

# SHAKE SMOOTHIE



## ORDER CODES

Flavour	Pip-code
Mango Flavour	397 - 2817
Peach Flavour	397 - 2833
Pineapple Flavour	397 - 2825
Strawberry & Cranberry Flavour	397 - 2841
Starter Pack	408 - 4711

## DESCRIPTION

AYMES® Shake Smoothie is a powder, based on soya protein isolate with added carbohydrate, fat, vitamins and minerals, which provides a nutritionally balanced meal in a drink, supplement / sip feed when reconstituted with water.

## PRESENTATION

AYMES® Shake Smoothie is presented as wholesale cases of 6 cartons, each carton containing 7 x 66g sachets. AYMES® Shake Smoothie is also available as a Starter Pack containing 4 x 66g sachets mixed flavours (one of each flavour) plus a shaker. Available in 4 flavours: Mango, Peach, Pineapple, and Strawberry & Cranberry.

## INDICATIONS FOR USE

AYMES® Shake Smoothie 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 Smoothie 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, dysphagia, bowel fistulas and disease-related malnutrition.

## DIRECTIONS FOR USE

Each sachet of AYMES® Shake Smoothie should be reconstituted with 150ml of water. It is best served cold, but can be made up hot, if preferred.

Mixing with a shaker:

### DO NOT USE SHAKER WITH HOT LIQUIDS

1. Add 150ml water and then the sachet of AYMES® Shake Smoothie to a shaker
2. Shake well until fully mixed  
Pour into a glass or mug and serve

Mixing using a whisk or fork:

1. Add 50ml water to a glass or mug and then 1 sachet of AYMES® Shake Smoothie
2. Mix into a smooth cream with a whisk or fork
3. Top up with the remaining 100ml liquid whilst mixing continuously  
Serve when fully mixed

Once reconstituted, AYMES® Shake Smoothie may be stored for up to 24 hours in a refrigerator. Stir before serving.

## 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 and young children under 3 years

## CONTRAINDICATIONS

Not suitable for patients with soya intolerance.  
AYMES® Shake Smoothie may contain traces of milk protein.

## 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

**MANGO** Dried Glucose Syrup, Soya Protein Isolate, Sugar, Palm Oil, Fructose, Maltodextrin, Mango Powder (4.0%), Natural Flavouring (2%), Stabiliser: Potassium Phosphate, Colour: Beta Carotene, Emulsifier (E472e), Calcium Chloride, Thickener: Cellulose Gum, Magnesium Sulphate, Vitamin & Mineral Premix (Potassium Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacinamide, Zinc Sulphate, Vitamin A, Calcium D-Pantothenate, Vitamin D<sub>3</sub>, d-Biotin, Pyridoxine Hydrochloride, Folic Acid, Manganese Sulphate, Thiamin Mononitrate, Potassium Iodide, Copper Sulphate, Vitamin K<sub>1</sub>, Vitamin B<sub>12</sub>, Sodium Selenite, Riboflavin, Chromium Chloride, Sodium Molybdate), Lemon Powder, Potassium Chloride

**PEACH** Dried Glucose Syrup, Soya Protein Isolate, Sugar, Palm Oil, Maltodextrin, Fructose, Stabiliser: Potassium Phosphate, Natural Flavouring (1.3%), Emulsifier (E472e), Colours: (Beetroot Powder, Carotenes), Calcium Chloride, Thickener: Cellulose Gum, Concentrated Peach Juice (0.4%), Magnesium Sulphate, Vitamin & Mineral Premix (Potassium Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacinamide, Zinc Sulphate, Vitamin A, Calcium D-Pantothenate, Vitamin D<sub>3</sub>, d-Biotin, Pyridoxine Hydrochloride, Folic Acid, Manganese Sulphate, Thiamin Mononitrate, Potassium Iodide, Copper Sulphate, Vitamin K<sub>1</sub>, Vitamin B<sub>12</sub>, Sodium Selenite, Riboflavin, Chromium Chloride, Sodium Molybdate), Lemon Powder, Potassium Chloride

**PINEAPPLE** Dried Glucose Syrup, Soya Protein Isolate, Sugar, Palm Oil, Maltodextrin, Fructose, Natural Flavouring (2%), Stabiliser: Potassium Phosphate, Emulsifier (E472e), Pineapple Juice Powder (1%), Calcium Chloride, Thickener: Cellulose Gum, Colour: Curcumin, Magnesium Sulphate, Vitamin & Mineral Premix (Potassium Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacinamide, Zinc Sulphate, Vitamin A, Calcium D-Pantothenate, Vitamin D<sub>3</sub>, d-Biotin, Pyridoxine Hydrochloride, Folic Acid, Manganese Sulphate, Thiamin Mononitrate, Potassium Iodide, Copper Sulphate, Vitamin K<sub>1</sub>, Vitamin B<sub>12</sub>, Sodium Selenite, Riboflavin, Chromium Chloride, Sodium Molybdate), Lemon Powder, Potassium Chloride

