

# Shake FIBRE



## ORDER CODES

Flavour	Pip-code
Neutral	417 - 8273
Vanilla	417 - 8240
Strawberry	417 - 8257
Banana	417 - 8232
Chocolate	417 - 8265
Starter Pack	417 - 8281

## DESCRIPTION

AYMES Shake Fibre is a Food for Special Medical Purposes. AYMES Shake Fibre is a high protein, high fibre powdered oral nutritional supplement, designed for the dietary management of patients with or at risk of disease-related malnutrition.

## PRESENTATION

AYMES Shake Fibre is presented in cartons, each carton containing 7 x 57g sachets. It is available in 5 flavours: Neutral, Vanilla, Strawberry, Banana and Chocolate. AYMES Shake Fibre is also available in a Starter Pack containing 5 x 57g 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 Shake Fibre should be reconstituted with 200ml of whole milk. 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

- Remove shaker lid.
- Pour 200ml of whole milk into the shaker.
- Add one 57g sachet of AYMES Shake Fibre.
- Fasten lid well and shake vigorously.
- Decant into your glass or mug to drink immediately or refrigerate for up to 24 hours.

Mixing instructions when using a whisk or fork:

- Pour 200ml of whole milk into a glass or mug.
- Add one 57g sachet of AYMES Shake Fibre.
- Mix thoroughly with a whisk or fork.
- Drink immediately or refrigerate for up to 24 hours.

## 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 or cows' milk intolerance or for those with galactosaemia.

## PRECAUTIONS

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

## STORAGE

Store in a cool, dry place.

Once reconstituted, AYMES Shake Fibre may be stored for up to 24 hours in a refrigerator.  
Stir before drinking.

## SHELF LIFE

24 months

## INGREDIENTS

### NEUTRAL

Skimmed Milk Powder, Dried Glucose Syrup, Palm Oil, Inulin, Milk Protein, Sugar, Maltodextrin, Vitamin & Mineral Premix (Potassium Dihydrogen Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacin, Zinc Sulphate, Vitamin A, Pantothenic Acid, Vitamin D, Biotin, Vitamin B6, Folic Acid, Manganese Sulphate, Thiamin, Potassium Iodide, Copper Sulphate, Vitamin K, Vitamin B12, Sodium Selenite, Riboflavins, Chromium Chloride, Sodium Molybdate), Emulsifier: Soya Lecithin, Magnesium Sulphate, Natural Flavouring (Containing Milk).

### VANILLA

Skimmed Milk Powder, Dried Glucose Syrup, Palm Oil, Milk Protein, Inulin, Sugar, Flavourings (Containing Milk), Vitamin & Mineral Premix (Potassium Dihydrogen Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacin, Zinc Sulphate, Vitamin A, Pantothenic Acid, Vitamin D, Biotin, Vitamin B6, Folic Acid, Manganese Sulphate, Thiamin, Potassium Iodide, Copper Sulphate, Vitamin K, Vitamin B12, Sodium Selenite, Riboflavins, Chromium Chloride, Sodium Molybdate), Emulsifier: Soya Lecithin, Magnesium Sulphate.

### STRAWBERRY

Skimmed Milk Powder, Dried Glucose Syrup, Palm Oil, Inulin, Milk Protein, Sugar, Natural Flavouring, Colour: Beetroot Red, Vitamin & Mineral Premix (Potassium Dihydrogen Phosphate, Sodium Ascorbate, Vitamin E, Maltodextrin, Ferrous Sulphate, Niacin, Zinc Sulphate, Vitamin A, Pantothenic Acid, Vitamin D, Biotin, Vitamin B6, Folic Acid, Manganese Sulphate, Thiamin, Potassium Iodide, Copper Sulphate, Vitamin K, Vitamin B12, Sodium Selenite, Riboflavins, Chromium Chloride, Sodium Molybdate), Emulsifier: Soya Lecithin, Magnesium Sulphate.

### BANANA

Skimmed Milk Powder, Dried Glucose Syrup, Palm Oil, Inulin, Milk Protein, Sugar, Flavouring, Vitamin & Mineral Premix (Potassium Dihydrogen Phosphate, Sodium Ascorbate, Vitamin E, Maltodextrin, Ferrous Sulphate, Niacin, Zinc Sulphate, Vitamin A, Pantothenic Acid, Vitamin D, Biotin, Vitamin B6, Folic Acid, Manganese Sulphate, Thiamin, Potassium Iodide, Copper Sulphate, Vitamin K, Vitamin B12, Sodium Selenite, Riboflavins, Chromium Chloride, Sodium Molybdate), Emulsifier: Soya Lecithin, Magnesium Sulphate, Colour: Carotenes.

### CHOCOLATE

Skimmed Milk Powder, Palm Oil, Dried Glucose Syrup, Sugar, Inulin, Milk Protein, Cocoa Powder (7%), Flavourings (Containing Milk), Vitamin & Mineral Premix (Potassium Dihydrogen Phosphate, Sodium Ascorbate, Vitamin E, Maltodextrin, Ferrous Sulphate, Niacin, Zinc Sulphate, Vitamin A, Pantothenic Acid, Vitamin D, Biotin, Vitamin B6, Folic Acid, Manganese Sulphate, Thiamin, Potassium Iodide, Copper Sulphate, Vitamin K, Vitamin B12, Sodium Selenite, Riboflavins, Chromium Chloride, Sodium Molybdate), Emulsifier: Soya Lecithin, Magnesium Sulphate.

May contain: Egg, Celery, Mustard and Sulphites

All flavours of AYMES Shake Fibre are made from a gluten free recipe and are suitable for vegetarians.

