

# SHAKE EXTRA



## ORDER CODES

Flavour	Pip-code
Vanilla	405 - 2585
Strawberry	405 - 2593
Banana	405 - 2551
Chocolate	405 - 2577
Starter Pack	405 - 2569

## DESCRIPTION

AYMES® Shake Extra is a high-energy, high fat, moderate protein powder, based on skimmed milk powder with added carbohydrate, fat, and a full range of vitamins and minerals, which provides a nutritionally-balanced milkshake-style supplement when mixed with whole milk.

## PRESENTATION

AYMES® Shake Extra is presented as wholesale cases of 6 cartons, each carton containing 6 x 85g sachets. It is available in 4 flavours: Vanilla, Strawberry, Banana, and Chocolate. It is also available as a Starter Pack containing 4 x 85g mixed flavour sachets including shaker. Available in 4 flavours: Chocolate, Strawberry, Vanilla, and Banana

## INDICATIONS FOR USE

AYMES® Shake Extra 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. It is suitable as a supplement to the diet and is not suitable as a sole source of nutrition.

ACBS approved, prescribable on Form FP10 (GP10 in Scotland) for the following indications: malabsorption, disease-related malnutrition, or with other conditions that require supplementation with a high fat/carbohydrate ONS.

## DIRECTIONS FOR USE

Mixing using a Shaker:

- First, add 240 ml of whole milk to the shaker, and then the contents of one sachet of AYMES® Shake Extra
- Shake vigorously for at least 30 seconds until fully mixed. It is important to shake vigorously, this will ensure that the product mixes evenly and prevent lumps forming

Decant into glass or mug if desired

Mixing using a whisk or fork:

- First, add 100ml of whole milk to a jug, and then the contents of one sachet of AYMES® Shake Extra
- Mix to a smooth paste
- Add the remaining milk (140ml) and whisk again. After 30 seconds it should be fully mixed

Decant to a glass or mug, drink immediately.

Once mixed, AYMES® Shake Extra may be stored for up to 24 hours in a refrigerator, stir before drinking.

## 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**

## CONTRAINDICATIONS

Not suitable for patients with intolerance to cows' milk or soya  
 Not suitable for patients with galactosaemia  
 Not suitable for those requiring a low fat diet

## PRECAUTIONS

Do not use in children under 1 year of age  
 Use with caution in children under 6 years old

## STORAGE

Store in a cool, dry place, below 25°C  
 Once reconstituted can be kept in a refrigerator for up to 24 hours

## SHELF LIFE

15 months

## INGREDIENTS

### VANILLA

Glucose Syrup, Palm Oil, Maltodextrin, Skim Milk Powder, Sugar, Milk Protein, Calcium Carbonate, Potassium Phosphate, Flavourings (contains lactose from Milk), Emulsifier: E452, Vitamin and Mineral Premix (Potassium Phosphate, Sodium Ascorbate, vitamin E, Ferrous Sulphate, Niacin, Zinc Sulphate, Vitamin A, Pantothenic Acid, Vitamin D, Biotin, Vitamin B<sub>6</sub>, Folic Acid, Manganese Sulphate, Thiamin, Potassium Iodide, Copper Sulphate, Vitamin K, Vitamin B<sub>12</sub>, Sodium Selenite, Riboflavin, Chromium chloride, Sodium Molybdenate), Magnesium Sulphate, Potassium Chloride, Sodium Chloride, Colour: Carotenes, Emulsifier: Lecithins (contains Soy)

### STRAWBERRY

Glucose Syrup, Palm Oil, Maltodextrin, Skim Milk Powder, Sugar, Milk Protein, Calcium Carbonate, Potassium Phosphate, Colour: Beetroot Red, Natural Flavouring, Emulsifier: E452, Vitamin and Mineral Premix (Potassium Phosphate, Sodium Ascorbate, vitamin E, Ferrous Sulphate, Niacin, Zinc Sulphate, Vitamin A, Pantothenic Acid, Vitamin D, Biotin, Vitamin B<sub>6</sub>, Folic Acid, Manganese Sulphate, Thiamin, Potassium Iodide, Copper Sulphate, Vitamin K, Vitamin B<sub>12</sub>, Sodium Selenite, Riboflavin, Chromium chloride, Sodium Molybdenate), Magnesium Sulphate, Potassium Chloride, Sodium Chloride, Emulsifier: Lecithins (contains Soy)

### BANANA

Glucose Syrup, Palm Oil, Maltodextrin, Skim Milk Powder, Sugar, Milk Protein, Calcium Carbonate, Potassium Phosphate, Colour: Carotenes, Flavouring, Emulsifier: E452, Vitamin and Mineral Premix (Potassium Phosphate, Sodium Ascorbate, vitamin E, Ferrous Sulphate, Niacin, Zinc Sulphate, Vitamin A, Pantothenic Acid, Vitamin D, Biotin, Vitamin B<sub>6</sub>, Folic Acid, Manganese Sulphate, Thiamin, Potassium Iodide, Copper Sulphate, Vitamin K, Vitamin B<sub>12</sub>, Sodium Selenite, Riboflavin, Chromium chloride, Sodium Molybdenate), Magnesium Sulphate, Potassium Chloride, Sodium Chloride, Emulsifier: Lecithins (contains Soy)

