



# PRODUCT COMPENDIUM

January 2018



**Nestlé**  
HealthScience

# Contents

## Dysphagia Range

Resource® ThickenUp™ Clear	4
Resource® ThickenUp™	6
Resource® Thickened Drinks	8

## Specialist Feed Range

Peptamen®	12
Peptamen® Vanilla	14
Peptamen® HN	16
Peptamen® AF	18
Oral IMPACT®	20
OPTIFAST®	22

## Paediatric Range

Modulen® IBD	26
Peptamen® Junior	30
Peptamen® Junior Liquid	34
Peptamen® Junior Advance	36
Resource® Junior	38
Althéra®	40
Alfamino®	44

## Oral Nutritional Supplement Range

Resource® Energy	50
Resource® 2.0 Fibre	52

## Modular Supplements

OptiFibre®	56
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## Meritene Range

Meritene® Shakes	60
Meritene® Soups	64

## Resources and Tools

Modulen® IBD Starter Pack	68
Cows' Milk Allergy Parent Weaning Guide	69
Resource® ThickenUp™ Clear STEP Training Programme	70

## Ordering Information

72

- Resource® ThickenUp™ Clear
- Resource® ThickenUp™
- Resource® Thickened Drinks



## DYSPHAGIA RANGE



# Resource® ThickenUp™ Clear

## Description

Resource® ThickenUp™ Clear is a xanthan gum based instant food and drink thickener. It is a Food for Special Medical Purposes for the dietary management of patients with swallowing difficulties. Use under medical supervision.



## Presentation

127g re-sealable tin with a 1.2g scoop (approx.), 12 tins per case.  
1.2g x 24 sachets per box, 12 boxes per case.

## Indications

ACBS approved, prescribable on FP10 (GP10 in Scotland) for patients requiring thickening of liquid or food for the management of dysphagia due to conditions such as stroke, Parkinson's disease, muscular dystrophy, motor neurone disease, multiple sclerosis, neurological disorders caused by injury or disease, and malignancies of the oral cavity and throat.

## Ingredients

Maltodextrin (Corn, Potato), Xanthan Gum, Potassium Chloride. May contain milk. Kosher certified. Gluten free. Halal certified.

## Shelf life and storage

15 months. Unopened store in a cool dry place, once opened consume within 4 weeks.

## Precautions

Suitable for children above 3 years of age. Not suitable as sole source of nutrition. For oral consumption only when mixed with food and drink.

## Administration and consistency

The consistency should be recommended by a speech and language therapist. It is the responsibility of the person administering Resource® ThickenUp™ Clear to ensure the liquid is mixed to the appropriate consistency.

Required consistency	Stage 1: syrup	Stage 2: custard	Stage 3: pudding
100ml liquids (water, juice, tea, coffee)	1 scoop/ 1 sachet	2 scoops/ 2 sachets	3 scoops/ 3 sachets
200ml Oral Nutritional Supplements	½ - 1 scoop	1 - 2 scoops	3 - 4 scoops

1. scoop = 1.2g

## Mixing instructions

### For liquids

1. Use the dosage scoop included in the tin.
2. First add desired quantity of powder into a clean DRY cup/glass/beaker.
3. Then add the liquid into the container and stir with a spoon until completely dissolved.
4. Leave to stand for 1-2 minutes.

### For Oral Nutritional Supplements

1. Use the dosage scoop included in the tin.
2. First add desired quantity of powder into a clean DRY cup/glass/beaker.
3. Then add half the volume of oral nutritional supplement and stir immediately with a spoon until completely dissolved.
4. Then add the remainder of the oral nutritional supplement and continue to stir.
5. Leave to stand for up to 20 minutes or until the drink reaches the desired thickness.

For texture modified food add Resource® ThickenUp™ Clear as appropriate to achieve desired consistency.

## Nutrition information

Typical values	1.2g Stage 1: syrup	2.4g Stage 2: custard	3.6g Stage 3: pudding	100g
<b>General</b>				
Energy kcal/kJ	3.7/15	7.3/31	11/46	306/1287
Fat (0% kcal) g	0	0	0	0
of which saturates g	0	0	0	0
Carbohydrate (81% kcal) g	0.74	1.5	2.2	62
of which sugars g	0.02	0.04	0.06	1.8
Fibre (18% kcal) g	0.32	0.65	0.97	27
Protein (1% kcal) g	0	0	0	1.0
Salt (= Na(g) x 2.5) g	0.032	0.064	0.095	2.7
<b>Minerals</b>				
Sodium mg/mmol	13/0.56	25/1.1	38/1.7	1060/46.1
Potassium mg/mmol	4.8/0.12	9.6/0.24	14/0.36	400/10.2

# Resource® ThickenUp™

## Description

Resource® Thicken Up™ is a starch based instant food and drink thickener for patients with swallowing difficulties. It mixes easily and rapidly in hot and cold liquids and foods.

Resource® Thicken Up™ is a Food for Special Medical Purposes.



## Presentation

A white powder available in:

227g tins with an 4.5g scoop (approx.); 6 tins per case.

4.5g sachets; 75 sachets per box.

## Indications

ACBS approved, prescribable on FP10 (GP10 in Scotland) for patients requiring thickening of liquid or food for the management of dysphagia due to conditions such as stroke, Parkinson's disease, muscular dystrophy, motor neurone disease, multiple sclerosis, neurological disorders caused by injury or disease, and malignancies of the oral cavity and throat.

## Ingredients

Modified Food Starch (Maize).

Gluten free. May contain milk.

## Shelf life and storage

24 months. Should be stored unopened in a cool, dry place.

Once opened, use within 8 weeks, replacing the lid firmly after use. For oral consumption only when mixed with food and drink.

## Precautions

Not suitable as a sole source of nutrition. Suitable for children above 3 years of age.

## Administration and consistency

The consistency should be recommended by a speech and language therapist. While stirring briskly, SLOWLY add Resource® ThickenUp™ using the scoop to hot or cold liquid or food. Stir with a fork or whisk until the powder has completely dissolved to reach the required consistency.

Required Consistency	Stage 1: syrup	Stage 2: custard	Stage 3: pudding
Amount of powder to be added to 100ml liquid	4.5g/ 1 sachet	7g/ 1.5 sachet	9g/ 2 sachets
	1 scoop	1.5 scoops	2 scoops



## Nutrition information

Typical values	Per 4.5g sachet/ scoop	Per 100g
<b>General</b>		
Energy kJ/kcal	69.7/16.4	1552/365
Fat g		<0.15
of which saturates g	0	<0.1
Carbohydrate g	4.1	90
of which sugars g	0	<1.9
Fibre g	0	<1.0
Protein g	0	<0.5
Salt (= Na (g) x 2.5) g	0.02	0.5
<b>Minerals</b>		
Sodium mg/mmol	9/0.39	200/8.7



# Resource® Thickened Drinks

## Description

Resource® Thickened Drinks are ready to use, single serve, pre-thickened drinks for patients with swallowing difficulties. They are Food for Special Medical Purposes for use under medical supervision.



## Presentation

114ml cups.

Syrup or Custard consistency. Available in Orange and Apple flavours; 12 x 114ml cups per case.

## Indications

ACBS approved, prescribable on FP10 (GP10 in Scotland) for patients requiring thickened fluids for the management of dysphagia due to conditions such as stroke, Parkinson's disease, muscular dystrophy, motor neurone disease, multiple sclerosis, neurological disorders caused by injury or disease, and malignancies of the oral cavity and throat.

## Ingredients

Apple Flavour - Syrup and Custard consistencies: Water, Concentrated Apple juice (50%), Maltodextrin, Modified Starch, Sugar, Flavouring, Vitamin C.

Orange Flavour – Syrup and Custard consistencies: Water, Concentrated Orange juice (50%), Maltodextrin, Modified Starch, Sugar, Flavouring, Vitamin C.

## Administration and consistency

The amount and consistency administered should be advised by a Speech and Language Therapist. Best served chilled.

## Shelf life and storage

12 months. Store unopened at room temperature. Once opened, store in a refrigerator and consume within 24 hours.

## Precautions

Suitable for children above 3 years of age. Not suitable as a sole source of nutrition. Must be used under medical supervision. For oral use only.





## Orange - syrup and custard consistencies

Typical values	Per 100ml	Per 114ml serving
<b>General</b>		
Energy kJ/kcal	376/89	429/101
Fat g	<0.1	<0.11
of which saturates g	<0.05	0.06
Carbohydrate g	21	24
of which sugars g	9.5	11
Fibre g	0	0
Protein g	0.4	0.46
Salt (= Na x 2.5) g	0.04	0.05
<b>Vitamins</b>		
C mg	11	12.5

## Apple - syrup and custard consistencies

Typical values	Per 100ml	Per 114ml serving
<b>General</b>		
Energy kJ/kcal	396/93	452/102
Fat g	<0.1	<0.11
of which saturates g	<0.05	0.06
Carbohydrate g	23	26
of which sugars g	11	12.5
Fibre g	0	0
Protein g	0.1	0.11
Salt (= Na x 2.5) g	0.04	0.04
<b>Vitamins</b>		
C mg	11	12.5

<b>Viscosity (nominal values)</b>	
Syrup mPas·s	250
Custard mPas·s	750





- Peptamen<sup>®</sup>
- Peptamen<sup>®</sup> Vanilla
- Peptamen<sup>®</sup> HN
- Peptamen<sup>®</sup> AF
- Oral IMPACT<sup>®</sup>
- Enteral IMPACT<sup>®</sup>
- OPTIFAST<sup>®</sup>



## SPECIALIST FEED RANGE



## Description

Peptamen® is a 1.0 kcal/ml peptide-based enteral tube feed formulated for optimal digestion and absorption for patients with impaired GI function. It is a 100% whey protein formula with 70% of the fat as MCT.

Peptamen® is a nutritionally complete Food for Special Medical Purposes for use under medical supervision.



## Presentation

500ml SmartFlex™ collapsible semi-rigid bottles, 12 x 500ml per case.  
1000ml SmartFlex™ collapsible semi-rigid bottles, 9 x 1000ml per case.

## Indications

ACBS approved, prescribable on FP10 (GP10 in Scotland).

Indicated for patients as a sole or supplemental source of nutrition on medical grounds for short bowel syndrome, intractable malabsorption, proven inflammatory bowel disease and bowel fistulae.

## Ingredients

Water, maltodextrin, peptides from hydrolysed\* whey protein (milk), medium chain triglycerides, corn starch, soybean oil, glucose syrup, minerals (sodium phosphate, calcium citrate, sodium chloride, magnesium chloride, potassium chloride, magnesium oxide, ferrous sulphate, zinc sulphate, manganese sulphate, copper sulphate, sodium fluoride, potassium iodide, sodium selenate, chromium chloride, sodium molybdate), emulsifiers (soy lecithin, E471), thickener (E412), vitamins (C, E, niacin, pantothenic acid, B6, B1, beta-carotene, A, B2, D, K, folic acid, biotin), acidity regulator (E525), choline chloride, taurine, L-carnitine. Gluten free.

\* Used enzyme non-Halal/Kosher. Clinically nil lactose.

## Administration and dosage

Nutritionally complete in 1500ml. Suitable for use as the sole source of nutrition.

## Shelf life and storage

Shelf life of 12 months from date of manufacture when stored at room temperature. Store in a cool, dry place away from light. Use within 24 hours after spiking. If uncapped, unused portion to be recapped, refrigerated and used within 24 hours.

## Contraindications

Not suitable for patients with cows' milk protein allergy.

## Precautions

For enteral use only. Suitable for children above 3 years of age. Do not mix food and medication with feed.

# Nutrition information



Typical values	Per 100ml	Per 500ml
<b>General</b>		
Energy kJ/kcal	421/100	2105/500
Fat (33% kcal) g	3.7	18.5
of which saturates g	2.6	13
of which monounsaturates g	0.22	1.1
of which polyunsaturates g	0.50	2.5
Carbohydrate (51% kcal) g	12.7	63.5
of which sugars g	0.48	2.4
of which lactose g	<0.05	<0.25
Fibre (0% kcal) g	0	0
Protein (16% kcal) g	4	20
Salt (= Na (g) x 2.5) g	0.19	0.95
<b>Vitamins</b>		
A µg	119	595
D µg	1.1	5.5
K µg	6.6	33
C mg	14	70
B1 (Thiamin) mg	0.15	0.75
B2 (Riboflavin) mg	0.15	0.75
B6 mg	0.21	1.05
Niacin mg/mg NE	0.67/2.2	3.4/11
Folic acid µg	28	140
B12 µg	0.25	1.25
Pantothenic acid mg	0.65	3.25
Biotin µg	3.6	18
E mg α-TE	1.5	7.5
<b>Minerals</b>		
Sodium mg/mmol	74/3.22	370/16.09
Chloride mg/mmol	75/2.11	375/10.56
Potassium mg/mmol	115/2.94	575/14.71
Calcium mg/mmol	50/1.25	250/6.25
Phosphorus mg	50	250
Phosphate mmol	1.61	8.06
Magnesium mg/mmol	20/0.83	100/4.17
Iron mg	1.1	5.5
Zinc mg	1	5
Copper mg	0.11	0.55
Iodine µg	14	70
Selenium µg	6.3	31.5
Manganese mg	0.23	1.15
Chromium µg	5	25
Molybdenum µg	11	55
Fluoride mg	0.09	0.45
<b>Other Nutrients</b>		
MCT g	2.6	13
Omega-3 g	0.06	0.3
Omega-6 g	0.44	2.2
Choline mg	21	105
Taurine mg	9.5	48
Carnitine mg	9.1	46
Osmolarity mOsm/l: 200	Osmolality mOsm/kg: 240	
Water content per 100ml: 85.3g		

# Peptamen® Vanilla

## Description

Peptamen® Vanilla is a 1.0 kcal/ml liquid sip feed formulated for optimal, digestion and absorption for patients with impaired GI function. It is a 100% whey protein formula with 67% of the fat as MCT. Peptamen® Vanilla is a nutritionally complete Food for Special Medical Purposes with sugars and sweetener for use under medical supervision.



