

SHAKE



ORDER CODES

Flavour	Pip-code
Vanilla Flavour	374 - 9017
Strawberry Flavour	374 - 9009
Chocolate Flavour	374 - 9025
Banana Flavour	374 - 9033
Neutral Flavour	374 - 8993
Sample Pack	384 - 9643

DESCRIPTION

AYMES® Shake is a powder, based on skimmed milk powder with added carbohydrate, fat, vitamins and minerals, which provides a nutritionally balanced meal in a drink, supplement / sip feed when reconstituted with water or whole milk.

PRESENTATION

AYMES® Shake is presented as wholesale cases of 6 cartons, each carton containing 7 x 57g sachets. It is available in 5 flavours: Banana, Vanilla, Chocolate, Strawberry and Neutral. It is also available as a Sample Pack (5 x 57g sachets plus a shaker) this is available in wholesale cases of 6 cartons.

INDICATIONS FOR USE

AYMES® Shake 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 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 serving of AYMES® Shake should be reconstituted with 200ml of whole milk or water. Made with whole milk it provides a more nutritious sip feed. It is best served cold, but can be made up hot, if preferred.

Mixing instructions when using a shaker:

CAUTION - DO NOT USE SHAKER WITH HOT LIQUIDS

1. Pour the 200ml of whole milk into the shaker, then add one 57g sachet of AYMES® Shake.
2. Replace the lid making sure it is securely fastened and shake vigorously.
3. Decant into your glass or mug to drink, or refrigerate in the shaker or another suitable container for up to 24 hours.

Mixing instructions when using a whisk or fork:

1. Pour the 200ml whole milk into the glass or mug, then add one 57g sachet of AYMES® Shake.
2. Mix thoroughly with a whisk or fork.
3. Drink immediately or refrigerate for up to 24 hours.

AYMES® Shake can also be added to sweet and savoury foods Contact us for more info

SUGGESTED INTAKE

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

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 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

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

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

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 are gluten free and are suitable for vegetarians

OTHER INFORMATION*

	With Milk	With Water
Potential Renal Solute Load	mOsm/l	253
Osmolality	mOsm/kg	560
Osmolarity	mOsm/l	480
Energy Distribution		
Carbohydrate	%	56
Protein	%	14
Fat	%	30
Non-Protein Calories: N2	kcal/g	153:1