**STRAWBERRY & CRANBERRY** Dried Glucose Syrup, Soya Protein Isolate, Sugar, Palm Oil, Maltodextrin, Fructose, Natural Strawberry Flavourings (2.5%), Stabiliser: Potassium Phosphate, Emulsifier (E472e), Natural flavouring (1%), Colour: Beetroot Powder, Calcium chloride, Thickener: Cellulose Gum, Concentrated Cranberry Juice (0.4%), Magnesium sulphate, Vitamin & Mineral Premix (Potassium Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacinamide, Zinc Sulphate, Vitamin A, Calcium D-Pantothenate, Vitamin D<sub>3</sub>, d-Biotin, Pyridoxine Hydrochloride, Folic Acid, Manganese Sulphate, Thiamin Mononitrate, Potassium Iodide, Copper Sulphate, Vitamin K<sub>1</sub>, Vitamin B<sub>12</sub>, Sodium Selenite, Riboflavin, Chromium Chloride, Sodium Molybdate), Lemon Powder, Potassium chloride.

All flavours of AYMES® Shake Smoothie are gluten free and are suitable for vegetarians

## OTHER INFORMATION\*

	per 66g serving mixed with 150ml water
Potential Renal Solute Load	mOsm/l 475
Osmolality	mOsm/kg 720
Osmolarity	mOsm/litre 620
Non-Protein Calories : Nitrogen ratio (kcal/g)	148:1
Energy distribution	Protein 14%
	Carbohydrate 56%
	Fat 30%

\* Based on Pineapple Flavour, the other flavours are similar, for details please contact AYMES® International

## NUTRITIONAL COMPOSITION

Flavour		MANGO	PEACH	PINEAPPLE	STRAWBERRY & CRANBERRY
Typical values		per 100g	per 66g serving	per 100g	per 66g serving
		per 100g	per 66g serving	per 100g	per 66g serving
Energy		1896	1250	1895	1250
	kcal	450	297	450	297
Fat		14.9	9.8	14.7	9.7
	g	8.7	5.7	8.5	5.6
of which: saturates		4.8	3.2	4.7	3.1
monounsaturates		1.4	0.92	1.5	0.99
polyunsaturates		62.4	41.2	62.9	41.5
Carbohydrate		25.8	17.0	26.4	17.4
total sugars		0	0	0	0
lactose		15.0	9.9	15.0	9.9
sucrose		4.2	2.8	4.2	2.8
maltose		5.5	3.6	6.0	3.9
fructose		1.1	0.73	1.2	0.79
glucose		36.6	24.2	36.5	24.1
polysaccharides		1.0	0.66	0.80	0.53
Fibre		16.2	10.7	16.2	10.7
Protein		2.6	1.7	2.6	1.7
Nitrogen		0.49	0.32	0.49	0.32
Salt Eq.					
<b>Vitamins</b>					
Vitamin A (RE)	µg	530	350	530	350
Vitamin D	µg	8.8	5.8	8.8	5.8
Vitamin E (cc-TE)	mg	8.8	5.8	8.8	5.8
Vitamin K	µg	53.0	35.0	53.0	35.0
Vitamin C	mg	53.2	35.1	53.2	35.1
Thiamin	mg	1.2	0.80	1.2	0.80
Riboflavin	mg	0.82	0.54	0.82	0.54
Vitamin B <sub>6</sub>	mg	1.7	1.1	1.7	1.1
Niacin (NE)	mg	12.0	7.9	12.0	7.9
Folic acid	µg	217	143	217	143
Vitamin B <sub>12</sub>	µg	0.80	0.53	0.80	0.53
Pantothenic acid	mg	4.0	2.6	4.0	2.6
Biotin	µg	33.0	21.8	33.0	21.8
<b>Minerals</b>					
Sodium	mg	198	131	198	131
	mmol	8.6	5.7	8.6	5.7
Chloride	mg	364	240	364	240
	mmol	10.3	6.8	10.3	6.8
Potassium	mg	700	462	700	462
	mmol	17.9	11.8	17.9	11.8
Calcium	mg	175	116	175	116
	mmol	4.4	2.9	4.4	2.9
Phosphorus	mg	352	232	352	232
	mmol	11.4	7.5	11.4	7.5
Magnesium	mg	51.9	34.2	51.9	34.2
	mmol	2.2	1.4	2.2	1.4
Iron	mg	8.9	5.8	8.9	5.8
Zinc	mg	3.6	2.4	3.6	2.4
Copper	µg	830	550	830	550
Iodine	µg	60.0	39.6	60.0	39.6
Selenium	µg	14.0	9.2	14.0	9.2
Manganese	mg	0.76	0.50	0.76	0.50
Chromium	µg	7.0	4.6	7.0	4.6
Molybdenum	µg	16.0	10.6	16.0	10.6