

Complete



ORDER CODES

Flavour	Pip-code
Vanilla	413 - 1405
Strawberry	413 - 1413
Banana	413 - 1397
Chocolate	413 - 1421
Starter Pack	388 - 6439

DESCRIPTION

AYMES Complete is a nutritionally complete, high energy (1.5kcal/ml), ready-to-drink, milkshake-style supplement, for the dietary management of disease-related malnutrition.

PRESENTATION

AYMES Complete is presented in 200ml single bottles and is available in four flavours: Vanilla, Strawberry, Banana and Chocolate. It is also available as a starter pack containing 4 x 200ml bottles – one of each flavour.

INDICATIONS FOR USE

AYMES Complete 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 Complete is suitable as a supplement to the diet or as 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 fistulae and disease-related malnutrition.

DIRECTIONS FOR USE

- Shake well before use.
- Best served chilled, but may also be served at room temperature or as warm drinks. Do not boil.
- Once opened, consume within 4 hours, or store in a refrigerator for up to 24 hours. Discard unused contents thereafter.

You should try to adhere to the quantity advised by your healthcare professional.

IMPORTANT NOTICE

Use under medical supervision.
For enteral use only.
Not suitable for infants or children under 3 years of age.

CONTRAINDICATIONS

Not suitable for patients with cows' milk intolerance or for those with galactosaemia. Chocolate flavour is not suitable for patients requiring a strict fibre free diet.

PRECAUTIONS

Use with caution in children under 11 years of age, and do not use for children under 3 years of age.

STORAGE

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

Packaged in a protective atmosphere

SHELF LIFE

15 months

INGREDIENTS

VANILLA

Water, Maltodextrin, Milk Protein, Vegetable Oil (Rapeseed, Sunflower), Sucrose, Tri-Potassium Citrate, Natural Vanilla Flavour, Di-Sodium Hydrogen Phosphate, Emulsifier: Mono- and Diglycerides of Fatty Acids (E471), Potassium Chloride, Emulsifier: Sunflower Lecithin, Magnesium Chloride, Tri-Sodium Citrate, Magnesium Citrate, Vitamin Premix (Nicotinamide, Pantothenic Acid, Vitamin B6, Thiamin, Riboflavin, Vitamin A, Folic Acid, Vitamin E, Vitamin K1, Biotin, Vitamin D3, Vitamin B12), Sodium Ascorbate, Colour: Natural Carotene, Ferric Pyrophosphate, Mineral Premix (Copper Gluconate, Potassium Iodide, Sodium Molybdate, Chromium Chloride, Sodium Selenite), Stabiliser: Carageenan, Zinc Sulphate, Acidity Regulator: Sodium Hydroxide, Manganese Sulphate

STRAWBERRY

Water, Maltodextrin, Milk Protein, Vegetable Oil (Rapeseed, Sunflower), Sucrose, Natural Strawberry Flavour, Tri-Potassium Citrate, Di-Sodium Hydrogen Phosphate, Emulsifier: Mono- and Diglycerides of Fatty Acids (E471), Potassium Chloride, Emulsifier: Sunflower Lecithin, Magnesium Chloride, Tri-Sodium Citrate, Magnesium Citrate, Vitamin Premix (Nicotinamide, Pantothenic Acid, Vitamin B6, Thiamin, Riboflavin, Vitamin A, Folic Acid, Vitamin E, Vitamin K1, Biotin, Vitamin D3, Vitamin B12), Sodium Ascorbate, Ferric Pyrophosphate, Mineral Premix (Copper Gluconate, Potassium Iodide, Sodium Molybdate, Chromium Chloride, Sodium Selenite), Colour: Carmine (E120), Stabiliser: Carageenan, Zinc Sulphate, Acidity Regulator: Sodium Hydroxide, Manganese Sulphate

BANANA

Water, Maltodextrin, Milk Protein, Vegetable Oil (Rapeseed, Sunflower), Sucrose, Tri-Potassium Citrate, Natural Banana Flavour, Di-Sodium Hydrogen Phosphate, Emulsifier: Mono- and Diglycerides of Fatty Acids (E471), Potassium Chloride, Emulsifier: Sunflower Lecithin, Magnesium Chloride, Tri-Sodium Citrate, Magnesium Citrate, Vitamin Premix (Nicotinamide, Pantothenic Acid, Vitamin B6, Thiamin, Riboflavin, Vitamin A, Folic Acid, Vitamin E, Vitamin K1, Biotin, Vitamin D3, Vitamin B12), Sodium Ascorbate, Colour: Natural Carotene, Ferric Pyrophosphate, Mineral Premix (Copper Gluconate, Potassium Iodide, Sodium Molybdate, Chromium Chloride, Sodium Selenite), Stabiliser: Carageenan, Zinc Sulphate, Acidity Regulator: Sodium Hydroxide, Manganese Sulphate

CHOCOLATE

Water, Maltodextrin, Milk Protein, Vegetable Oil (Rapeseed, Sunflower), Sucrose, Chocolate Powder (1.6% (Contains Milk), Cocoa Powder (1.3%)), Emulsifier: Mono- and Diglycerides of Fatty Acids (E471), Di-Sodium Hydrogen Phosphate, Potassium Chloride, Emulsifier: Sunflower Lecithin, Tri-Sodium Citrate, Magnesium Citrate, Vitamin Premix (Nicotinamide, Pantothenic Acid, Vitamin B6, Thiamin, Riboflavin, Vitamin A, Folic Acid, Vitamin E, Vitamin K1, Biotin, Vitamin D3, Vitamin B12), Magnesium Chloride, Sodium Ascorbate, Mineral Premix (Copper Gluconate, Potassium Iodide, Sodium Molybdate, Chromium Chloride, Sodium Selenite), Tri-Potassium Citrate, Stabiliser: Carageenan, Ferric Pyrophosphate, Zinc Sulphate, Acidity Regulator: Sodium Hydroxide, Manganese Sulphate