## Presentation

Presented ready to use: 200ml bottle; prescribing unit 4 x 200ml. 6 units (4 x 200ml) per case (24 bottles).

Available in Vanilla flavour only.

## Indications

ACBS approved, prescribable on FP10 (GP10 in Scotland). Indicated for patients as a sole or supplemental source of nutrition on medical grounds for short bowel syndrome, intractable malabsorption, proven inflammatory bowel disease and bowel fistulae.

## Ingredients

Water, Maltodextrin, Hydrolysed\* Whey Protein (Milk), Sucrose, Medium Chain Triglycerides, Corn Starch, Soybean Oil, Minerals (Calcium Citrate, Sodium Phosphate, Potassium Phosphate, Sodium Chloride, Potassium Chloride, Magnesium Chloride, Magnesium Oxide, Potassium Citrate, Ferrous Sulphate, Zinc Sulphate, Manganese Sulphate, Copper Sulphate, Sodium Fluoride, Chromium Chloride, Potassium Iodide, Sodium Selenite, Sodium Molybdate), Emulsifiers (Soy Lecithin, E471), Flavouring, Thickener (E412), Vitamins (C, Beta-Carotene, E, Niacin, Calcium Pantothenate, B6, A, B1 (Thiamin), B2 (Riboflavin), Folic Acid, K, Biotin, D), Acidity Regulator (E525), Choline Chloride, L-Carnitine, Taurine, Sweetener (E950). Gluten free.

\*Used enzyme non halal/kosher

## Administration and dosage

Suitable as a sole source of nutrition. Nutritionally complete in 1600ml (8 x 200ml per day). Best served chilled.

## Shelf life and storage

Shelf life of 12 months from date of manufacture. Unopened store in cool, dry place. Once open, recap, refrigerate and use within 24hrs.

## Contraindications

Not suitable for patients with cows' milk protein allergy.

## Precautions

For oral or enteral feeding only. Suitable for children above 3 years of age.

# Nutrition information



Typical values	Per 100ml	Per 200ml
<b>General</b>		
Energy kJ/kcal	420/100	840/200
Fat (33% kcal) g	3.7	7.4
of which saturates g	2.5	5
of which monounsaturates g	0.22	0.44
of which polyunsaturates g	0.5	1
Carbohydrate (51% kcal) g	12.7	25.4
of which sugars g	3.3	6.6
of which lactose g	<0.05	<0.1
Fibre (0% kcal) g	0	0
Protein (16% kcal) g	4	8
Salt (= Na(g) x 2.5) g	0.19	0.38
<b>Vitamins</b>		
A µg	119	238
D µg	1.1	2.2
K µg	6.6	13.2
C mg	14	28
B1 (Thiamin) mg	0.15	0.3
B2 (Riboflavin) mg	0.15	0.3
B6 mg	0.21	0.42
Niacin mg/mg NE	0.77/2.2	1.54/4.4
Folic acid µg	33	66
B12 µg	0.3	0.6
Pantothenic acid mg	0.65	1.3
Biotin µg	3.6	7.2
E mg α-TE	1.5	3
<b>Minerals</b>		
Sodium mg/mmol	74/3.2	148/6.4
Chloride mg/mmol	75/2.1	150/4.2
Potassium mg/mmol	115/3	230/6
Calcium mg/mmol	50/1.3	100/2.6
Phosphorus/Phosphate mg/mmol	50/1.6	100/3.0
Magnesium mg/mmol	20/0.82	40/1.6
Iron mg	1.1	2.2
Zinc mg	1	2
Copper mg	0.11	0.22
Iodine µg	14	28
Selenium µg	6.3	12.6
Manganese mg	0.23	0.46
Chromium µg	5	10
Molybdenum µg	11	22
Fluoride mg	0.09	0.18
<b>Other Nutrients</b>		
MCT g	2.5	5
α-linolenic acid g	0.04	0.08
Linoleic acid g	0.35	0.7
Osmolarity mOsm/l	280	
Osmolality mOsm/kg	330	
Water content per 100ml: 85.3g		

# Peptamen® HN

## Description

Peptamen® HN is a 1.33 kcal/ml peptide-based liquid feed formulated for optimal digestion and absorption for patients with impaired GI function. It is a 100% whey protein formula with 70% of the fat as MCT. Peptamen® HN is a nutritionally complete Food for Special Medical Purposes for use under medical supervision.



## Presentation

500ml SmartFlex™ collapsible semi-rigid bottles, 12 x 500ml per case.

## Indications

ACBS approved, prescribable on FP10 (GP10 in Scotland). Indicated for patients as a sole or supplemental source of nutrition on medical grounds for short bowel syndrome, intractable malabsorption, proven inflammatory bowel disease and bowel fistulae.

## Ingredients

Water, glucose syrup, peptides from hydrolysed\* whey protein (milk), medium chain triglycerides, soybean oil, corn starch, minerals (sodium phosphate, calcium citrate, sodium chloride, magnesium chloride, potassium chloride, magnesium oxide, ferrous sulphate, zinc sulphate, manganese sulphate, copper sulphate, sodium fluoride, potassium iodide, sodium selenate, chromium chloride, sodium molybdate), emulsifiers (soy lecithin, E471), thickener (E412), vitamins (C, E, niacin, pantothenic acid, B6, B1, beta-carotene, A, B2, D, K, folic acid, biotin), acidity regulator (E525), choline chloride, taurine, L-carnitine.

Gluten Free.

\*Used enzyme non-Halal/Kosher. Clinically nil lactose.

## Administration and dosage

Nutritionally complete in 1000ml. Suitable for use as the sole source of nutrition.

## Shelf life and storage

Shelf life of 12 months from date of manufacture when stored at room temperature. Store in a cool, dry place away from light. Use within 24 hours after spiking. If uncapped, unused portion to be recapped, refrigerated and used within 24 hours.

## Contraindications

Not suitable for patients with cows' milk protein allergy.

## Precautions

For enteral feeding only. Suitable for those above 3 years of age. Do not mix food and medication with feed.



# Nutrition information



Typical values	Per 100ml	Per 500ml
<b>General</b>		
Energy kJ/kcal	559/133	2795/665
Fat (33% kcal) g	4.9	24.5
of which saturates g	3.3	16.5
of which monounsaturates g	0.45	2.25
of which polyunsaturates g	0.55	2.75
Carbohydrate (47% kcal) g	15.6	78
of which sugars g	1.4	7
of which lactose g	<0.08	<0.4
Fibre (0% kcal) g	0	0
Protein (20% kcal) g	6.6	33
Salt (= Na (g) x 2.5) g	0.23	1.1
<b>Vitamins</b>		
A µg	175	875
D µg	1.8	9
K µg	9	45
C mg	18	90
B1 (Thiamin) mg	0.23	1.15
B2 (Riboflavin) mg	0.22	1.1
B6 mg	0.3	1.5
Niacin mg/mg NE	0.9/3.3	4.5/16.5
Folic acid µg	43	215
B12 µg	0.4	2
Pantothenic acid mg	0.96	4.8
Biotin µg	5.5	27.5
E mg α-TE	2.3	11.5
<b>Minerals</b>		
Sodium mg/mmol	90/3.91	450/19.57
Chloride mg/mmol	60/1.69	300/8.45
Potassium mg/mmol	165/4.22	825/21.1
Calcium mg/mmol	75/1.88	375/9.38
Phosphorus mg	75	375
Phosphate mmol	2.42	12.1
Magnesium mg/mmol	27/1.13	135/5.63
Iron mg	1.6	8
Zinc mg	1.5	7.5
Copper mg	0.17	0.85
Iodine µg	18	90
Selenium µg	8.6	43
Manganese mg	0.34	1.7
Chromium µg	8.5	42.5
Molybdenum µg	16	80
Fluoride mg	0.16	0.8
<b>Other Nutrients</b>		
MCT g	3.4	17
Omega-3 g	0.08	0.4
Omega-6 mg	0.48	2.4
Choline mg	35	175
Taurine mg	14	70
Carnitine mg	14	70
Osmolarity mOsm/l: 350	Osmolality mOsm/kg: 450	
Water content per 100ml: 80.3g		

# Peptamen® AF

## Description

Peptamen® AF is a 1.5 kcal/ml enteral tube feed formulated with 100% whey protein, omega-3 fats and 50% of the fat as MCT. It is a nutritionally complete Food for Special Medical Purposes for use under medical supervision.



## Presentation

500ml SmartFlex™ collapsible semi-rigid bottles, 12 x 500ml per case.

## Indications

ACBS approved, prescribable on FP10 (GP10 in Scotland). Indicated for patients as a sole or supplemented source of nutrition on medical grounds for short bowel syndrome, intractable malabsorption, pre-operative preparation of patients who are undernourished, patients with proven IBD, following total gastrectomy, bowel fistulae and disease related malnutrition.

## Ingredients

Water, Glucose Syrup, Peptides from Hydrolysed\* Whey Protein (Milk), Medium Chain Triglycerides, Soybean Oil, Fish Oil, Corn Starch, Minerals (Sodium Phosphate, Calcium Citrate, Magnesium Chloride, Potassium Chloride, Sodium Chloride, Magnesium Oxide, Ferrous Sulphate, Zinc Sulphate, Manganese Sulphate, Copper Sulphate, Sodium Fluoride, Potassium Iodide, Sodium Selenate, Chromium Chloride, Sodium Molybdate), Emulsifiers (Soy Lecithin, E471), Thickener (E412), Vitamins (C, E, Niacin, Pantothenic Acid, B6, B1, Beta-carotene, A, B2, D, K, Folic Acid, Biotin), Acidity Regulator (E525). Gluten free.

\*Used enzyme non-Halal/Kosher. Clinically nil lactose.

## Administration and dosage

Suitable as a sole source of nutrition. Nutritionally complete in 925ml for females and 1000ml for males.

## Shelf life and storage

Shelf life of 12 months from date of manufacture when stored at room temperature. Store in a cool, dry place away from light. Use within 24 hours after spiking. If uncapped, unused portion to be recapped, refrigerated and used within 24 hours.

## Contraindications

Not suitable for patients with cows' milk protein allergy.

## Precautions

For enteral feeding only. Suitable for those above 3 years of age. Do not mix food and medication with feed.

# Nutrition information



Typical values	Per 100ml	Per 500ml
<b>General</b>		
Energy kJ/kcal	638/152	3190/760
Fat (38% kcal) g	6.5	32.5
of which saturates g	3.8	19
of which monounsaturates g	0.65	3.25
of which polyunsaturates g	1.1	5.5
Carbohydrate (37% kcal) g	14	70
of which sugars g	1.4	7
of which lactose g	<0.2	<1.0
Fibre (0% kcal) g	0	0
Protein (25% kcal) g	9.4	47
Salt (= Na (g) x 2.5) g	0.25	1.3
<b>Vitamins</b>		
A µg	170	850
D µg	1.7	8.5
K µg	9.9	49.5
C mg	18	90
B1 (Thiamin) mg	0.28	1.4
B2 (Riboflavin) mg	0.22	1.1
B6 mg	0.29	1.45
Niacin mg /mg NE	1.2 /4	6 /20
Folic acid µg	40	200
B12 µg	0.45	2.25
Pantothenic acid mg	0.94	4.7
Biotin µg	5.4	27
E mg α-TE	2.9	14.5
<b>Minerals</b>		
Sodium mg/mmol	100/4.35	500/21.74
Chloride mg/mmol	80/2.25	400/11.27
Potassium mg/mmol	230/5.88	1150/29.41
Calcium mg/mmol	100/2.5	500/12.5
Phosphorus (Phosphate) mg/mmol	84/2.71	420/13.55
Magnesium mg/mmol	30/1.25	150/6.25
Iron mg	1.6	8
Zinc mg	1.5	7.5
Copper mg	0.18	0.9
Iodine µg	20	100
Selenium µg	10	50
Manganese mg	0.34	1.7
Chromium µg	7.5	37.5
Molybdenum µg	18	90
Fluoride mg	0.16	0.8
<b>Other Nutrients</b>		
MCT g	3.4	17
Omega-3 g	0.36	1.8
Omega-6 g	0.82	4.1
Osmolarity mOsm/l	380	
Osmolality mOsm/kg	500	
Water content per 100ml: 78g		

## Description

Oral Impact® is a powdered oral feed that provides 1.0 kcal/ml when reconstituted with water. Nutritionally complete Food for Special Medical Purposes with omega-3 fatty acids, arginine, nucleotides and soluble fibre. For use under medical supervision.



## Presentation

5 sachets x 74g per box. Available in Tropical, Coffee and Citrus flavour.

## Indications

ACBS approved, prescribable on FP10 (GP10 in Scotland). Indicated for the preoperative nutritional support of patients who are malnourished or at risk of becoming malnourished.

## Ingredients - Tropical Flavour\*

Sucrose, whey protein (milk), maltodextrin, L-arginine, fish oil, fibre (guar gum), minerals (potassium citrate, sodium chloride, calcium phosphate, magnesium citrate, potassium dihydrogen phosphate, ferrous sulphate, zinc sulphate, copper gluconate, manganese sulphate, chromium chloride, potassium iodide, sodium selenite, sodium molybdate, sodium fluoride), medium chain triglycerides, corn oil, acidity regulator (E330), yeast extract rich in ribonucleotides (RNA), stabiliser (E415), choline bitartrate, emulsifier (soy lecithin), vitamins (C, E, pantothenic acid, niacin, B6, B1, B2, A, folic acid, D, K, biotin), flavourings, antioxidants (E304, E306, E 307, contains soy lecithin), colours (beetroot red, beta carotene). Gluten free.

## Administration and dosage

Dissolve contents of one sachet in 250ml of cool boiled water. Use shaker, whisk or fork to mix. Consume immediately. The recommended pre-operative dose is: 500-1000ml (500-1000 kcal) per day + usual diet for 5-7 days prior to surgery, dependent on nutritional requirements (Waitzberg DL *et al*, 2006). The recommended post-operative dose is: 1200-1500ml (1200-1500 kcal) per day for 5-7 days post-surgery, dependent on nutritional requirements.