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

NUTRITIONAL COMPOSITION

Flavour	VANILLA			STRAWBERRY			CHOCOLATE			BANANA			NEUTRAL			
	per 100g powder	per +200ml milk	57g + water	per 100g powder	per +200ml milk	57g + water	per 100g powder	per +200ml milk	57g + water	per 100g powder	per +200ml milk	57g + water	per 100g powder	per +200ml milk	57g + water	
Typical values																
Energy	kJ	1862	1625	1061	1862	1625	1061	1829	1606	1042	1865	1627	1063	1862	1625	1061
	kcal	442	388	252	442	388	252	435	384	248	443	389	253	442	388	252
Fat	g	14.8	16.4	8.4	14.8	16.4	8.4	14.9	16.5	8.5	14.7	16.4	8.4	14.8	16.4	8.4
of which: saturates	g	7.1	9.2	4.0	7.1	9.2	4.0	7.1	9.2	4.0	7.0	9.2	4.0	7.1	9.2	4.0
polyunsaturates	g	1.6	1.1	0.90	1.6	1.1	0.90	1.6	1.1	0.90	1.6	1.1	0.90	1.6	1.1	0.90
Carbohydrate	g	61.7	44.3	35.2	61.8	44.3	35.2	58.0	42.2	33.1	62.3	44.6	35.5	61.4	44.1	35.0
total sugars	g	35.0	29.1	20.0	35.5	29.3	20.2	38.0	30.8	21.7	36.9	30.1	21.0	29.4	25.9	16.8
lactose	g	22.6	22.0	12.9	22.6	22.0	12.9	21.2	21.2	12.1	22.5	21.9	12.8	23.1	22.3	13.2
sucrose	g	8.8	5.0	5.0	9.3	5.3	5.3	9.3	5.3	5.3	10.8	6.2	6.2	0.88	0.5	0.50
maltose	g	2.2	1.3	1.3	2.2	1.3	1.3	1.4	0.8	0.8	2.3	1.3	1.3	2.6	1.5	1.5
fructose	g	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0	1.6	0.9	0.90
glucose	g	1.2	0.7	0.70	1.2	0.7	0.70	6.0	3.4	3.4	1.2	0.7	0.7	1.4	0.8	0.80
polysaccharides	g	26.7	15.2	15.2	26.3	15.0	15.0	20.0	11.4	11.4	25.4	14.5	14.5	29.5	16.8	16.8
Fibre	g	0.20	0.1	0.10	Trace	trace	trace	2.3	1.3	1.3	Trace	trace	trace	Trace	trace	trace
Protein	g	15.5	15.6	8.8	15.5	15.6	8.8	16.1	16.0	9.2	15.4	15.6	8.8	15.9	15.8	9.0
Nitrogen	g	2.5	2.5	1.4	2.5	2.5	1.4	2.6	2.6	1.6	2.5	2.5	1.4	2.5	2.5	1.4
Salt	g	0.65	0.60	0.38	0.65	0.60	0.38	0.65	0.60	0.38	0.65	0.60	0.38	0.65	0.60	0.38
Vitamins																
Vitamin A (RE)	µg	560	380	320	560	380	320	560	380	320	560	380	320	560	380	320
Vitamin D	µg	9.0	5.1	5.1	9.0	5.1	5.1	9.0	5.1	5.1	9.0	5.1	5.1	9.0	5.1	5.1
Vitamin E (α-TE)	mg	8.8	5.2	5.0	8.8	5.2	5.0	8.8	5.2	5.0	8.8	5.2	5.0	8.8	5.2	5.0
Vitamin K	µg	53.0	30	30.2	53.0	30	30.2	53.0	30	30.2	53.0	30	30.2	53.0	30	30.2
Vitamin C	mg	59.0	38	33.6	59.0	38	33.6	59.0	38	33.6	59.0	38	33.6	59.0	38	33.6
Thiamin	mg	1.4	0.86	0.80	1.4	0.86	0.80	1.4	0.86	0.80	1.4	0.86	0.80	1.4	0.86	0.80
Riboflavin	mg	1.6	1.4	0.91	1.6	1.4	0.91	1.6	1.4	0.91	1.6	1.4	0.91	1.6	1.4	0.91
Vitamin B ₆	mg	2.0	1.2	1.1	2.0	1.2	1.1	2.0	1.2	1.1	2.0	1.2	1.1	2.0	1.2	1.1
Niacin (NE)	mg	13.0	9.1	7.4	13.0	9.1	7.4	13.0	9.1	7.4	13.0	9.1	7.4	13.0	9.1	7.4
Folic acid	µg	200	130	110	200	130	110	200	130	110	200	130	110	200	130	110
Vitamin B ₁₂	µg	2.0	3.0	1.1	2.0	3.0	1.1	2.0	3.0	1.1	2.0	3.0	1.1	2.0	3.0	1.1
Pantothenic acid	mg	5.5	4.3	3.1	5.5	4.3	3.1	5.5	4.3	3.1	5.5	4.3	3.1	5.5	4.3	3.1
Biotin	µg	31.0	23	17.7	31.0	23	17.7	31.0	23	17.7	31.0	23	17.7	31.0	23	17.7
Minerals																
Sodium	mg	260	240	150	260	240	150	260	240	150	260	240	150	260	240	150
	mmol	11.3	10.3	6.4	11.3	10.3	6.4	11.3	10.3	6.4	11.3	10.3	6.4	11.3	10.3	6.4
Chloride	mg	500	470	290	500	470	290	470	450	270	500	470	290	500	470	290
	mmol	14.1	13.2	8.0	14.1	13.2	8.0	13.2	12.7	7.5	14.1	13.2	8.0	14.1	13.2	8.0
Potassium	mg	740	740	420	740	740	420	900	830	510	740	740	420	740	740	420
	mmol	19.0	19.0	10.8	19.0	19.0	10.8	23.0	21.4	13.2	19.0	19.0	10.8	19.0	19.0	10.8
Calcium	mg	600	580	340	600	580	340	570	560	320	600	580	340	600	580	340
	mmol	15.0	14.7	8.6	15.0	14.7	8.6	14.2	14.2	8.1	15.0	14.7	8.6	15.0	14.7	8.6
Phosphorus	mg	470	460	270	470	460	270	490	470	280	470	460	270	470	460	270
	mmol	15.2	14.8	8.6	15.2	14.8	8.6	15.8	15.2	9.0	15.2	14.8	8.6	15.2	14.8	8.6
Magnesium	mg	83.0	70	47.3	83.0	70	47.3	110	86	62.7	83.0	70	47.3	83.0	70	47.3
	mmol	3.4	2.8	1.9	3.4	2.8	1.9	3.4	3.5	2.6	3.4	2.8	1.9	3.4	2.8	1.9
Iron	mg	6.8	4.0	3.9	6.8	4.0	3.9	6.8	4.0	3.9	6.8	4.0	3.9	6.8	4.0	3.9
Zinc	mg	4.9	3.6	2.8	4.9	3.6	2.8	4.9	3.6	2.8	4.9	3.6	2.8	4.9	3.6	2.8
Copper	µg	530	300	300	530	300	300	530	300	300	530	300	300	530	300	300
Iodine	µg	100	120	57.0	100	120	57.0	100	120	57.0	100	120	57.0	100	120	57.0
Selenium	µg	25.0	16	14	25.0	16	14	25.0	16	14	25.0	16	14	25.0	16	14
Manganese	mg	0.61	0.35	0.35	0.61	0.35	0.35	0.61	0.35	0.35	0.61	0.35	0.35	0.61	0.35	0.35
Chromium	µg	7.0	4	4.0	7.0	4	4.0	7.0	4	4.0	7.0					