All flavours of AYMES Complete are suitable for a gluten free diet

OTHER INFORMATION

Osmolality	mOsm/kgH2O	495 - 535
Osmolarity	mOsm/litre	390 - 420
Energy distribution	Protein	% 16
	Carbohydrate	% 48
	Fat	% 36

NUTRITIONAL COMPOSITION

Flavour	VANILLA		STRAWBERRY		BANANA		CHOCOLATE		
	per 100ml	per 200ml bottle	per 100ml	per 200ml bottle	per 100ml	per 200ml bottle	per 100ml	per 200ml bottle	
Typical values									
Energy	kJ	630	1260	630	1260	630	1260	634	1270
	kcal	150	300	150	300	150	300	151	302
Fat	g	6.0	12.0	6.0	12.0	6.0	12.0	6.0	12.0
of which saturates	g	0.56	1.12	0.56	1.12	0.56	1.12	0.96	1.9
polyunsaturates	g	2.3	4.6	2.3	4.6	2.3	4.6	1.9	3.8
Carbohydrate	g	18.0	36.0	18.0	36.0	18.0	36.0	18.0	36.0
of which sugars	g	6.8	13.6	6.8	13.6	6.8	13.6	6.0	12.0
Fibre	g	0	0	0	0	0	0	0.60	1.2
Protein	g	6.0	12.0	6.0	12.0	6.0	12.0	6.0	12.0
Nitrogen	g	0.96	1.92	0.96	1.92	0.96	1.92	0.96	1.92
Salt	g	0.20	0.40	0.20	0.40	0.20	0.40	0.20	0.40
Vitamins									
Vitamin A (RE)	µg	125	250	125	250	125	250	125	250
Vitamin D	µg	1.4	2.8	1.4	2.8	1.4	2.8	1.4	2.8
Vitamin E (α-TE)	mg	2.0	4.0	2.0	4.0	2.0	4.0	2.0	4.0
Vitamin K	µg	8.0	16.0	8.0	16.0	8.0	16.0	8.0	16.0
Vitamin C	mg	15.0	30.0	15.0	30.0	15.0	30.0	15.0	30.0
Thiamin	mg	0.25	0.50	0.25	0.50	0.25	0.50	0.25	0.50
Riboflavin	mg	0.25	0.50	0.25	0.50	0.25	0.50	0.25	0.50
Vitamin B6	mg	0.25	0.50	0.25	0.50	0.25	0.50	0.25	0.50
Niacin (NE)	mg	3.5	7.0	3.5	7.0	3.5	7.0	3.5	7.0
Folic acid	µg	40.0	80.0	40.0	80.0	40.0	80.0	40.0	80.0
Vitamin B12	µg	0.50	1.0	0.50	1.0	0.50	1.0	0.50	1.0
Pantothenic acid	mg	0.80	1.6	0.80	1.6	0.80	1.6	0.80	1.6
Biotin	µg	5.0	10.0	5.0	10.0	5.0	10.0	5.0	10.0
Minerals									
Sodium	mg	80.0	160	80.0	160	80.0	160	80.0	160
	mmol	3.5	7.0	3.5	7.0	3.5	7.0	3.5	7.0
Chloride	mg	95.0	190	95.0	190	95.0	190	95.0	190
	mmol	2.7	5.4	2.7	5.4	2.7	5.4	2.7	5.4
Potassium	mg	150	300	150	300	150	300	150	300
	mmol	3.8	7.6	3.8	7.6	3.8	7.6	3.8	7.6
Calcium	mg	90.0	180	90.0	180	90.0	180	90.0	180
	mmol	2.25	4.5	2.25	4.5	2.25	4.5	2.25	4.5
Phosphorus	mg	90.0	180	90.0	180	90.0	180	90.0	180
	mmol	2.9	5.8	2.9	5.8	2.9	5.8	2.9	5.8
Magnesium	mg	25.0	50.0	25.0	50.0	25.0	50.0	25.0	50.0
	mmol	1.0	2.1	1.0	2.1	1.0	2.1	1.0	2.1
Iron	mg	2.5	5.0	2.5	5.0	2.5	5.0	2.5	5.0
Zinc	mg	1.8	3.6	1.8	3.6	1.8	3.6	1.8	3.6
Copper	µg	270	540	270	540	270	540	270	540
Iodine	µg	20.0	40.0	20.0	40.0	20.0	40.0	20.0	40.0
Selenium	µg	8.5	17.0	8.5	17.0	8.5	17.0	8.5	17.0
Manganese	mg	0.50	1.0	0.50	1.0	0.50	1.0	0.50	1.0
Chromium	µg	10.0	20.0	10.0	20.0	10.0	20.0	10.0	20.0
Molybdenum	µg	15.0	30.0	15.0	30.0	15.0	30.0	15.0	30.0

*Nutritionally complete for vitamins and minerals (excluding electrolytes) in 1000ml (5 bottles), calculated using the UK Reference Nutrient Intakes for men aged 19 – 50 years. Referral to a dietitian is recommended when there is any doubt about an individual patient's nutritional requirements.