## Shelf life and storage

Shelf life of 12 months from date of manufacture when stored at room temperature. Should be stored unopened in a cool, dry place. Store between 4°C - 25°C away from light and humidity.

## Precautions

For oral use only. Do not administer to severely septic patients. Suitable for children above 3 years of age. Do not mix with medication and food.

# Nutrition information - Tropical flavour\*



Typical values	Per 100g	Per 74g (Tropical flavour*)
<b>General</b>		
Energy kJ/kcal	1763/418	1304/309
Fat (22% kcal) g	10	7
of which saturates g	5.1	3.8
of which monounsaturates g	2.0	1.5
of which polyunsaturates g	2.9	2.1
Carbohydrate (54% kcal) g	56	41.4
of which sugars g	30	22
of which lactose g	1.2	0.89
Fibre (2% kcal) g	4.1	3
Protein (23% kcal) g	24	18
Salt (= Na(g) x 2.5) g	1.1	0.81
<b>Vitamins</b>		
A µg	520	385
D µg	4.2	3.1
K µg	27	20
C mg	105	78
B1 (Thiamin) mg	0.49	0.36
B2 (Riboflavin) mg	0.80	0.59
B6 mg	0.70	0.52
Niacin mg/mg NE	1.7/6.5	1.3/4.8
Folic acid µg	140	104
B12 µg	2.5	1.8
Pantothenic acid mg	4	3
Biotin µg	20	15
E mg α-TE	12	8.9
<b>Minerals</b>		
Sodium mg/mmol	434/19	321/14
Chloride mg/mmol	608/17	450/13
Potassium mg/mmol	543/14	402/10
Calcium mg/mmol	324/8.1	240/6.0
Phosphorus mg/mmol	292/9.4	216/7.0
Magnesium mg/mmol	70/2.9	52/2.2
Iron mg	4.9	3.6
Zinc mg	5	3.7
Copper mg	0.69	0.51
Iodine µg	61	45
Selenium µg	25	18
Manganese µg	810	599
Chromium µg	41	30
Molybdenum µg	50	37
Fluoride µg	540	400
<b>Other nutrients</b>		
Choline mg	165	122
L-arginine g	5.1	3.8
Omega-3 g	1.3	0.96
MCT g	3	2.2
Nucleotides g	0.6	0.4
Osmolarity mOsm/l	520	
Osmolality mOsm/kg H2O	620	
Water content per 100ml: 2.4g		

\* See individual packs for other flavours

## Description

OPTIFAST® is a total diet replacement for weight control - \*contains sugars and sweeteners. Optifast provides adequate amounts of all essential nutrients for the day.

## Presentation

54g sachet; box of 9 sachets. 8 boxes per case.

1 sachet replaces 1 meal. Available in 4 presentations: Vanilla shake, Strawberry shake, Chocolate shake and Vegetable soup.



## Indications

Total diet replacement for liver shrinkage and weight control prior to bariatric surgery.

## Ingredients - Vanilla Shake\*

Skimmed Milk Powder, Milk Proteins, Fibre (Inulin), Fructose, Sugar, Glucose Syrup, Vegetable Oils (sunflower (milk), rapeseed (milk), Minerals (Potassium Citrate, Magnesium Carbonate, Potassium Phosphate, Iron Pyrophosphate, Zinc Sulphate, Copper Gluconate, Calcium Phosphate, Manganese Sulphate, Sodium Fluoride, Chromium Chloride, Potassium Iodide, Sodium Selenite, Sodium Molybdate), Medium Chain Triglycerides, Flavourings, Maize Starch, Fish Oil (antioxidants: E301, E304; E306 (soy), contains milk), Salt, Sweeteners (E950, E951\*), Vitamins (Niacin, E, Pantothenic Acid, C, B6, Thiamin [B1], Riboflavin [B2], A, Folic Acid, K, Biotin, D, B12), Emulsifier (Soya Lecithin), Colour (E160a). Halal Certified.

\* Contains aspartame (a source of phenylalanine)

## Ingredients - Vegetable Soup

Skimmed Milk Powder, Milk Proteins, Flavourings, Flavour Enhancers (E621, E627, E631), Fibre (Inulin), Dried Vegetables 7% (Potatoes, Carrots, Onions, Leeks, Red Peppers), Vegetable Oils (sunflower (milk), rapeseed (milk), Minerals (Potassium Citrate, Calcium Phosphate, Magnesium Carbonate, Potassium Phosphate, Iron Pyrophosphate, Zinc Sulphate, Copper Gluconate, Manganese Sulphate, Sodium Fluoride, Chromium Chloride, Sodium Selenite, Potassium Iodide, Sodium Molybdate), Tomato Powder, Modified Potato Starch, Glucose Syrup, Yeast Extract, Medium Chain Triglycerides, Parsley, Onion Extract, Fish Oil (antioxidants: E301, E304(i); E306(soy), contains milk), Maize Starch, Sugar, Stabiliser E407, Spice Extracts, Vitamins (E, Niacin, Pantothenic Acid, C, Thiamin [B1], B6, Riboflavin [B2], A, Folic Acid, K, Biotin, D, B12), Emulsifier (Soya Lecithin).



## Administration and dosage

4 sachets per day as a Total Diet Replacement. Dissolve contents of one sachet in 200ml of cool water. Use shaker, whisk or fork to mix. Consume immediately. Supplement with a minimum of 2 litres of energy-free liquids (water, diet fizzy drinks, mineral water, black tea/coffee or squash (no added sugar)) per day. A minimum two-week programme is recommended in order to achieve a significant reduction in liver volume\*\*. At the dietitian's discretion low-starch vegetables can be included to supplement the diet.

## Shelf life and storage

Shelf life is 18 months from the date of manufacture. Store in a cool, dry place.

## Precautions

We recommend that Optifast is used under medical supervision, especially if using as a total diet replacement for more than three weeks. You should maintain a good fluid intake as recommended by your healthcare professional. Alcohol and excessive caffeine should be avoided as it can lead to dehydration.



# Nutrition information - Vanilla\*

Typical values	Per 100g	Per 54g in 200ml of water
<b>General</b>		
Energy kJ/kcal	1620/385	875/208
Fat (19.4% kcal) g	8.3	4.5
of which saturates g	2.9	1.6
of which monounsaturates g	2.9	1.6
of which polyunsaturates g	2.5	1.4
Carbohydrates (43.4% kcal) g	41.7	22.5
of which sugars g	34.2	18.5
Fibre (3.5% kcal) g	6.7	3.6
Protein (33.7% kcal) g	32.4	17.5
Salt (= Na(g) x 2.5) g	0.9	0.5
<b>Vitamins</b>		
A µg	830	448
D µg	4.4	2.4
E mg α-TE	20.8	11.2
K µg	55	29.7
C mg	80	43.2
B1 (Thiamin) mg	1.2	0.6
B2 (Riboflavin) mg	1.6	0.9
B6 mg	1.4	0.8
Niacin mg/mg NE	16.7/24	9.0/13
Folic acid µg	230	124
B12 µg	2.6	1.4
Pantothenic acid mg	6	3.2
Biotin µg	25	13.5
<b>Minerals</b>		
Sodium g/mmol	0.36/15.6	0.19/8.4
Chloride mg/mmol	470/13.2	254/7.1
Potassium mg/mmol	1500/38.4	810/20.7
Calcium mg/mmol	650/16.3	351/8.8
Phosphorus mg/mmol	620/20	335/10.8
Magnesium mg/mmol	230/9.5	124/5.1
Iron mg	11	5.9
Zinc mg	10.6	5.7
Copper µg	1.0	0.54
Iodine µg	180	97
Selenium µg	60	32.4
Manganese mg	1.0	0.54
Chromium µg	110	64.8
Molybdenum µg	80	43.2
Fluoride mg	560	302
<b>Other Nutrients</b>		
MCT g	1.95	1.05
Linoleic acid g	2.1	1.13
Omega-3 g	0.4	0.22
Osmolality mOsm/kg	600	

\* See individual packs for other flavours

\*\* Lewis MC *et al. Obes Surg* 16:697-701



- Modulen® IBD
- Peptamen® Junior
- Peptamen® Junior Liquid
- Peptamen® Junior Advance
- Resource® Junior
- Althéra®
- Alfamino®



## PAEDIATRIC RANGE



# Modulen® IBD

## Description

Modulen® IBD is a whole protein powdered formulation for use as a sole source of nutrition during the active phase of Crohn's disease and for nutritional support during the remission phase. It is 100% casein based and provides 25% of the fat as MCT. Modulen® IBD is a nutritionally complete Food for Special Medical Purposes for use under medical supervision.



## Presentation

400g resealable tin (with a 8.3g scoop); 12 x 400g tins per case.

## Indications

ACBS approved, prescribable on FP10 (GP10 in Scotland). Indicated for use as a sole source of nutrition during the active phase of Crohn's disease or during the remission phase in malnourished patients.

## Ingredients

Glucose syrup, casein (milk), sucrose, milk fat, medium chain triglycerides, minerals (potassium citrate, calcium phosphate, sodium citrate, calcium carbonate, magnesium chloride, potassium hydroxide, potassium chloride, ferrous sulphate, zinc sulphate, magnesium oxide, manganese sulphate, copper sulphate, sodium molybdate, potassium iodide, chromium chloride and sodium selenate), corn oil, emulsifier: soy lecithin, vitamins (C, E, niacin, pantothenic acid, B6, B1, A, B2, folic acid, K, biotin, D and B12) and choline bitartrate. Gluten free.

## Administration and dosage

One 400g Modulen® IBD tin provides 2000 kcal. The dosage of Modulen® IBD is dependent on the age, weight and clinical condition of the patient. The recommended feed concentration is 1 kcal/ml (20%). As a guide, Modulen® IBD can also be concentrated to provide 1.25 kcal/ml (25% concentration) or 1.5 kcal/ml (30% concentration) but additional fluid should be advised.



## For standard concentration (1 kcal/ml)

1. Wash hands thoroughly. Follow the mixing table and select the volume required.
2. Measure cool boiled or bottled water (room temperature) and pour into a clean bowl or container.
3. Scoop and level the desired amount of powder using the scoop in the tin or weigh in grams.
4. Add the powder to the water and immediately stir until well mixed.
5. After use, store the scoop inside the can as shown.

**Table 1: Mixing Guidelines for 1.0 kcal/ml**

Volume of water (ml)	No. of scoops of powder	Total volume achieved (ml)
210	6 scoops (= 50g)	250
420	12 scoops (= 100g)	500
850	24 scoops (= 200g)	1000
1740	1 can (= 400g)	2000

## For concentrating Modulen® IBD

1. Wash hands thoroughly. Follow the mixing table and select the volume required.
2. Measure cool boiled or bottled water (room temperature) and pour into a clean bowl or container.
3. Scoop and level the desired amount of powder using the scoop in the tin or weigh in grams (see table 2 and 3 overleaf).
4. Add the powder to the water and immediately stir until well mixed.
5. After use, store the scoop inside the can as shown.

*Modulen IBD® product information continued overleaf.*



**Table 2. Mixing Guidelines for 1.25 kcal/ml (25% concentration)**

No. of scoops of powder	Measure water up to (ml)
8 scoops (= 66g)	250
16 scoops (= 133g)	500
32 scoops (= 266g)	1000
64 scoops (= 531g)	2000

**Table 3. Mixing Guidelines for 1.5 kcal/ml (30% concentration)**

No. of scoops of powder	Measure water up to (ml)
9 scoops (= 75g)	250
18 scoops (= 150g)	500
36 scoops (= 300g)	1000
72 scoops (= 598g)	2000

## Shelf life and storage

Shelf life of 24 months from date of manufacture when stored at room temperature. Once opened, keep closed in a dry place and use within 4 weeks.

## Contraindications

Not suitable for use in cows' milk protein allergy.

## Precautions

For oral and enteral feeding only. Suitable for use in children over 5 years. Do not mix with other food or medication.

# Nutrition information



Typical values	Per 100g	Per 100ml at 1.0 kcal/ml	Per 100ml at 1.25 kcal/ml	Per 100ml at 1.5 kcal/ml
<b>General</b>				
Energy kJ/kcal	2070/ 500	414/ 100	518/ 125	621/ 150
Fat (42% kcal) g	23	4.6	5.75	6.9
of which saturates g	13	2.6	3.25	3.9
of which monounsaturates g	3.9	0.78	0.975	1.17
of which polyunsaturates g	2.4	0.48	0.6	0.72
Carbohydrates (43% kcal) g	54	11	13.8	16.5
of which sugars g	21	4.2	5.25	6.3
of which lactose g	<0.5	<0.1	<0.1	<0.1
Protein (15% kcal) g	18	3.6	4.5	5.4
Salt (=Na(g) x 2.5) g	0.43	0.085	0.11	0.13
<b>Vitamins</b>				
A µg RE	410	82	102.5	123
D µg	4.9	1.0	1.2	1.5
K µg	27	5.4	6.75	8.1
C mg	47	9.4	11.75	14.1
B1 (Thiamin) mg	0.59	0.12	0.15	0.18
B2 (Riboflavin) mg	0.64	0.13	0.16	0.19
B6 mg	0.83	0.17	0.21	0.25
Niacin mg/mg NE	5.8/9.8	1.2/2.0	1.5/2.5	1.8/3
Folic acid µg	120	24	30	36
B12 µg	1.6	0.32	0.40	0.48
Pantothenic acid mg	2.4	0.48	0.6	0.72
Biotin µg	16	3.2	4.0	4.8
E mg α-TE	6.5	1.3	1.6	1.9
<b>Minerals</b>				
Sodium mg/mmol	170/7.4	34/1.5	42.5/1.9	51/2.3
Chloride mg/mmol	366/10	73/2.0	91.3/2.5	109.5/3
Potassium mg/mmol	600/15	120/3.0	150/3.8	180/4.5
Calcium mg/mmol	445/11	89/2.2	111/2.75	134/3.3
Phosphorus mg	300	60	75	90
Phosphate mmol	9.7	1.9	2.4	2.9
Magnesium mg/mmol	100/4.1	20/0.83	25/1.04	30/1.25
Iron mg	5.4	1.1	1.4	1.6
Zinc mg	4.7	0.94	1.18	1.41
Copper mg	0.49	0.10	0.12	0.15
Iodine µg	49	10	12	15
Selenium µg	17	3.4	4.3	5.1
Manganese mg	0.98	0.20	0.25	0.30
Chromium µg	25	5	6.3	7.5
Molybdenum µg	37	7.4	9.3	11.1
Fluoride mg	<0.01	<0.002	<0.0025	<0.003
<b>Other Nutrients</b>				
MCT	6.0	1.2	1.5	1.8
α-linolenic acid g	0.2	0.04		
Linoleic acid g	2.1	0.42		
Choline mg	35	7	8.75	10.5
Osmolarity mOsm/l		290		
Osmolality mOsm/kg		340	426	539

# Peptamen® Junior

## Description

Peptamen® Junior is a powdered formula for children aged 1-10 years with compromised/impaired GI function. It is a 100% whey protein based formula with 53% of fat as MCT. Peptamen® Junior is a nutritionally complete Food for Special Medical Purposes for use under medical supervision.



