



## Data Sheet

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LT1019-004

# ActaSolve<sup>®</sup> SMOOTHIE



### ORDER CODES

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

### DESCRIPTION

AYMES ActaSolve Smoothie is a Food for Special Medical Purposes. AYMES ActaSolve Smoothie is a powder, based on soya protein isolate with added carbohydrate, fat, vitamins and minerals, designed for the dietary management of patients with or at risk of disease related malnutrition.

### PRESENTATION

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

### INDICATIONS FOR USE

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

### DIRECTIONS FOR USE

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

Mixing instructions when using a shaker:

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

**DO NOT USE SHAKER WITH HOT LIQUIDS**

Mixing instructions when using a whisk or fork:

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

### 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 children under 3 years of age.

### CONTRAINDICATIONS

Not suitable for patients with soya intolerance.

AYMES ActaSolve Smoothie may contain traces of milk protein.

### PRECAUTIONS

Only to be used as a supplement to the normal diet.  
Use with caution in children under 6 years old.

### STORAGE

Store in a cool, dry place, below 25°C

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

### SHELF LIFE

24 months

### INGREDIENTS

#### MANGO

Dried Glucose Syrup, Soya Protein Isolate (Containing Emulsifier Soya Lecithin,) Sugar, Palm Oil, Fructose, Maltodextrin, Natural Mango Flavouring (4.0%), Natural Flavouring (2%), Emulsifier: mono and diglycerides of fatty acids, Colour: Carotene, Dipotassium phosphate, Stabiliser: Potassium Phosphate, Calcium Chloride, Thickener: Cellulose Gum, Magnesium Sulphate, Vitamin & Mineral Premix (Dipotassium Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacin, Zinc Sulphate, Vitamin A, Pantothenic Acid, Vitamin D2, Biotin, Vitamin B6, Folic Acid, Manganese Sulphate, Thiamin, Potassium Iodide, Copper Sulphate, Vitamin K, Vitamin B12, Sodium Selenite, Riboflavins, Chromium Chloride, Sodium Molybdate), Potassium Chloride, Lemon Powder.

#### PEACH

Dried Glucose Syrup, Soya Protein Isolate (Containing Emulsifier Soya Lecithin,) Sugar, Palm Oil, Maltodextrin, Fructose, Natural Flavouring (1%), Emulsifier: mono and diglycerides of fatty acids, Dipotassium phosphate, Colours: (Beetroot Red, Carotenes), Stabiliser: Potassium Phosphate, Thickener: Cellulose Gum, Calcium Chloride, Concentrated Peach Juice (0.4%), Magnesium Sulphate, Vitamin & Mineral Premix (Dipotassium Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacin, Zinc Sulphate, Vitamin A, Pantothenic Acid, Vitamin D2, Biotin, Vitamin B6, Folic Acid, Manganese Sulphate, Thiamin, Potassium Iodide, Copper Sulphate, Vitamin K, Vitamin B12, Sodium Selenite, Riboflavins, Chromium Chloride, Sodium Molybdate), Potassium Chloride.

#### PINEAPPLE

Dried Glucose Syrup, Soya Protein Isolate (Containing Emulsifier Soya Lecithin,) Sugar, Palm Oil, Maltodextrin, Fructose, Natural Flavouring (2%), Emulsifier: mono and diglycerides of fatty acids, Pineapple Juice Powder, Dipotassium Phosphate, Stabiliser: Potassium Phosphate, Calcium Chloride, Thickener: Cellulose Gum, Colour: Curcumin, Magnesium Sulphate, Vitamin & Mineral Premix (Dipotassium Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacin, Zinc Sulphate, Vitamin A, Pantothenic Acid, Vitamin D2, Biotin, Vitamin B6, Folic Acid, Manganese Sulphate, Thiamin, Potassium Iodide, Copper Sulphate, Vitamin K, Vitamin B12, Sodium Selenite, Riboflavins, Chromium Chloride, Sodium Molybdate), Potassium Chloride, Lemon Powder.

#### STRAWBERRY & CRANBERRY

Dried Glucose Syrup, Soya Protein Isolate (Containing Emulsifier Soya Lecithin,) Sugar, Palm Oil, Maltodextrin, Fructose, Natural Strawberry Flavouring (2.5%), Emulsifier: mono and diglycerides of fatty acids, Natural Flavouring (1%), Dipotassium Phosphate, Stabiliser: Potassium Phosphate, Colour: Beetroot Red, Calcium Chloride, Thickener: Cellulose Gum, Concentrated Cranberry Juice (0.4%), Lemon Powder, Magnesium sulphate, Vitamin & Mineral Premix (Dipotassium Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacin, Zinc Sulphate, Vitamin A, Pantothenic Acid, Vitamin D2, Biotin, Vitamin B6, Folic Acid, Manganese Sulphate, Thiamin, Potassium Iodide, Copper Sulphate, Vitamin K, Vitamin B12, Sodium Selenite, Riboflavins, Chromium Chloride, Sodium Molybdate), Potassium Chloride.