## OTHER INFORMATION\*

Potential Renal Solute Load	mOsm/l	668
Osmolality	mOsm/kg	1097
Osmolarity	mOsm/l	879
Energy Distribution	Protein	% 20
	Carbohydrate	% 45
	Fat	% 31

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

## NUTRITIONAL COMPOSITION

Flavour	NEUTRAL		VANILLA		STRAWBERRY		BANANA		CHOCOLATE	
	Per 100g powder	Mixed with whole milk	Per 100g powder	Mixed with whole milk	Per 100g powder	Mixed with whole milk	Per 100g powder	Mixed with whole milk	Per 100g powder	Mixed with whole milk
Typical values per serving (57g powder + 200ml liquid)										
Energy	kJ 1793	1573	1784	1568	1784	1568	1791	1572	1774	1563
	kcal 427	375	425	374	425	374	427	375	423	373
Fat	g 14.8	15.8	14.5	15.7	14.8	15.8	14.8	15.8	14.7	15.8
of which: saturates	g 8.4	9.5	8.2	9.4	8.4	9.5	8.4	9.5	8.5	9.6
polyunsaturates	g 1.1	0.8	1.0	0.8	1.1	0.8	1.1	0.8	1.0	0.8
Carbohydrate	g 48.1	36.9	48.2	37.0	47.5	36.6	48.0	36.8	47.0	36.2
of which: sugars	g 34.2	29.0	34.4	29.1	34.1	28.9	34.4	29.1	35.6	29.8
Fibre	g 8.8	5.0	8.8	5.0	8.8	5.0	8.8	5.0	8.8	5.0
Protein	g 21.0	19.0	21.0	19.0	21.0	19.0	21.0	19.0	21.0	19.0
Salt	g 0.64	0.58	0.64	0.58	0.65	0.59	0.66	0.59	0.65	0.59
<b>Vitamins</b>										
Vitamin A (RE)	µg 670	461	669	460	670	461	672	462	638	443
Vitamin D	µg 9.6	5.5	9.6	5.5	9.6	5.5	9.6	5.5	9.0	5.2
Vitamin E (α-TE)	mg 8.9	5.2	8.9	5.2	8.9	5.2	8.9	5.2	8.5	5.0
Vitamin K	µg 53.0	30.2	53.0	30.2	53.0	30.2	53.0	30.2	49.1	28.0
Vitamin C	mg 58.2	37.3	58.2	37.3	58.2	37.3	58.3	37.3	54.6	35.2
Thiamin	mg 1.4	0.8	1.4	0.8	1.4	0.8	1.4	0.8	1.3	0.8
Riboflavin	mg 1.5	1.3	1.5	1.3	1.5	1.3	1.5	1.3	1.4	1.3
Vitamin B6	mg 1.9	1.2	1.9	1.2	1.9	1.2	1.9	1.2	1.8	1.2
Niacin (NE)	mg 12.4	7.5	12.4	7.5	12.4	7.5	12.4	7.5	11.7	7.1
Folic acid	µg 200	131	200	131	200	131	200	131	188	124
Vitamin B12	µg 1.8	2.9	1.8	2.9	1.8	2.9	1.9	2.9	1.8	2.9
Pantothenic acid	mg 5.3	4.2	5.3	4.2	5.3	4.2	5.3	4.2	5.2	4.2
Biotin	µg 29.8	22.1	29.7	22.1	29.7	22.1	29.9	22.2	28.5	21.4
<b>Minerals</b>										
Sodium	mg 260	230	260	230	260	230	260	240	260	240
	mmol 11.3	10.0	11.3	10.0	11.3	10.0	11.3	10.4	11.3	10.4
Chloride	mg 353	384	349	382	351	383	358	388	374	397
	mmol 10.1	11.0	9.8	10.9	10.0	10.9	10.2	11.1	10.7	11.3
Potassium	mg 690	717	684	713	688	716	697	721	1032	912
	mmol 17.7	18.4	17.5	18.3	17.6	18.3	17.9	18.5	26.5	23.4
Calcium	mg 582	579	577	576	580	578	587	582	594	586
	mmol 14.5	14.5	14.4	14.4	14.5	14.4	14.7	14.5	14.8	14.6
Phosphorus	mg 448	453	444	451	447	452	452	456	498	482
	mmol 14.5	14.6	14.3	14.5	14.4	14.6	14.6	14.7	16.1	15.5
Magnesium	mg 75.0	65.4	74.4	65.0	74.7	65.3	75.6	65.8	98.2	78.7
	mmol 3.1	2.7	3.1	2.7	3.1	2.7	3.2	2.7	4.1	3.3
Iron	mg 6.8	3.9	6.8	3.9	6.8	3.9	6.8	3.9	8.6	5.0
Zinc	mg 4.6	3.7	4.6	3.6	4.60	3.7	4.6	3.7	4.9	3.8
Copper	µg 530	300	530	300	530	300	530	300	760	430
Iodine	µg 120	132	119	132	120	132	121	133	118	131
Selenium	µg 18.4	12.6	18.4	12.5	18.4	12.6	18.5	12.6	17.6	12.1
Manganese	mg 0.61	0.35	0.61	0.35	0.61	0.35	0.61	0.35	0.57	0.32
Chromium	µg 7.0	4.0	7.0	4.0	7.0	4.0	7.0	4.0	6.5	3.70
Molybdenum	µg 16.0	9.1	16.0	9.1	16.0	9.1	16.0	9.1	14.8	8.5