### CHOCOLATE

Glucose Syrup, Palm Oil, Sugar, Skim Milk Powder, Cocoa Powder, Maltodextrin, Calcium Carbonate, Natural Flavouring, Potassium Phosphate, Milk protein, Emulsifier: E452, Vitamin and Mineral Premix (Potassium Phosphate, Sodium Ascorbate, vitamin E, Ferrous Sulphate, Niacin, Zinc Sulphate, Vitamin A, Pantothenic Acid, Vitamin D, Biotin, Vitamin B<sub>6</sub>, Folic Acid, Manganese Sulphate, Thiamin, Potassium Iodide, Copper Sulphate, Vitamin K, Vitamin B<sub>12</sub>, Sodium Selenite, Riboflavin, Chromium chloride, Sodium Molybdenate), Sodium chloride, Magnesium Sulphate, Emulsifier: Lecithins (contains Soy)

All flavours of AYMES® Shake Extra are made from a gluten free recipe & are suitable for vegetarians & halal diets

## OTHER INFORMATION\*

### Energy distribution

Protein	%	8.4
Carbohydrate	%	43.5
Fat	%	47.5
Fibre	%	0.08
Osmolarity	mOsm/L*	700
Potential Renal Solute Load	mOsm/L*	435

\* Based on Vanilla Flavour made up with 240 ml whole milk - the other flavours are similar, for details please contact AYMES® International

## NUTRITIONAL COMPOSITION

Flavour	VANILLA		STRAWBERRY		BANANA		CHOCOLATE	
	per 100g	per serving 85g+240ml whole milk	per 100g	per serving 85g+240ml whole milk	per 100g	per serving 85g+240ml whole milk	per 100g	per serving 85g+240ml whole milk
<b>Typical values</b>								
Energy								
	kJ	2090	2462	2086	2458	2090	2462	2100
	kcal	499	589	498	588	499	589	503
Fat	g	25.3	31.3	25.3	31.3	25.3	31.3	28.6
of which saturates	g	16.6	20.3	16.6	20.3	16.7	20.3	18.9
polyunsaturates	g	1.6	1.7	1.6	1.7	1.6	1.7	1.7
Carbohydrate	g	62.9	64.8	62.5	64.5	62.8	64.5	55.5
of which sugars	g	22.4	30.4	22.2	30.2	22.3	30.3	21.1
lactose	g	5.2	15.8	5.9	16.4	6.0	16.5	2.9
sucrose	g	10.2	8.7	12.4	10.5	12.3	10.4	15.0
maltose	g	5.3	4.5	3.0	2.6	3.1	2.6	2.5
glucose	g	1.7	1.4	0.9	0.76	0.91	0.77	0.71
polysaccharides	g	40.5	34.4	40.3	34.3	40.5	34.4	34.4
Fibre	g	0.38	0.32	0.24	0.20	0.43	0.37	1.9
Protein	g	4.8	12.4	4.8	12.4	4.8	12.4	4.9
Nitrogen	g	0.77	1.95	0.77	1.95	0.77	1.95	0.78
Salt	g	0.41	0.62	0.41	0.62	0.42	0.64	0.43
<b>Vitamins</b>								
Vitamin A (RE)	µg	616	606	616	606	616	606	616
Vitamin D	µg	9.9	8.4	9.9	8.4	9.9	8.4	9.9
Vitamin E (α-TE)	mg	9.7	8.4	9.7	8.4	9.7	8.4	9.7
Vitamin K	µg	58.3	49.6	58.3	49.6	58.3	49.6	58.3
Vitamin C	mg	59.5	55.6	59.5	55.6	59.5	55.6	59.5
Thiamin	mg	1.3	1.2	1.3	1.2	1.3	1.2	1.3
Riboflavin	mg	1.0	1.4	1.0	1.4	1.0	1.4	1.0
Vitamin B <sub>6</sub>	mg	1.9	1.7	1.9	1.7	1.9	1.7	1.9
Niacin (NE)	mg	13.3	13.3	13.3	13.3	13.3	13.3	13.3
Folic acid	µg	202	192	202	192	202	192	201
Vitamin B <sub>12</sub>	µg	1.1	3.2	1.1	3.2	1.1	3.2	1.1
Pantothenic acid	mg	4.7	5.5	4.7	5.5	4.7	5.5	4.7
Biotin	µg	34.1	35.3	34.1	35.3	34.1	35.3	34.1
<b>Minerals</b>								
Sodium	mg	162	246	163	247	167	250	170
	mmol	7.0	10.7	7.0	10.7	7.3	10.8	7.4
Chloride	mg	352	522	352	522	353	523	215
	mmol	9.9	14.7	9.9	14.7	9.9	14.7	6.1
Potassium	mg	503	815	503	815	503	815	599
	mmol	12.9	20.8	12.9	20.8	12.9	20.8	15.3
Calcium	mg	181	449	181	449	181	449	201
	mmol	4.5	11.2	4.5	11.2	4.5	11.2	5.0
Phosphorus	mg	202	404	202	404	202	404	214
	mmol	6.5	13.0	6.5	13.0	6.5	13.0	6.9
Magnesium	mg	52.5	72.1	52.5	72.1	52.5	72.1	52.5
	mmol	2.2	3.0	2.2	3.0	2.2	3.0	2.2
Iron	mg	7.4	6.3	7.4	6.3	7.4	6.3	9.1
Zinc	mg	3.8	4.2	3.8	4.2	3.8	4.2	4.1
Copper	µg	583	490	583	490	583	490	783
Iodine	µg	80.1	146	80.1	146	80.1	146	73.8
Selenium	µg	16.4	16.4	16.4	16.4	16.4	16.4	16.0
Manganese	mg	0.67	0.57	0.67	0.57	0.67	0.57	0.67
Chromium	µg	7.7	6.5	7.7	6.5	7.7	6.5	7.7
Molybdenum	µg	17.6	15.0	17.6	15.0	17.6	15.0	17.6