## Presentation

400g re-sealable tin (with 7.86g scoop); 12 x 400g tins per case. Available in Vanilla flavour only.

## Indications

ACBS approved, prescribable on FP10 (GP10 in Scotland). Indicated as a sole or supplemental source of nutrition for children aged 1-10 years on medical grounds for short bowel syndrome, intractable malabsorption, patients with proven inflammatory bowel disease and bowel fistulae.

## Ingredients

Maltodextrin, Enzymatically Hydrolysed Whey Protein (from Milk), Sucrose, Medium Chain Triglycerides, Potato Starch, Vegetable Oils (Rapeseed Oil, Sunflower Oil), Emulsifier (Soy Lecithin), Minerals (Calcium Carbonate, Potassium Phosphate, Sodium Phosphate, Sodium Chloride, Magnesium Chloride, Calcium Chloride, Ferrous Sulphate, Zinc Sulphate, Manganese Sulphate, Copper Sulphate, Potassium Iodide, Sodium Selenate, Chromium Chloride, Sodium Molybdate), Flavouring, Acidity Regulator (E330), Choline Bitartrate, Vitamins (C, E, Niacin, Calcium Pantothenate, B6, A, B1 (Thiamin), B2 (Riboflavin), Folic Acid, K1, Biotin, D3, B12), Taurine, L-carnitine. Gluten free. Halal certified.

## Administration and dosage

Suitable as a sole source of nutrition or as a supplement.

Nutritionally complete volumes:

1-3 years: 1300ml

4-6 years: 1800ml

7-10 years: 2000ml

The dosage of Peptamen® Junior is dependent on the age, weight and clinical condition of the child. The recommended feed concentration is 1 kcal/ml (22%).

As a guide, Peptamen® Junior can also be concentrated to provide 1.25 kcal/ml (27.5% concentration) or 1.5 kcal/ml (33% concentration). Peptamen® Junior may be used for oral consumption or as a tube feed. When using as a tube feed, monitor hydration status and advise additional fluid as required according to the child's clinical condition.

# Preparation Instructions



1. Wash hands thoroughly. Follow mixing table below and select volume required.
2. Measure out cooled boiled water and pour in a clean bowl or container.
3. Scoop and level the desired amount of powder using the scoop in the tin or weigh in grams.
4. Add the powder to the water and immediately stir or shake until well mixed.
5. After use, store the scoop inside the can as shown on the label.

**Table 1: Mixing guidelines for 250ml**

kcal/s	mls of water	Powder in grams (g)	No. of scoops
250 (1 kcal/ml)	215	55	7
313 (1.25 kcal/ml)	200	70	9
375 (1.5 kcal/ml)	195	80	10

**Table 2: Mixing guidelines for 500ml**

kcal/s	mls of water	Powder in grams (g)	No. of scoops
500 (1 kcal/ml)	425	110	14
625 (1.25 kcal/ml)	400	140	18
750 (1.5 kcal/ml)	390	165	21

**Table 3: Mixing guidelines for 1000ml**

kcal/s	mls of water	Powder in grams (g)	No. of scoops
1,000 (1 kcal/ml)	850	220	28
1,250 (1.25 kcal/ml)	800	275	35
1,500 (1.5 kcal/ml)	780	330	42

**1 kcal/ml:** osmolarity = 322 mOsm/l osmolality = 370 mOsm/kg

**1.25 kcal/ml:** osmolarity = 376 mOsm/l osmolality = 470 mOsm/kg

**1.5 kcal/ml:** osmolarity = 441 mOsm/l osmolality = 525 mOsm/kg

*Peptamen® Junior product information continued overleaf.*

# Peptamen® Junior (cont.)

## **Shelf life and storage**

Shelf life of 24 months from the date of manufacture. Once reconstituted use within 6 hours at room temperature or 24 hours if refrigerated. After opening the tin, store in a cool, dry place. Reseal the lid tightly. Consume contents within 4 weeks.

## **Contraindications**

Not suitable for children with cows' milk protein allergy.

## **Precautions**

For tube feeding or oral use. Suitable for use in children above 1 year of age. Do not add drugs or other food to the product.



# Nutrition information



Typical values	Per 100g	Per 100ml at 1.0 Kcal/ml	Per 100ml at 1.25 Kcal/ml	Per 100ml at 1.5 Kcal/ml
<b>General</b>				
Energy kJ/kcal	1952/ 465	429/ 102	537/ 128	644/ 153
Fat (34% kcal) g	17.5	3.85	4.8	5.78
of which saturates g	10.4	2.29	2.86	3.43
of which monounsaturates g	2.7	0.6	0.74	0.9
of which polyunsaturates g	2.6	0.6	0.72	0.9
Carbohydrate (54% kcal) g	62.8	13.8	17.27	20.7
of which sugars g	15	3.3	4.13	4.95
of which lactose g	<0.4	<0.08	<0.1	<0.13
Fibre (g)	0	0	0	0
Protein (12% kcal) g	13.7	3	3.77	4.5
Salt (=Na(g) x 2.5) g	0.775	0.17	0.21	0.26
<b>Vitamins</b>				
A µg	386	84.9	106.2	127.4
D µg	5.1	1.12	1.4	1.68
K µg	24	5.3	6.6	7.9
C mg	39	8.6	10.7	12.9
B1 (Thiamin) mg	0.57	0.13	0.16	0.19
B2 (Riboflavin) mg	0.56	0.12	0.15	0.18
B6 mg	0.72	0.16	0.2	0.24
Niacin mg/mg NE	2.9/7.1	0.64/1.56	0.80/1.95	0.96/2.3
Folic acid µg	142	31.2	39	46.9
B12 µg	1.5	0.33	0.41	0.5
Pantothenic acid mg	2.6	0.57	0.7	0.86
Biotin µg	8.6	1.89	2.37	2.84
E mg α-TE	3.6	0.8	1	1.2
<b>Minerals</b>				
Sodium mg/mmol	310/13	68.2/2.86	85.3/3.6	102.3/4.3
Chloride mg/mmol	380/11	83.6/2.42	104.5/3.03	125.4/3.63
Potassium mg/mmol	610/16	134.2/3.52	168/4.4	201.3/5.28
Calcium mg/mmol	410/10	90.2/2.2	113/2.8	135.3/3.3
Phosphorus mg/mmol	280/9.0	61.6/1.98	77/2.5	92.4/3
Magnesium mg/mmol	60/2.5	13.2/0.55	16.5/0.7	19.8/0.83
Iron mg	4.4	0.97	1.2	1.45
Zinc mg	2.7	0.6	0.74	0.9
Copper mg	0.35	0.08	0.1	0.12
Iodine µg	70	15.4	19.3	23.1
Selenium µg	22	4.84	6	7.26
Manganese mg	0.4	0.09	0.11	0.13
Chromium µg	11	2.42	3.03	3.63
Molybdenum µg	35	7.7	9.6	11.55
Fluoride mg	0	0	0	0
<b>Other Nutrients</b>				
Choline mg	80	17.6	22	26.4
Taurine mg	40	8.8	11	13.2
Carnitine mg	40	8.8	11	13.2
MCT g	9.2	2.02	2.53	3.04
Osmolarity mOsm/l		322	376	441
Osmolality mOsm/kg		370	470	525

# Peptamen® Junior Liquid

## Description

Peptamen® Junior Liquid is a 1.0 kcal/ml peptide based enteral tube feed formulated for children aged 1-10 years with compromised/impaired GI function. It is a 100% whey protein formula with 60% of the fat as MCT. Peptamen® Junior Liquid is a nutritionally complete Food for Special Medical Purposes for use under medical supervision.



## Presentation

500ml SmartFlex™ collapsible semi-rigid bottles, 12 x 500ml per case.

## Indications

ACBS approved, prescribable on FP10 (GP10 in Scotland). Indicated as a sole or supplemental source of nutrition for children aged 1-10 years on medical grounds for short bowel syndrome, intractable malabsorption, patients with proven inflammatory bowel disease and bowel fistulae.

## Ingredients

Water, maltodextrin, peptides from hydrolysed\* whey protein (milk), sucrose, medium chain triglycerides, soybean oil, minerals (calcium citrate, potassium phosphate, sodium phosphate, potassium chloride, sodium chloride, magnesium chloride, magnesium oxide, ferrous sulphate, zinc sulphate, copper sulphate, manganese sulphate, sodium fluoride, potassium iodide, sodium selenate, chromium chloride, sodium molybdate), corn starch, glucose syrup, emulsifiers (soy lecithin, E471), flavouring, thickener (E412), acidity regulator (E525), vitamins (C, E, niacin, pantothenic acid, B6, A, B1, B2, D, K, folic acid, biotin), choline chloride, taurine and L-carnitine. Gluten Free.

\*Used enzyme non-Halal/Kosher. Clinically nil lactose.

## Administration and dosage

Suitable as a sole source of nutrition. Nutritionally complete in: 1-3 years: 1000ml; 4-6 years: 1500ml; 7-10 years: 1800ml.

## Shelf life and storage

Shelf life of 12 months from date of manufacture when stored at room temperature. Shake before use. Unopened, store in a cool, dry place. If spiked, use within 24 hours. If uncapped, unused portion to be recapped, refrigerated and used within 24 hours.

## Contraindications

Not suitable for patients with a cows' milk allergy.

## Precautions

For enteral feeding only. Suitable for children above 1 year of age. Do not mix food and medication with feed.

# Nutrition information



Typical values	Per 100ml	Per 500ml
<b>General</b>		
Energy kJ/kcal	423/101	2115/505
Fat (36% kcal) g	4	20
of which saturates g	2.7	13.5
of which monounsaturates g	0.52	2.6
of which polyunsaturates g	0.75	3.75
Carbohydrate (52% kcal) g	13.2	66
Sugars g	3.3	16.5
Lactose g	<0.05	<0.25
Fibre (0% kcal) g	0	0
Protein (12% kcal) g	3	15
Salt (= Na (g) x 2.5) g	0.13	0.65
<b>Vitamins</b>		
A µg	54	270
D µg	1.3	6.5
K µg	6.3	31.5
C mg	13	65
B1 (Thiamin) mg	0.09	0.45
B2 (Riboflavin) mg	0.11	0.55
B6 mg	0.11	0.55
Niacin mg/mg NE	0.75/1.9	3.75/9.5
Folic acid µg	25	125
B12 µg	0.18	0.9
Pantothenic acid mg	0.41	2.05
Biotin µg	1.7	8.5
E mg α-TE	1	5
<b>Minerals</b>		
Sodium mg/mmol	50/2.17	250/10.87
Chloride mg/mmol	60/1.69	300/8.45
Potassium mg/mmol	150/3.84	750/19.18
Calcium mg/mmol	100/2.5	500/12.5
Phosphorus mg	66	330
Phosphate mmol	2.13	10.65
Magnesium mg/mmol	12/0.5	60/2.5
Iron mg	1.1	5.5
Zinc mg	0.9	4.5
Copper mg	0.1	0.6
Iodine µg	11	55
Selenium µg	4.9	24.5
Manganese mg	0.11	0.55
Chromium µg	4.3	21.5
Molybdenum µg	12	60
Fluoride mg	0.11	0.55
<b>Other Nutrients</b>		
MCT g	2.4	12
Omega-3 g	0.1	0.5
Choline mg	23	115
Taurine mg	7	35
Carnitine mg	3.5	17.5
Osmolarity mOsm/l: 319	Osmolality mOsm/kg: 380	
Water content per 100ml: 85.4g		

# Peptamen® Junior Advance

## Description

Peptamen® Junior Advance is a 1.5 kcal/ml peptide based enteral tube feed formulated for children aged 1-10 years with compromised/impaired GI function. It is a 100% whey protein formula with omega-3 fatty acids, 60% of the fat as MCT and fibre. Peptamen® Junior Advance is a nutritionally complete Food for Special Medical Purposes for use under medical supervision.



## Presentation

500ml SmartFlex™ collapsible semi-rigid bottles, 12 x 500ml per case.

## Indications

ACBS approved, prescribable on FP10 (GP10 in Scotland). Indicated as a sole source of nutrition for children aged 1-10 years on medical grounds for short bowel syndrome, intractable malabsorption, patients with proven inflammatory bowel disease and bowel fistulae.

## Ingredients

Water, Glucose Syrup, Peptides from Hydrolysed\* Whey Protein (Milk), Medium Chain Triglycerides, Vegetable Oils (Soybean, Rapeseed), Minerals (Calcium Citrate, Magnesium Chloride, Sodium Phosphate, Potassium Phosphate, Potassium Chloride, Sodium Chloride, Magnesium Oxide, Ferrous Sulphate, Zinc Sulphate, Copper Sulphate, Manganese Sulphate, Sodium Fluoride, Potassium Iodide, Sodium Selenate, Chromium Chloride, Sodium Molybdate), Corn Starch, Fibre (Oligofructose, Inulin), Emulsifiers (Soy Lecithin, E471), Fish Oil, Flavouring, Thickener (E412), Vitamins (C, E, Niacin, Pantothenic Acid, B6, B1, B2, A, D, K, Folic Acid, Biotin), Choline Chloride, Taurine and L-carnitine. Gluten free.