May contain: Egg, Milk, Celery, Mustard, Sulphite.

All flavours of AYMES ActaSolve Smoothie are made from a gluten free recipe and are suitable for vegetarians and vegans

### OTHER INFORMATION\*

		66g serving when mixed with 150ml water	
<b>Potential Renal Solute Load</b>		mOsm/l	475
<b>Osmolality</b>		mOsm/kg	720
<b>Osmolarity</b>		mOsm/l	620
<b>Energy Distribution</b>	Protein	%	14
	Carbohydrate	%	56
	Fat	%	30
<b>Non-Protein Calories: Nitrogen Ratio</b>		kcal/g	148:1

\*Based on Pineapple Flavour. Other flavours are similar, for details please contact AYMES International.

### NUTRITIONAL COMPOSITION

Flavour	MANGO		PEACH		PINEAPPLE		STRAWBERRY & CRANBERRY	
	Per 100g powder	Per 66g serving	Per 100g powder	Per 66g serving	Per 100g powder	Per 66g serving	Per 100g powder	Per 66g serving
<b>Typical values</b>								
Energy								
		kcal						
Fat	g	14.8	g	9.8	g	14.6	g	9.7
of which: saturates	g	8.5	g	5.6	g	8.3	g	5.5
monounsaturates	g	4.8	g	3.2	g	4.6	g	3.1
polyunsaturates	g	1.4	g	0.92	g	1.5	g	0.99
Carbohydrate	g	62.6	g	41.3	g	62.5	g	41.3
of which: sugars	g	26.4	g	17.4	g	27.1	g	17.9
lactose	g	0	g	0	g	0	g	0
sucrose	g	15.0	g	9.9	g	15.0	g	10.2
maltose	g	4.2	g	2.8	g	4.2	g	2.8
fructose	g	5.5	g	3.6	g	6.0	g	3.9
glucose	g	1.1	g	0.73	g	1.2	g	0.79
polysaccharides	g	36.6	g	24.2	g	36.5	g	24.1
Fibre	g	1.0	g	0.6	g	1.0	g	0.6
Protein	g	16.2	g	10.7	g	16.2	g	10.7
Nitrogen	g	2.6	g	1.7	g	2.6	g	1.7
Salt Eq.	g	0.55	g	0.36	g	0.55	g	0.37
<b>Vitamins</b>								
Vitamin A (RE)	µg	531	µg	350	µg	530	µg	350
Vitamin D	µg	8.8	µg	5.8	µg	8.8	µg	5.8
Vitamin E (cc-TE)	mg	8.8	mg	5.8	mg	8.8	mg	5.8
Vitamin K	µg	53.0	µg	35.0	µg	53.0	µg	35.0
Vitamin C	mg	53.2	mg	35.1	mg	53.2	mg	35.1
Thiamin	mg	1.2	mg	0.82	mg	1.2	mg	0.80
Riboflavin	mg	0.82	mg	0.54	mg	0.82	mg	0.54
Vitamin B6	mg	1.7	mg	1.1	mg	1.7	mg	1.1
Niacin (NE)	mg	12.1	mg	7.9	mg	12.1	mg	7.9
Folic acid	µg	217	µg	143	µg	217	µg	143
Vitamin B12	µg	0.80	µg	0.53	µg	0.80	µg	0.53
Pantothenic acid	mg	4.0	mg	2.7	mg	4.0	mg	2.7
Biotin	µg	27.3	µg	18.0	µg	27.3	µg	18.0
<b>Minerals</b>								
Sodium	mg	220	mg	150	mg	220	mg	150
	mmol	9.6	mmol	6.5	mmol	9.6	mmol	6.5
Chloride	mg	389	mg	256	mg	387	mg	256
	mmol	11.1	mmol	7.3	mmol	10.9	mmol	7.2
Potassium	mg	615	mg	406	mg	617	mg	407
	mmol	15.8	mmol	10.4	mmol	15.8	mmol	10.4
Calcium	mg	177	mg	117	mg	177	mg	117
	mmol	4.4	mmol	2.9	mmol	4.4	mmol	2.9
Phosphorus	mg	346	mg	228	mg	346	mg	228
	mmol	11.2	mmol	7.4	mmol	11.2	mmol	7.4
Magnesium	mg	53.0	mg	35.0	mg	53.0	mg	35.0
	mmol	2.2	mmol	1.4	mmol	2.2	mmol	1.4
Iron	mg	9.1	mg	6.0	mg	9.1	mg	6.0
Zinc	mg	3.6	mg	2.4	mg	3.6	mg	2.4
Copper	µg	790	µg	520	µg	790	µg	520
Iodine	µg	60.1	µg	39.7	µg	60.0	µg	39.7
Selenium	µg	14.0	µg	9.3	µg	14.0	µg	9.3
Manganese	mg	0.81	mg	0.54	mg	0.81	mg	0.54
Chromium	µg	7.0	µg	4.6	µg	7.0	µg	4.6
Molybdenum	µg	16.0	µg	10.6	µg	16.0	µg	10.6