.

- Add the 100ml of milk or water and then the sachet of **AYMES® Shake Compact** to a shaker and shake well until fully mixed
- Pour into a glass or mug and serve

Alternatively, if you don't have a shaker you can also mix **AYMES® Shake Compact** with a whisk or fork:

- 50ml of milk or water to the glass or mug and then 1 sachet of **AYMES® Shake Compact**
- Mix into a smooth cream with a whisk or fork
- Top up with the remaining 50ml milk or water whilst mixing continuously
- Serve when fully mixed

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

AYMES® Shake Compact can also be added to sweet and savoury foods.

SUGGESTED INTAKE

1-2 servings a day unless otherwise indicated by the clinician or dietitian.

IMPORTANT NOTICE

Use under medical supervision
Not suitable as a sole source of nutrition
For enteral use only
Not suitable for infants
Monitor fluid intake to ensure adequate hydration status

CONTRAINDICATIONS

Not suitable for patients with soya or 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

24 months

INGREDIENTS

VANILLA Skimmed Milk Powder (45%), Dried Glucose Syrup, Palm Fat, Maltodextrin, Sugar, Flavourings, Vitamin & Mineral Premix (Potassium Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacinamide, Zinc Sulphate, Vitamin A, Calcium D-Pantothenate, Vitamin D3, Sodium Molybdate, D-Biotin, Sodium Selenite, Pyridoxine Hydrochloride, Folic Acid, Potassium Iodate, Manganese Sulphate, Thiamin Mononitrate, Copper Sulphate, Vitamin K1, Vitamin B12, Riboflavin, Chromium Chloride), Magnesium Sulphate, Emulsifier: **Soya** Lecithin

CHOCOLATE Skimmed Milk Powder (43%), Palm Fat, Maltodextrin, Sugar, Dried Glucose Syrup, Cocoa (7%), Dextrose, Flavourings, Vitamin & Mineral Premix (Potassium Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacinamide, Zinc Sulphate, Vitamin A, Calcium D-Pantothenate, Vitamin D3, Sodium Molybdate, D-Biotin, Sodium Selenite, Pyridoxine Hydrochloride, Folic Acid, Potassium Iodate, Manganese Sulphate, Thiamin Mononitrate, Copper Sulphate, Vitamin K1, Vitamin B12, Riboflavin, Chromium Chloride), Magnesium Sulphate, Emulsifiers: **Soya** Lecithin, Xanthan Gum

STRAWBERRY Skimmed Milk Powder (45%), Dried Glucose Syrup, Palm Fat, Maltodextrin, Sugar, Colour: Beetroot Red; Flavouring, Vitamin & Mineral Premix (Potassium Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacinamide, Zinc Sulphate, Vitamin A, Calcium D-Pantothenate, Vitamin D3, Sodium Molybdate, D-Biotin, Sodium Selenite, Pyridoxine Hydrochloride, Folic Acid, Potassium Iodate, Manganese Sulphate, Thiamin Mononitrate, Copper Sulphate, Vitamin K1, Vitamin B12, Riboflavin, Chromium Chloride), Magnesium Sulphate, Emulsifier: **Soya** Lecithin

BANANA Skimmed Milk Powder (45%), Dried Glucose Syrup, Palm Fat, Maltodextrin, Sugar, Flavouring, Vitamin & Mineral Premix (Potassium Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacinamide, Zinc Sulphate, Vitamin A, Calcium D-Pantothenate, Vitamin D3, Sodium Molybdate, D-Biotin, Sodium Selenite, Pyridoxine Hydrochloride, Folic Acid, Potassium Iodate, Manganese Sulphate, Thiamin Mononitrate, Copper Sulphate, Vitamin K1, Vitamin B12, Riboflavin, Chromium Chloride), Magnesium Sulphate, Emulsifier: **Soya** Lecithin, Colour: Beta Carotene

NEUTRAL Skimmed Milk Powder (46%), Maltodextrin, Dried Glucose Syrup, Palm Fat, Fructose, Sugar, Vitamin & Mineral Premix (Potassium Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacinamide, Zinc Sulphate, Vitamin A, Calcium D-Pantothenate, Vitamin D3, Sodium Molybdate, D-Biotin, Sodium Selenite, Pyridoxine Hydrochloride, Folic Acid, Potassium Iodate, Manganese Sulphate, Thiamin Mononitrate, Copper Sulphate, Vitamin K1, Vitamin B12, Riboflavin, Chromium Chloride), Magnesium Sulphate, Emulsifier: **Soya** Lecithin

All flavours of **AYMES® Shake Compact** are made from a gluten free recipe and are suitable for vegetarians

OTHER INFORMATION*

	With Milk	With Water	
Potential Renal Solute Load	mOsm/l	824	602
Osmolality	mOsm/kg	1750	1070
Osmolarity	mOsm/l	1150	780
Energy Distribution			
Protein	%	15	14
Carbohydrate	%	50	56
Fat	%	35	30
Non-Protein Calories: N2	kcal/g	142:1	125:1

* Based on Vanilla Flavour

NUTRITIONAL COMPOSITION **AYMES® Shake Compact** can be made up with either milk or water