\* Used enzyme non-Halal/Kosher. Clinically nil lactose.

## Administration and dosage

Suitable as a sole source of nutrition. Nutritionally complete in: 1-3 years: 820 ml; 4-6 years: 1143 ml; 7-10 years: 1314 ml.

## Shelf life and storage

Shelf life of 12 months from date of manufacture when stored at room temperature. Shake well before use. Unopened, store in a cool, dry place. If spiked, use within 24 hours. If uncapped, unused portion to be recapped, refrigerated and used within 24 hours.

## Contraindications

Not suitable for patients with a cows' milk allergy.

## Precautions

For enteral use only. Suitable for children above 1 year of age. Do not mix food and medication with feed.

# Nutrition information



Typical values	Per 100ml	Per 500ml
<b>General</b>		
Energy kJ/kcal	631/150	3155/750
Fat (39% kcal) g	6.6	33
of which saturates g	4	20
of which monounsaturates g	0.86	4.3
of which polyunsaturates g	0.92	4.6
Carbohydrate (48% kcal) g	18	90
of which sugars g	2.1	10.5
of which lactose g	<0.05	<0.25
Fibre (1% kcal) g	0.7	3.5
Protein (12% kcal) g	4.5	22.5
Salt (= Na (g) x 2.5) g	0.24	1.2
<b>Vitamins</b>		
A µg	102	510
D µg	2	10
K µg	10	50
C mg	18	90
B1 (Thiamin) mg	0.16	0.8
B2 (Riboflavin) mg	0.17	0.85
B6 mg	0.2	1
Niacin mg/mg NE	1.3/2.6	6.5/13
Folic acid µg	36	180
B12 µg	0.28	1.4
Pantothenic acid mg	0.7	3.5
Biotin µg	3.6	18
E mg α-TE	2	10
<b>Minerals</b>		
Sodium mg/mmol	95/4.13	475/20.65
Chloride mg/mmol	150/4.23	750/21.13
Potassium mg/mmol	180/4.6	900/23.02
Calcium mg/mmol	160/4	800/20
Phosphorus mg	80	400
Phosphate mmol	2.58	12.9
Magnesium mg/mmol	30/1.25	150/6.25
Iron mg	2	10
Zinc mg	1.7	8.5
Copper mg	0.23	1.2
Iodine µg	16	80
Selenium µg	9	45
Manganese mg	0.21	1.05
Chromium µg	6	30
Molybdenum µg	18	90
Fluoride mg	0.19	0.95
<b>Other Nutrients</b>		
MCT g	4	20
Omega-3 g	0.2	1
Choline mg	24	120
Taurine mg	11	55
Carnitine mg	5.5	27.5
Osmolarity mOsm/l: 380	Osmolality mOsm/kg: 450	
Water content per 100ml: 78.2g		

# Resource® Junior

## Description

Resource® Junior is a 1.5 kcal/ml ready to drink oral nutritional supplement for children aged 1-10 years. It is a nutritionally complete Food for Special Medical Purposes for use under medical supervision.

## Presentation

200ml bottle; prescribing unit 4 x 200ml bottles.  
6 units (4 x 200ml) per case (24 bottles).  
Available in 3 flavours: Chocolate, Strawberry and Vanilla.



## Indications

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

## Ingredients - Vanilla flavour\*

Water, Maltodextrin, Vegetable oils (Sunflower, Rapeseed) Sucrose, Milk Protein, Minerals (Potassium Citrate, Sodium Citrate, Calcium Citrate, Sodium Phosphate, Potassium Chloride, Magnesium Citrate, Magnesium Oxide, Iron Sulphate, Zinc Sulphate, Manganese Sulphate, Copper Sulphate, Sodium Fluoride, Chromium Chloride, Potassium Iodide, Sodium Molybdate, Sodium Selenate), Starch, Emulsifier (E471), Flavourings, Vitamins (C, E, Niacin, Calcium Pantothenate, B6, B1, B2, A, Folic Acid, K, Biotin, D, B12), Thickener (Carrageenan).  
Gluten Free. UHT sterilised. Packaged in a protective atmosphere. Clinically nil lactose.

## Administration and dosage

Suitable as sole source of nutrition for children. The dosage of Resource® Junior is dependent on the age, weight and clinical condition of the child.

## Shelf life and storage

Shelf life of 12 months from manufacture date. Unopened, store in a cool, dry place. Once open, recap and refrigerate. Consume within 24 hours.

## Precautions

For oral or enteral use only.

# Nutrition information - Vanilla Flavour\*

Typical values	Per 100ml	Per 200ml
<b>General</b>		
Energy kJ/kcal	631/150	1262/300
Fat g	6.2	12.4
of which saturates g	0.8	1.6
of which monounsaturates g	3.6	7.2
of which polyunsaturates g	1.2	2.4
Carbohydrate g	21	42
of which sugars g	5.2	10.4
of which lactose g	<0.3	<0.6
Fibre (0% kcal) g	0	0
Protein g	3	6
Salt (= Na(g) x 2.5) g	0.19	0.38
<b>Vitamins</b>		
A µg	135	270
D µg	1.5	3
K µg	8.5	17
C mg	11	22
B1 (Thiamin) mg	0.25	0.5
B2 (Riboflavin)mg	0.19	0.38
B6 mg	0.28	0.56
Niacin mg/mg NE	0.8/1.4	1.6/2.8
Folic acid µg	33	66
B12 µg	0.35	0.7
Pantothenic acid mg	0.7	1.4
Biotin µg	5	10
E mg	2.2	4.4
<b>Minerals</b>		
Sodium mg/mmol	75/3.3	150/6.6
Chloride mg/mmol	75/2.1	150/4.2
Potassium mg/mmol	200/5.1	400/10.2
Calcium mg/mmol	125/3.1	250/6.2
Phosphorus/Phosphate mg/mmol	75/2.4	150/4.8
Magnesium mg/mmol	19/0.8	38/1.6
Iron mg	1.3	2.6
Zinc mg	1.3	2.6
Copper mg	0.13	0.26
Iodine µg	13	26
Selenium µg	6	12
Manganese mg	0.25	0.5
Chromium µg	6	12
Molybdenum µg	8	16
Fluoride mg	0.1	0.2
Osmolarity mOsm/l	346	
Osmolality mOsm/kg	455	
Water content per 100ml: 78g		

\* See individual packs for other flavours

## Description

Althéra® is a hypoallergenic nutritionally complete powdered formula containing extensively hydrolysed whey protein, carbohydrate, fat, vitamins, minerals, trace elements and long-chain polyunsaturated fatty acids (LCPs); Arachidonic acid (ARA) and Docosahexaenoic acid (DHA). A food for special medical purposes. Packed under a protective atmosphere.



## Presentation

450g tin (with a 4.4g scoop).

## Indications

ACBS approved, prescribable on FP10 (GP10 in Scotland). Althéra® is for complete nutritional support from birth or supplementary feeding from 6 months and up to 3 years of age for the dietary management of cows' milk allergy and/or multiple food protein allergies.

## Ingredients

Lactose (Milk), Maltodextrin, Vegetable Oils (Palm, Rapeseed, Coconut, Sunflower), Enzymatically Hydrolysed Whey Protein (Milk), Minerals (Calcium Glycerophosphate, Magnesium Chloride, Calcium Chloride, Potassium Phosphate, Sodium Phosphate, Calcium Phosphate, Potassium Chloride, Potassium Citrate, Ferrous Sulphate, Zinc Sulphate, Copper Sulphate, Potassium Iodide, Sodium Selenate, Sodium Chloride), Emulsifier (E472c), Vitamins (C, E, Niacin, Pantothenic Acid, B2, A, B1, B6, K1, Folic Acid, D3, B12, Biotin), Cryptocodium Cohnii Oil (DHA), Mortierella Alpina Oil (ARA), Choline Bitartrate, Taurine, L-Histidine, Myo Inositol, L-Carnitine.

## Administration and Dosage

### Feeding Table

Age of infant	Quantity per meal		Meals per day
	Water (ml)	No. of scoops*	
1-2 weeks	90	3	6
3-4 weeks	120	4	5
2nd month	150	5	5
3-4 months	180	6	5
5-6 months	210	7	5
From 5th (7th) month**	210	7	3-4

\* Scoop size 4.4g. Do not change proportions. Use only the enclosed scoop. Using more or less powder than indicated will either lead to dehydration or deprive your baby of proper nutrition.

\*\* Do not introduce other food in your baby's diet without asking your healthcare professional.





## Preparation Guidelines

### For bottle fed infants:

The standard dilution of 13.2% is made by adding 1 level scoop of Althéra® (approx 4.4g) to 30ml of water (approx 1 fluid oz).

### Please follow these guidelines carefully.

1. Wash hands well.
2. Wash bottle, teat and cap.
3. Sterilise equipment (by boiling for 5 minutes or with a cold water sterilising solution).
4. Boil drinking (tap) water. Allow to cool for no more than 30 minutes.
5. Pour exact amount of water (see feeding table), into the sterilised bottle, carefully to avoid scalds, the water is hot.
6. Add exact number of level scoops for age of baby.
7. Place the sterilised teat and cap on the bottle and shake well until powder is fully dissolved. Cool bottle under cold running water until lukewarm. Test the temperature by shaking a few drops onto the inside of your wrist.
8. Close tin tightly after each use and store in a cool dry place. Use within 3 weeks of opening.

## Shelf life and storage

Shelf life of 24 months from date of manufacture when stored at room temperature. Once opened, reseal & store in a cool dry place and use within 3 weeks.

## Precautions

Use under strict medical supervision and after full consideration of the feeding options available, including breastfeeding.

For oral/enteral use only.


## Important feeding information

We recommend preparing each feed in individual bottles when required, feed immediately. If there is any unfinished infant milk left after feeding, throw it away.

Always hold the baby while feeding.

Never leave the baby alone during feeding as there is a risk they might choke.

Unboiled water, unboiled bottles or incorrect dilution can make your baby ill. Incorrect storage, handling, preparation and feeding can eventually lead to adverse effects for the health of your baby.



## Nutrition information

	Per 100g as sold	Per 100ml (standard 13.2% dilution)
<b>General</b>		
Energy kJ/kcal	2118/506	280/67
Fat g (46% kcal) of which:	26	3.4
saturates g	10	1.3
monounsaturates g	9.6	1.3
polyunsaturates g	4.3	0.57
Carbohydrate g (44% kcal) of which:	55.5	7.3
sugars g	30	4.0
lactose g	29	3.8
Protein g (10% kcal)	12.5	1.7
Salt = Na (g) x 2.5 g	0.38	0.050
<b>Vitamins</b>		
A µg	600	79
D µg	9	1.2
K µg	55	7.3
C mg	101	13
Thiamin mg	0.50	0.066
Riboflavin mg	1.4	0.18
B6 mg	0.40	0.053
Niacin mg/mg NE	6.5/11	0.86/1.5
Folic acid µg	76	10
B12 µg	1.5	0.20
Pantothenic acid mg	3.2	0.42
Biotin µg	12	1.6
E mg α-TE	11	1.5
<b>Minerals</b>		
Sodium mg/mmol	150/6.5	20/0.86
Chloride mg/mmol	300/8.5	40/1.1
Potassium mg/mmol	530/13.5	70/1.8
Calcium mg/mmol	500/12	66/1.7
Phosphorus/phosphate mg/mmol	320/10	42/1.4
Magnesium mg/mmol	42/1.8	5.5/0.23
Iron mg	5.5	0.73
Zinc mg	5.0	0.66
Copper mg	0.42	0.055
Iodine µg	81	11
Selenium µg	15	2.0
Manganese mg	0.036	0.0048

## Nutrition information (continued)



	Per 100g as sold	Per 100ml (standard 13.2% dilution)
<b>Other</b>		
MCT g	3.0	0.4
$\alpha$ -Linolenic acid mg	400	53
Linoleic acid mg	3800	502
DHA mg	56	7.4
ARA mg	56	7.4
Taurine mg	40	5.3
L-Carnitine mg	8.1	1.1
Choline mg	50	6.6
Inositol mg	35	4.6
Osmolarity	252 mOsm/L	
Potential Renal Solute Load	148 mOsm/L	

NE - Niacin Equivalent

TE - Tocopherol Equivalent



## Description

Alfamino® is a hypoallergenic nutritionally complete powdered formula containing amino acids, carbohydrate, fat, vitamins, minerals, trace elements and long chain polyunsaturated fatty acids (LCPs); Arachidonic Acid (ARA) and Docosahexaenoic Acid (DHA). A food for special medical purposes. Packed under a protective atmosphere.



## Presentation

400g resealable tin (with a 4.6g scoop).

## Indications

ACBS approved, prescribable on FP10 (GP10 in Scotland). Alfamino® is for complete nutritional support from birth or supplementary feeding from 6 months and up to 3 years of age for the dietary management of severe cows' milk allergy and/or multiple food allergies.

## Ingredients

Glucose Syrup, Vegetable Oils (Sunflower, Rapeseed, Esterified Palm), Amino Acids (L-Arginine-L-Aspartate, L-Lysine Acetate, L-Leucine, L-Proline, L-Glutamine, L-Valine, Glycine, L-Isoleucine, L-Threonine, L-Serine, L-Phenylalanine, L-Tyrosine, L-Histidine, L-Alanine, L-Cystine, L-Tryptophan, Magnesium L-Aspartate, L-Methionine), Medium Chain Triglycerides, Potato Starch, Minerals (Calcium Glycerophosphate, Potassium Chloride, Calcium Citrate, Sodium Citrate, Potassium Citrate, Sodium Phosphate, Magnesium Oxide, Ferrous Sulphate, Zinc Sulphate, Copper Sulphate, Potassium Iodide, Manganese Sulphate, Sodium Selenate), Emulsifier (E472c), Cryptocodium Cohii Oil (DHA), Mortierella Alpina Oil (ARA), Vitamins (C, E, Niacin, Pantothenic Acid, B2, A, B1, B6, K, Folic Acid, D, B12, Biotin), Choline Bitartrate, Acidity Regulator (E330), Taurine, Myo Inositol, Carnitine.

## Administration and Dosage

### Feeding Table

Age of infant	Quantity per meal		Meals per day
	Water (ml)	No. of scoops*	
1-2 weeks	90	3	6
3-4 weeks	120	4	5
2nd month	150	5	5
3-4 months	180	6	5
5-6 months	210	7	5
From 5th (7th) month**	210	7	3-4

\* Scoop size: 4.6g. Do not change proportions. Use only the enclosed scoop. Using more or less powder than indicated will either lead to dehydration or deprive your baby of proper nutrition.

\*\* Do not introduce other food in your baby's diet without asking your healthcare professional.



## Preparation Guidelines

### For bottle fed infants:

The standard dilution of 13.8% is made by adding 1 level scoop of Alfamino® (approx 4.6g) to 30ml of water (approx 1 fluid oz).

### Please follow these guidelines carefully.

1. Wash hands well.
2. Wash bottle, teat and cap.
3. Sterilise equipment (by boiling for 5 minutes or with a cold water sterilising solution).
4. Boil drinking (tap) water. Allow to cool for no more than 30 minutes.
5. Pour exact amount of water (see feeding table), into the sterilised bottle, carefully to avoid scalds, the water is hot.
6. Add exact number of level scoops for age of baby.
7. Place the sterilised teat and cap on the bottle and shake well until powder is fully dissolved. Cool bottle under cold running water until lukewarm. Test the temperature by shaking a few drops onto the inside of your wrist.
8. Close tin tightly after each use and store in a cool dry place. Use within 3 weeks of opening.

## Shelf life and storage

Shelf life of 24 months from date of manufacture when stored at room temperature. Once opened, reseal & store in a cool dry place and use within 3 weeks.

## Precautions

Use under strict medical supervision and after full consideration of the feeding options available, including breastfeeding.

For oral/enteral use only.


## Important feeding information

We recommend preparing each feed in individual bottles when required, feed immediately. If there is any unfinished infant milk left after feeding, throw it away.

Always hold the baby while feeding.

Never leave the baby alone during feeding as there is a risk they might choke.

Unboiled water, unboiled bottles or incorrect dilution can make your baby ill. Incorrect storage, handling, preparation and feeding can eventually lead to adverse effects for the health of your baby.



## Nutrition information

	Per 100g as sold	Per 100ml (standard 13.8% dilution)
<b>General</b>		
Energy kJ/ kcal	2105/503	293/70
Fat g (44% kcal) of which:	24.6	3.4
saturates g	9.0	1.3
monounsaturates g	9.5	1.3
polyunsaturates g	4.5	0.63
Carbohydrate g (45% kcal) of which:	57	7.9
sugars g	4	0.56
Protein g (11% kcal)	13.3	1.9
Salt = Na (g) x 2.5 g	0.45	0.063
<b>Vitamins</b>		
A µg	660	92
D µg	7.5	1.0
K µg	50	7.0
C mg	70	10
Thiamin mg	0.50	0.070
Riboflavin mg	1.1	0.15
B6 mg	0.38	0.053
Niacin mg/mg NE	4.1/9.1	0.57/1.3
Folic acid µg	60	8.4
B12 µg	1.5	0.21
Pantothenic acid mg	3.9	0.54
Biotin µg	13	1.8
E mg α-TE	14	1.9
<b>Minerals</b>		
Sodium mg/mmol	180/7.8	25/1.1
Chloride mg/mmol	420/12	58/1.6
Potassium mg/mmol	570/15	79/2.0
Calcium mg/mmol	410/10	57/1.4
Phosphorus/Phosphate mg/mmol	280/9.0	39/1.3
Magnesium mg/mmol	46/1.9	6.4/0.27
Iron mg	5.0	0.70
Zinc mg	5.0	0.70
Copper mg	0.40	0.056
Iodine µg	76	11
Selenium µg	13	1.8
Manganese mg	0.050	0.0070

## Nutrition information (cont.)



	Per 100g as sold	Per 100ml (standard 13.8% dilution)
<b>Other</b>		
Taurine mg	40	5.6
Choline mg	50	7.0
Inositol mg	35	4.9
L-Carnitine mg	7.9	1.1
MCT g	6.0	0.84
$\alpha$ -Linolenic acid mg	450	62
DHA mg	50	7.0
Linoleic acid mg	4000	552
ARA mg	50	7.0
Osmolarity	300 mOsm/L	
Potential Renal Solute Load	169 mOsm/L	

NE - Niacin Equivalent

TE - Tocopherol Equivalent







- Resource® Energy
- Resource® 2.0 Fibre



## ORAL NUTRITIONAL SUPPLEMENT RANGE



# Resource<sup>®</sup> Energy

## Description

Resource<sup>®</sup> Energy is a 1.5 kcal/ml ready to drink oral nutritional supplement high in energy. It is a nutritionally complete Food for Special Medical Purposes for use under medical supervision.



## Presentation

200ml bottle; prescribing unit 4 x 200ml bottles. 6 units (4 x 200ml bottles) per case (24 bottles). Available in 6 flavours; Apricot, Chocolate, Vanilla, Coffee, Banana, Strawberry-Raspberry.

## Indications

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

## Ingredients - Vanilla Flavour\*

Water, Glucose Syrup, Milk Proteins, Vegetable Oils (Rapeseed, Corn, Soy), Sucrose, Minerals (Potassium Chloride, Magnesium Chloride, Sodium Citrate, Magnesium Oxide, Ferrous Sulphate, Zinc Sulphate, Manganese Sulphate, Copper Sulphate, Sodium Fluoride, Sodium Selenate, Chromium Chloride, Sodium Molybdate, Potassium Iodide), Stabiliser (E339), Emulsifier (E471), Vitamins (C, E, Niacin, Pantothenic Acid, B6, B1, A, B2, D, K, Folic Acid, Biotin), Thickener (Carrageenan), Flavourings. Gluten free, Clinically nil lactose.

## Administration and dosage

Best served chilled. Shake well before use. Suitable as sole source of nutrition or supplement. Nutritionally complete in 940ml for females and 1000ml for males.

Recommended dosage: 1-3 servings per day or as recommended by the healthcare professional if used as sole source of nutrition.

## Shelf life and storage

10 months. Unopened, store in a cool, dry place. Once open recap, refrigerate and use within 24 hours.

## Precautions

Suitable for children above 3 years of age. For oral or enteral feeding only.

# Nutrition information - Vanilla Flavour\*

Typical values	Per 100ml	Per 200ml
<b>General</b>		
Energy kJ/kcal	637/151	1274/303
Fat (30% kcal) g	5	10
of which saturates g	0.7	1.4
of which monounsaturates g	1.9	3.8
of which polyunsaturates g	2.3	4.6
Carbohydrate (55% kcal) g	21	42
of which sugars g	5.7	11.4
of which lactose g	<0.5	<1.0
Fibre (0% kcal) g	0	0
Protein (15% kcal) g	5.6	11.2
Salt (=Na(g) x 2.5) g	0.2	0.4
<b>Vitamins</b>		
A µg	138	276
D µg	1.8	3.6
K µg	14	28
C mg	15	30
B1 (Thiamin) mg	0.23	0.46
B2 (Riboflavin) mg	0.22	0.44
B6 mg	0.35	0.7
Niacin mg/mg NE	1.1/2.5	2.2/5
Folic acid µg	45	90
B12 µg	0.22	0.44
Pantothenic acid mg	0.85	1.7
Biotin µg	6.3	13
E mg αTE	3	6
<b>Minerals</b>		
Sodium mg/mmol	80/3.5	160/7.0
Chloride mg/mmol	185/5.2	370/10.4
Potassium mg/mmol	170/4.4	340/8.8
Calcium mg/mmol	80/2.0	160/4.0
Phosphorus/Phosphate mg/mmol	80/2.6	160/5.2
Magnesium mg/mmol	28/1.2	56/2.3
Iron mg	1.7	3.4
Zinc mg	1.7	3.4
Copper mg	0.19	0.38
Iodine µg	16	32
Selenium µg	8	16
Manganese mg	0.35	0.7
Chromium µg	7.5	15
Molybdenum µg	13	26
Fluoride mg	0.15	0.3
Osmolarity mOsm/l	488	
Osmolality mOsm/kg	692	

\* See individual packs for other flavours

# Resource<sup>®</sup> 2.0 Fibre

## Description

Resource<sup>®</sup> 2.0 Fibre is a 2.0 kcal/ml ready to drink oral nutritional supplement high in energy with added fibre. It is a nutritionally complete Food for Special Medical Purposes for use under medical supervision.



## Presentation

200ml bottle; prescribing unit 4 x 200ml bottles. 6 units (4 x 200ml bottles) per case (24 bottles). Available in 6 flavours; Vanilla, Strawberry, Coffee, Neutral, Apricot and Summer Fruits.

## Indications

ACBS approved, prescribable on FP10 (GP10 in Scotland) for the following indications: disease related malnutrition, short bowel syndrome, intractable malabsorption, pre-operative preparation of patients who are undernourished, proven inflammatory bowel disease, following total gastrectomy, bowel fistulae, dysphagia and for conditions requiring high energy and low volume diets. For oral feeding only.

## Ingredients - Vanilla flavour\*

Water, glucose syrup, milk proteins, rapeseed oil, fibres [galacto-oligosaccharides (contain milk), fructo-oligosaccharides], sucrose, minerals (sodium citrate, potassium citrate, potassium chloride, chromium chloride, sodium molybdate, potassium iodide, magnesium oxide, magnesium citrate, sodium selenate, ferrous sulphate, sodium chloride, zinc sulphate, calcium citrate, manganese sulphate, copper sulphate, sodium fluoride), emulsifiers (E472e, E471), flavouring, vitamins (C, E, niacin, pantothenic acid, B6, thiamin, riboflavin, A, folic acid, K, biotin, D), acidity regulators (E525, E330), stabiliser (E418).

## Administration and dosage

Recommended dosage: 1-3 servings per day or as recommended by the healthcare professional if used as sole source of nutrition. Suitable as sole source of nutrition or supplement. Nutritionally complete in 1000ml for females and 1260ml for males.

## Shelf life and storage

Shelf life of 12 months. Unopened, store in a cool, dry place. Once open, refrigerate and use within 24 hours.

## Precautions

Suitable for children above 3 years of age.

# Nutrition information - Vanilla Flavour\*

Typical values	Per 100ml	Per 200ml
<b>General</b>		
Energy kJ/kcal	835/200	1670/400
Fat (39 % kcal) g	8.7	17.4
of which saturates g	0.7	1.4
of which monounsaturates g	5.0	10
of which polyunsaturates g	2.3	4.6
Carbohydrate (40% kcal) g	20	40
of which sugars g	6.0	12
of which lactose g	<1.0	<2.0
Fibre (3% kcal) g	2.5	5
Protein (18% kcal) g	9	18
Salt (= Na(g) x 2.5) g	0.25	0.5
<b>Vitamins</b>		
A µg	165	330
D µg	1.8	3.6
K µg	14	28
C mg	17	34
B1 (Thiamin) mg	0.2	0.4
B2 (Riboflavin) mg	0.22	0.44
B6 mg	0.35	0.7
Niacin mg/mg NE	1.2/3	2.4/6
Folic acid µg	40	80
B12 µg	0.4	0.8
Pantothenic acid mg	0.88	1.76
Biotin µg	7	14
E mg αTE	4	8
<b>Minerals</b>		
Sodium mg/mmol	100/4.3	200/8.6
Chloride mg/mmol	110/3.1	220/6.2
Potassium mg/mmol	210/5.4	420/10.8
Calcium mg/mmol	190/4.8	380/9.5
Phosphorus/Phosphate mg/mmol	130/4.2	260/8.4
Magnesium mg/mmol	20/0.83	40/1.66
Iron mg	1.5	3
Zinc mg	1.7	3.4
Copper mg	0.2	0.4
Iodine µg	20	40
Selenium µg	12	24
Manganese mg	0.32	0.64
Chromium µg	6.5	13
Molybdenum µg	15	30
Fluoride mg	0.15	0.3
Osmolarity mOsm/l	520	
Osmolality mOsm/kg	805	

\* See individual packs for other flavours



- OptiFibre®



## MODULAR SUPPLEMENTS



## Description

OptiFibre® is a powdered soluble dietary fibre that mixes easily in hot and cold liquids and foods without affecting texture or taste and can be successfully administered via a PEG\* tube. It is a nutritionally incomplete Food for Special Medical Purposes for use under medical supervision. For the dietary management of patients with intestinal transit disorders.



## Presentation

White powder available in: 16 x 5g sachets, (80g box) and 250g canisters with re-sealable lid; 6 canisters per case.

## Indications

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

## Ingredients

Partially Hydrolysed Guar Gum (this is a low viscous galactomannan, which has been produced by controlled partial enzymatic hydrolysis). Gluten free. Lactose free.

**Tin:** may contain milk.

## Suggested administration and dosage<sup>†</sup>

This product is for oral consumption or via PEG.

Add 1 level scoop (~ = 5 g OptiFibre® ~ = 4.3g soluble fibre) to 200ml of liquid or 150g of food. Stir until the powder is fully dissolved.

The addition of OptiFibre® to the diet should be gradually increased to suit individual requirements: 5-25g of the product is recommended per day, or as recommended by a healthcare professional. For children from 3 to 10 years of age the fibre requirement is calculated by adding 5 to 10g to the child's age, e.g. 5 years + (5 to 10g) = 10 to 15g fibre per day.<sup>1</sup>

1 serving = 1 scoop (contained in 250g canister) or 1 sachet. 1 scoop provides 4.3g of soluble fibre.