Flavour	VANILLA		CHOCOLATE		STRAWBERRY		BANANA		NEUTRAL		
	per 100g powder	per 100ml whole milk	per 100g powder	per 100ml whole milk	per 100g powder	per 100ml whole milk	per 100g powder	per 100ml whole milk	per 100g powder	per 100ml whole milk	
Typical values											
Energy	1862	1343	1061	1829	1324	1042	1862	1343	1061	1865	
	kcal	442	320	252	435	316	248	442	320	252	443
Fat	g	14.8	12.4	8.4	14.9	12.5	8.5	14.8	12.4	8.4	14.7
of which: saturates	g	7.1	6.6	4.0	7.1	6.6	4.0	7.1	6.6	4.0	7.1
polyunsaturates	g	1.6	1.0	0.90	1.6	1.0	0.90	1.6	1.0	0.90	1.6
Carbohydrate	g	61.7	39.7	35.2	58.0	37.6	33.1	61.8	39.7	35.2	62.3
total sugars	g	35.0	24.5	20.0	38.0	26.2	21.7	35.5	24.7	20.2	36.9
lactose	g	22.6	17.4	12.9	21.2	16.6	12.1	22.6	17.4	12.9	22.5
sucrose	g	8.8	5.0	5.0	9.3	5.3	5.3	9.3	5.3	5.3	10.8
maltose	g	2.2	1.3	1.3	1.4	0.8	0.8	2.2	1.3	1.3	2.3
fructose	g	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0	0
glucose	g	1.2	0.70	0.70	6.0	3.4	3.4	1.2	0.70	0.70	1.2
polysaccharides	g	26.7	15.2	15.2	20.0	11.4	11.4	26.3	15.0	15.0	25.4
Fibre	g	0.20	0.10	0.10	2.3	1.3	1.3	Trace	Trace	Trace	Trace
Protein	g	15.5	12.2	8.8	16.1	12.6	9.2	15.5	12.2	8.8	15.4
Nitrogen	g	2.5	1.9	1.4	2.6	2.0	1.6	2.5	1.9	1.4	2.5
Salt	g	0.65	0.48	0.38	0.65	0.48	0.38	0.65	0.48	0.38	0.65
Vitamins											
Vitamin A (RE)	µg	560	350	320	560	350	320	560	350	320	560
Vitamin D	µg	9.0	5.1	5.1	9.0	5.1	5.1	9.0	5.1	5.1	9.0
Vitamin E (α-TE)	mg	8.8	5.1	5.0	8.8	5.1	5.0	8.8	5.1	5.0	8.8
Vitamin K	µg	53.0	30.2	30.2	53.0	30.2	30.2	53.0	30.2	30.2	53.0
Vitamin C	mg	59.0	36.1	33.6	59.0	36.1	33.6	59.0	36.1	33.6	59.0
Thiamin	mg	1.4	0.83	0.80	1.4	0.83	0.80	1.4	0.83	0.80	1.4
Riboflavin	mg	1.6	1.2	0.91	1.6	1.2	0.91	1.6	1.2	0.91	1.6
Vitamin B ₆	mg	2.0	1.2	1.1	2.0	1.2	1.1	2.0	1.2	1.1	2.0
Niacin (NE)	mg	13.0	8.2	7.4	13.0	8.2	7.4	13.0	8.2	7.4	13.0
Folic acid	µg	200	120	110	200	120	110	200	120	110	200
Vitamin B ₁₂	µg	2.0	2.0	1.1	2.0	2.0	1.1	2.0	2.0	1.1	2.0
Pantothenic acid	mg	5.5	3.7	3.1	5.5	3.7	3.1	5.5	3.7	3.1	5.5
Biotin	µg	31.0	20.3	17.7	31.0	20.3	17.7	31.0	20.3	17.7	31.0
Minerals											
Sodium	mg	260	190	150	260	190	150	260	190	150	260
	mmol	11.3	8.3	6.4	11.3	8.3	6.4	11.3	8.3	6.4	11.3
Chloride	mg	500	380	290	470	360	270	500	380	290	500
	mmol	14.1	10.6	8.0	13.2	10.1	7.5	14.1	10.6	8.0	14.1
Potassium	mg	740	580	420	900	670	510	740	580	420	740
	mmol	19.0	14.9	10.8	23.0	17.3	13.2	19.0	14.9	10.8	19.0
Calcium	mg	600	460	340	570	440	320	600	460	340	600
	mmol	15.0	11.6	8.6	14.2	11.1	8.1	15.0	11.6	8.6	15.0
Phosphorus	mg	470	370	270	490	380	280	470	370	270	470
	mmol	15.2	11.7	8.6	15.8	12.1	9.0	15.2	11.7	8.6	15.2
Magnesium	mg	83.0	59.0	47.3	110	74.4	62.7	83.0	59.0	47.3	83.0
	mmol	3.4	2.4	1.9	3.4	3.1	2.6	3.4	2.4	1.9	3.4
Iron	mg	6.8	3.9	3.9	6.8	3.9	3.9	6.8	3.9	3.9	6.8
Zinc	mg	4.9	3.2	2.8	4.9	3.2	2.8	4.9	3.2	2.8	4.9
Copper	µg	530	300	300	530	300	300	530	300	300	530
Iodine	µg	100	89.9	57.0	100	89.9	57.0	100	89.9	57.0	100
Selenium	µg	25.0	15	14	25.0	15	14	25.0	15	14	25.0
Manganese	mg	0.61	0.35	0.35	0.61	0.35	0.35	0.61	0.35	0.35	0.61
Chromium	µg	7.0	4.0	4.0	7.0	4.0	4.0	7.0	4.0	4.0	7.0
Molybdenum	µg	16.0	9.1	9.1	16.0	9.1	9.1	16.0	9.1	9.1	16.0