*Additional OptiFibre® information overleaf*

\* Percutaneous Endoscopic Gastrostomy.





## Suggested administration and dosage (cont.)

### Day 1 to Day 3

Add 1 scoop/sachet to tea, coffee, cold fluids or foods.

### Day 4 to Day 6

Increase to 2 scoops/sachets staggered throughout the day. Patients who are being switched from another fibre supplement should reduce this to 50% of their current dosage. If a mixture of laxatives<sup>+</sup> is being used, reduce both by half; do not stop one completely.

### Day 7 to Day 9

Increase to 3 scoops/sachets staggered throughout the day. Patients who are being switched from another fibre supplement or laxatives<sup>+</sup> should discontinue these products.

### Day 10 to Day 12

Increase to 4 scoops/sachets per day staggered throughout the day.

### Day 13 to Day 20

If more fibre is required, increase the intake of OptiFibre® at a dose of 1-2 scoops/sachets every 3 days without exceeding 35g fibre per day (8 scoops/sachets).

Stagger the servings throughout the day.

### Guidelines for the use of OptiFibre® via a PEG\*

- Add 1 scoop or 1 sachet to 200ml of water\*\*. Mix until the powder has dissolved. Administer the liquid mixture via the PEG as directed by the healthcare professional.
- When the OptiFibre® is administered via a PEG, it is important to flush the feeding tube before and after the addition of the liquid mixture containing OptiFibre®.

NB: If on a fluid restriction, it is possible to add 1 scoop or 1 sachet of OptiFibre® to less liquid. The minimum amount of liquid is 100ml.

<sup>+</sup> According to clinical discretion

<sup>\*\*</sup> If the liquid mixture is to be administered as a bolus via an enteral feeding syringe, **boiled, cooled tap water** can be used to mix the OptiFibre®.



## Shelf life and storage

Tin: Shelf life 24 months.

Close tin tightly after each use and store in a cool, dry place.

Once opened, use within 30 days.

Sachet: Shelf life 24 months.

Store in a cool, dry place.

## Contraindications

Total dietary fibre intake should not exceed 35g per day.<sup>2</sup>

## Precautions

The addition of fibre can cause distension, bloating or flatulence. If this occurs during the initial phase of intervention, decrease the dosage and slow down the addition of the product. Suitable for children above 3 years of age. Not suitable as a sole source of nutrition.

## Nutrition information

Typical values	Per 100g	Per 5g serving
<b>General</b>		
Energy kJ/kcal	816/202	41/10
Fat (0% kcal) g	0	0
of which saturates g	0	0
Carbohydrate (25% kcal) g	6	0.30
of which sugars* g	6	0.30
Fibre (73% kcal) g	86	4.3
Protein (2% kcal) g	<1.5	<0.075
Salt (= Na(g) x 2.5) g	<0.5	<0.025
<b>Minerals</b>		
Sodium mg/mmol	<200/8.7	<10/0.43
Potassium mg/mmol	<500/13	<25/0.65

\*With no added sugars. Contains naturally occurring sugars.

## References

1. Williams CL et al. Pediatrics, 1995, 96: 985-8.
2. Klosterbuer et al. Nutr Clin Pract 2011, 26: 625.

## Meritene® Shakes

- Strawberry
- Chocolate
- Vanilla

## Meritene® Soups

- Chicken
- Vegetable



**MERITENE**

 **Nestlé** Health  
Science  
**Meritene**®



# Meritene® Shakes

## Description

Meritene Shakes are a vitamin, mineral and protein fortified drink mix with skimmed milk and sweetener.

Suitable as a nutritious first-line supplement.

## Presentation

Single serve 30g sachets: 15 sachets per box, 6 boxes per case.

Recommended portion: 30g + 200ml water, semi-skimmed milk or full fat milk. 3 flavours: Chocolate, Strawberry, Vanilla.

## Indications

Specialised nutrition specifically designed to address the needs of the over 50s. Protein contributes to the maintenance of muscles. Vitamins B2, B6 and B12 contribute to normal energy yielding metabolism and the reduction of tiredness and fatigue. Meritene also contains Vitamin D, Potassium, Magnesium and Calcium which contribute to normal muscle function while Zinc and Magnesium contribute to normal protein synthesis. It is important to follow a varied and balanced diet as part of an active healthy lifestyle.

## Ingredients - strawberry flavour

Skimmed milk powder (96%), minerals (magnesium carbonate, zinc gluconate, ferric pyrophosphate, sodium selenite), medium chain triglycerides, colours (betanin, beta-carotene), flavourings, vitamins [C, niacin, E, pantothenic acid, B6, thiamin (B1), A, riboflavin (B2) folic acid, K, D, B12], sweetener (sodium saccharin).

## Ingredients - chocolate flavour

Skimmed milk powder (89%), cocoa powder (8.9%), minerals (magnesium carbonate, zinc gluconate, ferric pyrophosphate, sodium selenite), medium chain triglycerides, vitamins [C, niacin, E, pantothenic acid, B6, thiamin (B1), A, riboflavin (B2), folic acid, K, D, B12], stabiliser (carrageenan), sweetener (sodium saccharin), flavouring, colour (beta-carotene). Gluten free.

## Ingredients - vanilla flavour

Skimmed milk powder (98%), minerals (magnesium carbonate, zinc gluconate, ferric pyrophosphate, sodium selenite), medium chain triglycerides, vitamins [C, niacin, E, pantothenic acid, B6, thiamin (B1), A, riboflavin (B2), folic acid, K, D, B12], flavouring, sweetener (sodium saccharin), colour (beta-carotene). Gluten free.

## Administration and dosage

Recommended servings: 1 sachet per day, which you can take with or between meals.

## Preparation instructions

1. Empty the contents of one sachet into your favourite glass.
2. Add 200ml of cold or warm water, semi skimmed or full fat milk and stir until completely dissolved.
3. Enjoy!

## Shelf life and storage

Shelf life of 15 months. If you are making your Meritene to enjoy later, you can refrigerate it and use within 24 hours. Tastes great chilled.

## Precautions

Meritene is not intended to substitute main meals. Only suitable for adults.

# Nutrition information - Strawberry flavour

Typical values				
General	Per 100g	Per serving* - water	Per serving* - semi skimmed milk	Per serving* - whole milk
Energy kJ	1509	453	841	1000
Energy kcal	355	107	199	238
Fat g	1.0	0.3	3.3	8.1
of which saturates g	0.8	0.24	2.3	5.4
Carbohydrate g	56	17	26	26
of which sugars g	51	15	25	24.5
Fibre g	0	0	0	0
Protein g	31	9.3	16	16
Salt (=Na(g) x 2.5) g	1.0	0.3	0.52	0.52
Vitamins	Per 100g/% RI	Per serving* water/% RI**	Per serving* - semi skimmed milk/% RI**	Per serving* - whole milk/ % RI**
Vitamin A µg	1100/138	330/41	371/46	396/50
Vitamin D µg	33/660	9.9/198	10/200	10/200
Vitamin E mg	12/100	3.6/30	3.7/31	3.8/32
Vitamin K µg	130/173	39/52	39/52	39/52
Vitamin C mg	85/106	25/31	28/35	29.5/37
Thiamin mg	1.2/109	0.36/33	0.44/40	0.4/36
Riboflavin B <sub>2</sub> mg	1.8/129	0.54/39	1/71	1/71
Niacin mg	20/125	6/38	6.2/39	6.4/40
Vitamin B <sub>6</sub> mg	2.4/171	0.72/51	0.8/60	0.84/60
Folic acid µg	400/200	120/60	132/66	136/68
Vitamin B <sub>12</sub> µg	4.5/180	1.4/54	2.2/88	3.2/128
Pantothenic acid mg	6.0/100	1.8/30	2.5/42	3/50
Minerals				
Potassium mg	1700/85	510/26	833/42	820/41
Calcium mg	1100/138	330/41	578/72	566/71
Phosphorus mg	990/141	297/42	492/70	483/69
Magnesium mg	220/59	66/18	89/24	88/23
Iron mg	15/107	4.5/32	4.5/32	4.6/33
Zinc mg	16/160	4.8/48	5.6/56	5.6/56
Selenium µg	57/104	17/31	19/35	19/35

\* 1 serving = 30g of Meritene + 200ml of semi-skimmed milk, whole milk or water

\*\* RI: Reference Intake

# Nutrition information - Chocolate flavour

Typical values				
General	Per 100g	Per serving* - water	Per serving* - semi skimmed milk	Per serving* - whole milk
Energy kJ	1506	452	837	1009
Energy kcal	355	107	198	239
Fat g	2.0	0.6	3.6	8.4
of which saturates g	1.6	0.48	2.6	5.5
Carbohydrate g	52	15.54	25	24.8
of which sugars g	47	14.1	24	23.3
Fibre g	3.0	0.9	0.9	0.9
Protein g	31	9.3	16	16
Salt (=Na(g) x 2.5) g	1.0	0.3	0.52	0.52

Vitamins	Per 100g/% RI	Per serving* water/% RI**	Per serving* - semi skimmed milk/% RI**	Per serving* - whole milk/ % RI**
Vitamin A µg	1100/138	330/41	371/46	396/50
Vitamin D µg	33/660	9.9/198	10/200	9.9/198
Vitamin E mg	12/100	3.6/30	3.7/31	3.8/32
Vitamin K µg	130/173	39/52	39/52	39/52
Vitamin C mg	85/106	25/31	28/35	29.5/37
Thiamin mg	1.2/109	0.36/33	0.44/40	0.42/38
Riboflavin B <sub>2</sub> mg	1.8/129	0.54/39	1/71	1/71
Niacin mg	20/125	6/38	6.2/39	6.4/40
Vitamin B <sub>6</sub> mg	2.4/171	0.72/51	0.84/60	0.84/60
Folic acid µg	400/200	120/60	132/66	136/68
Vitamin B <sub>12</sub> µg	4.5/180	1.4/54	2.2/88	3.2/128
Pantothenic acid mg	6.0/100	1.8/30	2.5/42	3/50
Minerals				
Potassium mg	2000/100	600/30	923/46	910/46
Calcium mg	1100/138	330/41	578/72	566/71
Phosphorus mg	990/141	297/42	492/70	483/69
Magnesium mg	220/59	66/18	89/24	88/23
Iron mg	15/107	4.5/32	4.5/32	4.6/33
Zinc mg	16/160	4.8/48	5.6/56	5.6/56
Selenium µg	57/104	17/31	19/35	19/35

\* 1 serving = 30g of Meritene + 200ml of semi-skimmed milk, whole milk or water

\*\* RI: Reference Intake

# Nutrition information - Vanilla flavour

Typical values				
General	Per 100g	Per serving* - water	Per serving* - semi skimmed milk	Per serving* - whole milk
Energy kJ	1509	453	841	1009
Energy kcal	355	107	199	239
Fat g	1.0	0.3	3.3	8.1
of which saturates g	0.8	0.24	2.3	5.24
Carbohydrate g	56	17	26	26
of which sugars g	51	15	25	24.5
Fibre g	0	0	0	0
Protein g	31	9.3	16	16
Salt (=Na(g) x 2.5) g	1.0	0.3	0.52	0.52
Vitamins	Per 100g/% RI	Per serving* water/% RI**	Per serving* semi skimmed milk/% RI**	Per serving* whole milk/ % RI**
Vitamin A µg	1100/138	330/41	371/46	396/50
Vitamin D µg	33/660	9.9/198	10/200	9.9/198
Vitamin E mg	12/100	3.6/30	3.7/31	3.8/32
Vitamin K µg	130/173	39/52	39/52	39/52
Vitamin C mg	85/106	25/31	28/35	29.5/37
Thiamin mg	1.2/109	0.36/33	0.44/40	0.42/38
Riboflavin B <sub>2</sub> mg	1.8/129	0.54/39	1/71	1/71
Niacin mg	20/125	6/38	6.2/39	6.4/40
Vitamin B <sub>6</sub> mg	2.4/171	0.72/51	0.84/60	0.84/60
Folic acid µg	400/200	120/60	132/66	136/68
Vitamin B <sub>12</sub> µg	4.5/180	1.4/54	2.2/88	3.2/128
Pantothenic acid mg	6.0/100	1.8/30	2.5/42	3/50
Minerals				
Potassium mg	1700/85	510/26	833/42	820/41
Calcium mg	1100/138	330/41	578/72	566/71
Phosphorus mg	990/141	297/42	492/70	483/69
Magnesium mg	220/59	66/18	89/24	88/23
Iron mg	15/107	4.5/32	4.5/32	4.6/33
Zinc mg	16/160	4.8/48	5.6/56	5.6/56
Selenium µg	57/104	17/31	19/35	19/35

\* 1 serving = 30g of Meritene + 200ml of semi-skimmed milk, whole milk or water

\*\* RI: Reference Intake

# Meritene® Soups

## Description

Meritene is a soup mix with fibre, protein, vitamins and minerals. Suitable as a nutritious first-line supplement or can be a tasty addition to your meals.

## Presentation

Single serve 50g sachets: 10 sachets per box, 6 boxes per case. Available in 2 flavours, vegetable and chicken.

## Indications

Specialised nutrition specifically designed to address the needs of the over 50s. Protein contributes to the maintenance of muscles. Vitamins B2, B6 and B12 contribute to normal energy yielding metabolism and the reduction of tiredness and fatigue. Meritene also contains Vitamin D, Potassium, Magnesium and Calcium which contribute to normal muscle function while Zinc and Magnesium contribute to normal protein synthesis. It is important to follow a varied and balanced diet as part of an active healthy lifestyle.

## Ingredients - chicken soup flavour

Maltodextrin, vegetable oils (sunflower, rapeseed), skimmed milk powder, milk proteins, inulin, minerals (potassium citrate, calcium citrate, potassium phosphate, magnesium citrate, tricalcium phosphate, ferric pyrophosphate, zinc sulphate, sodium selenite), flavourings, glucose syrup, sugar, salt, stabiliser (E407), anticaking agents (E339, E450), flavour enhancer (E621), parsley, vitamins (C, niacin, calcium pantothenate, B6, E, B1, B2, A, folic acid, K, D, B12), colour (curcumin). Gluten free.

## Ingredients - vegetable soup flavour

Maltodextrin, vegetable oils (sunflower, rapeseed), skimmed milk powder, milk proteins, vegetables 7.3% (potato, carrot, tomato, onion, leek), inulin, minerals (calcium citrate, potassium citrate, potassium phosphate, magnesium citrate, ferric pyrophosphate, calcium phosphate, zinc sulphate, sodium selenite), glucose syrup, flavourings (lactose), salt, parsley, stabiliser (E407), sugar, anticaking agents (E450, E339), flavour enhancers (E621, E627, E631), vitamins (C, niacin, calcium pantothenate, B6, E, B1, B2, A, folic acid, K, D, B12), paprika, colour (curcumin). Gluten free.

## Administration and dosage

Recommended servings: 1 sachet per day, which you can take with or between meals.

## Preparation instructions

1. Using your favourite mug add the contents of one sachet into 150ml of hot water (max 60°C).
2. Stir vigorously until completely dissolved.
3. Enjoy!

## Shelf life and storage

Shelf life of 15 months. Store in a cool, dry place. If you are making your Meritene Soup to enjoy later, you can refrigerate it and use within 24 hours.

## Precautions

Meritene is not intended to substitute main meals. Only suitable for adults.



# Nutrition information - Chicken Soup



Typical values				
General	Per 100g		Per portion*	
Energy kJ/kcal	1735/414		868/207	
Fat g	15		7.5	
of which saturates g	2.0		1.0	
Carbohydrate g	52		26	
of which sugars g	10		5.0	
Fibre g	7.3		3.7	
Protein g	14		7.0	
Salt (=Na(g) x 2.5) g	2.1		1.1	
Vitamins	Per 100g	% RI**	Per portion*	% RI**
Vitamin A µg	600	75	300	38
Vitamin D µg	20	400	10	200
Vitamin E mg	7.2	60	3.6	30
Vitamin K µg	78	104	39	52
Vitamin C mg	51	64	25	31
Thiamin mg	0.90	82	0.45	41
Riboflavin B <sub>2</sub> mg	1.2	86	0.60	43
Niacin mg	11	69	5.5	34
Vitamin B <sub>6</sub> mg	1.4	100	0.70	50
Folic acid µg	240	120	120	60
Vitamin B <sub>12</sub> µg	2.7	108	1.3	52
Pantothenic acid mg	5.2	87	2.6	43
Minerals				
Potassium mg	1400	70	700	35
Chloride mg	1100	138	550	69
Calcium mg	720	90	360	45
Phosphorus mg	600	86	300	43
Magnesium mg	140	37	70	19
Iron mg	12	86	6.0	43
Zinc mg	9.6	96	4.8	48
Selenium µg	34	62	17	31

\* 1 portion = 50g of Meritene + 150ml of water

\*\* RI: Reference Intake



## Nutrition information - Vegetable Soup

Typical values				
General	Per 100g		Per portion*	
Energy kJ/kcal	1733/413		867/207	
Fat g	15		7.5	
of which saturates g	2.0		1.0	
Carbohydrate g	52		26	
of which sugars g	12		6.0	
Fibre g	7.0		3.5	
Protein g	14		7.0	
Salt (=Na(g) x 2.5) g	2.1		1.1	
Vitamins	Per 100g	% RI**	Per portion*	% RI**
Vitamin A µg	600	75	300	38
Vitamin D µg	20	400	10	200
Vitamin E mg	7.2	60	3.6	30
Vitamin K µg	78	104	39	52
Vitamin C mg	51	64	25	31
Thiamin mg	0.90	82	0.45	41
Riboflavin B <sub>2</sub> mg	1.2	86	0.60	43
Niacin mg	11	69	5.5	34
Vitamin B <sub>6</sub> mg	1.4	100	0.70	50
Folic acid µg	240	120	120	60
Vitamin B <sub>12</sub> µg	2.7	108	1.3	52
Pantothenic acid mg	5.2	87	2.6	43
Minerals				
Potassium mg	1400	70	700	35
Chloride mg	930	116	465	58
Calcium mg	720	90	360	45
Phosphorus mg	600	86	300	43
Magnesium mg	140	37	70	19
Iron mg	12	86	6.0	43
Zinc mg	9.6	96	4.8	48
Selenium µg	34	62	17	31

\* 1 portion = 50g of Meritene + 150ml of water

\*\* RI: Reference Intake

- Modulen® IBD Starter Pack
- Cows' Milk Allergy Parent Weaning Guide
- Resource® ThickenUp™ Clear STEP Training Service



## RESOURCES AND TOOLS



# Modulen® IBD starter pack



Available for outpatient use, each Modulen® IBD starter pack contains:

- A tin of Modulen® IBD
- A shaker cup for easy preparation
- A patient information leaflet with advice and information on Modulen® IBD
- A GP request card
- A drinks bottle

For further information or to request Modulen® IBD Starter Packs for your outpatient clinics, please contact your representative or the Nestlé Health Science Careline on 00800 68874846 or 0800 000030.

# Cows' Milk Allergy Parent Weaning Guide



Our parent weaning guide has been developed by leading dietitians and parents, and provides a step-by-step guide to weaning a child with cows' milk allergy who is using Althera® or Alfamino®.

Ask your representative for more information or visit [www.nestlehealthscience.co.uk](http://www.nestlehealthscience.co.uk).



Pea and potato purée

# Resource® ThickenUp™ Clear STEP Training Programme

Our Nestlé Health Science Representative can support your team on how to use Resource® ThickenUp™ Clear in your location, giving you the tools needed to keep your team trained in the management of Dysphagia.



Ask your  
representative  
for more  
information  
or call the  
Careline on  
00800 68874846  
or 0800 000030.

# ORDERING INFORMATION



# Ordering Information

## Dysphagia Range

Product	PIP code
<b>Resource® ThickenUp™</b>	
Resource® ThickenUp™ - Canister 227g x 6	267-8381
Resource® ThickenUp™ - Sachets 4.5g x 75 (1)	292-1229
<b>Resource® ThickenUp™ Clear</b>	
Resource® ThickenUp™ Clear tin - 127g x 12	355-4433
Resource® ThickenUp™ Clear stick - 1.2g x 24	358-3382
<b>Resource® Thickened Drinks</b>	
Apple, Custard (Honey) - 114ml x 12	257-7195
Apple, Syrup (Nectar) - 114ml x 12	257-7187
Orange, Custard (Honey) - 114ml x 12	257-7179
Orange, Syrup (Nectar) - 114ml x 12	257-7161

## Specialist Feed Range

Product	PIP code
<b>Peptamen®</b>	
Peptamen® SmartFlex™ - 1L x 9	271-3576
Peptamen® SmartFlex™ - 500ml x 12	271-3568
Peptamen® Vanilla - 200ml x 6x4 (24)	265-8417
Peptamen® HN SmartFlex™ - 500ml x 12	324-3730
Peptamen® AF SmartFlex™ - 500ml x 12	347-6330
<b>IMPACT®</b>	
Oral IMPACT® Coffee - 74g x 5 sachet x 6	251-9189
Oral IMPACT® Citrus - 74g x 5 sachet x 6	251-9197
Oral IMPACT® Tropical - 74g x 5 sachet x 6	251-9205
Enteral IMPACT® - 500ml SmartFlex™ x 12	288-9038
<b>OPTIFAST®</b>	
OPTIFAST® Chocolate Shake - 54g x 9 sachet	352-6712
OPTIFAST® Strawberry Shake - 54g x 9 sachet	352-6696
OPTIFAST® Vanilla Shake - 54g x 9 sachet	352-6522
OPTIFAST® Vegetable Soup - 54g x 9 sachet	352-6589





## Paediatric Range

Product	PIP code
<b>Modulen® IBD</b>	
Modulen® IBD - 400g tin x 12	264-3716
<b>Peptamen® Junior</b>	
Peptamen® Junior - 400g tin x 12	320-8006
Peptamen® Junior Advance 500ml SmartFlex™ x 12	355-3682
Peptamen® Junior Liquid 500ml SmartFlex™ x 12	337-2182
<b>Resource® Junior</b>	
Resource® Junior Chocolate - 200ml x 4x6 (24)	351-0906
Resource® Junior Strawberry - 200ml x 4x6 (24)	351-0914
Resource® Junior Vanilla - 200ml x 4 x 6 (24)	351-0922
<b>Althéra® and Alfamino®</b>	
Althéra® 450g x 6	378-7413
Alfamino® 400g x 6	385-6416

## Oral Supplement Range

Product	PIP code
<b>Resource® Energy</b>	
Coffee - 200ml x 4x6 (24)	324-6758
Vanilla - 200ml x 4x6 (24)	324-6774
Chocolate - 200ml x 4x6 (24)	324-6741
Apricot - 200ml x 4x6 (24)	324-6725
Strawberry & Raspberry - 200ml x 4x6 (24)	324-6766
Banana - 200ml x 4x6 (24)	324-6733
<b>Resource® 2.0 Fibre</b>	
Strawberry - 200ml x 4x6 (24)	329-1085
Vanilla - 200ml x 4x6 (24)	329-1101
Apricot - 200ml x 4x6 (24)	329-1051
Neutral - 200ml x 4x6 (24)	329-1077
Coffee - 200ml x 4x6 (24)	329-1069
Summer Fruits - 200ml x 4x6 (24)	329-1093

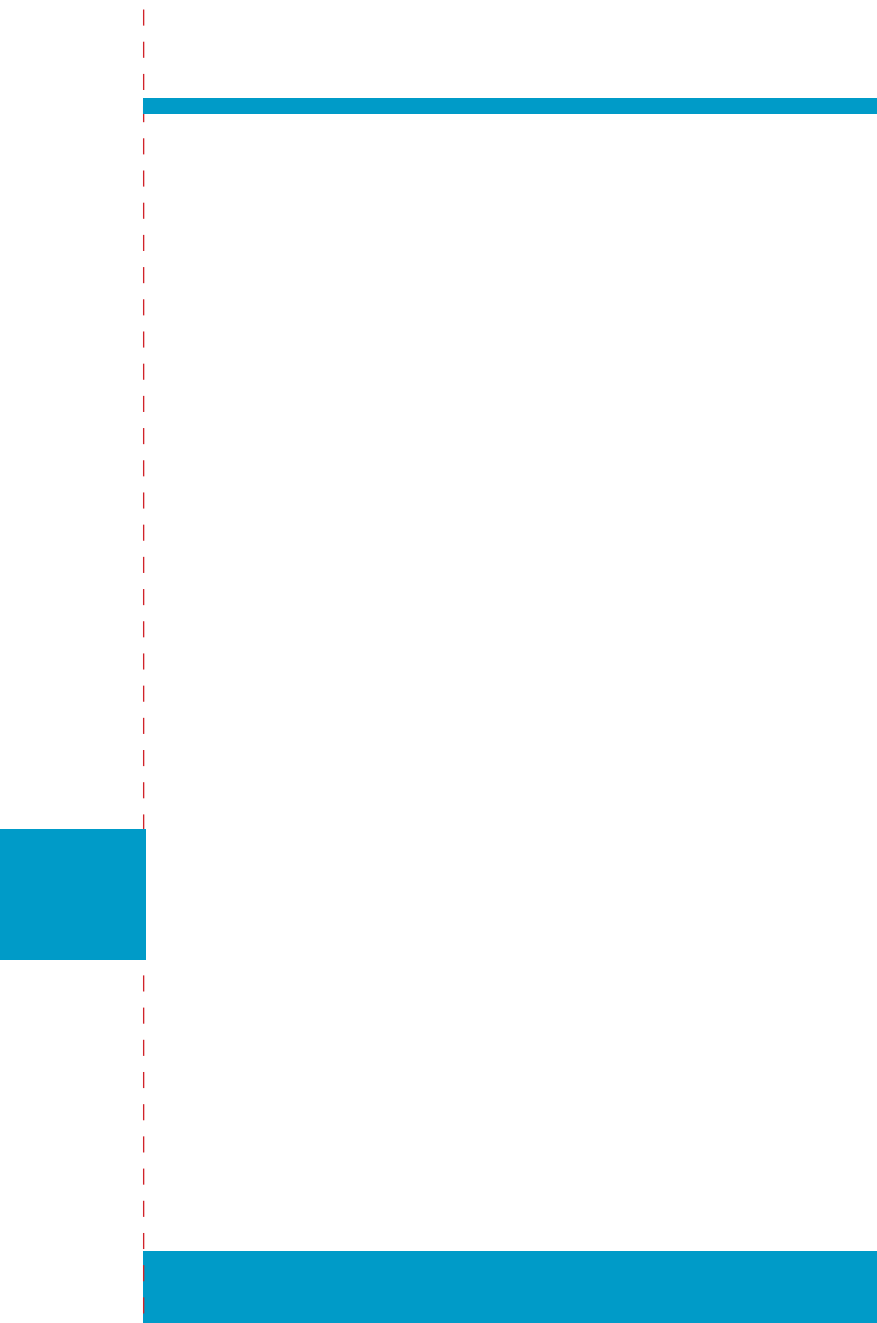
# Ordering Information

## Modular Supplements

Product	PIP code
OptiFibre® - 250g canister x 6	252-8800
OptiFibre® - 5g x 16 sachets	290-7319

## Meritene

Product	PIP code
<b>Meritene® Shakes</b>	
MERITENE Chocolate 6 x (15 x 30g)	392-8199
MERITENE Strawberry 6 x (15 x 30g)	392-8173
MERITENE Vanilla 6 x (15 x 30g)	392-8181
<b>Meritene® Soups</b>	
MERITENE Soup Chicken 8 x (10 x 50g) GB	394-5391
MERITENE Soup Vegetable 8 x (10 x 50g) GB	394-5409



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