

Actasolve® SHAKE FIBRE



ORDER CODES

Flavour	Pip-code
Simply Neutral	417-8273
Smooth Vanilla	417-8240
Strawberry Burst	417-8257
Banana Milkshake	417-8232
Classic Chocolate	417-8265
Starter Pack	417-8281

DESCRIPTION

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

PRESENTATION

Actasolve Shake Fibre is presented in cartons, each carton containing 7x57g sachets. It is available in 5 flavours: Simply Neutral, Smooth Vanilla, Strawberry Burst, Banana Milkshake and Classic Chocolate. **Actasolve Shake Fibre** is also available in a Starter Pack containing 5x57g sachets (one of each flavour) plus a shaker.

INDICATIONS FOR USE

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

DIRECTIONS FOR USE

One 57g sachet of **Actasolve Shake Fibre** should be reconstituted with 200ml of whole milk. It is best served cold but can be made up hot if preferred.

Mixing instructions when using a shaker:

DO NOT USE SHAKER WITH HOT LIQUIDS

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

Mixing instructions when using a whisk or fork:

(works for hot and cold liquids)

1. First pour 200ml of whole milk into the glass or mug and then add one 57g sachet of **Actasolve Shake Fibre**.
2. Mix thoroughly with a whisk or fork.
3. Drink immediately or refrigerate for up to 24 hours.

SUGGESTED INTAKE

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

IMPORTANT NOTICE

Use under medical supervision.

For Enteral use only.

Actasolve Shake Fibre is designed as a supplement to a normal diet and is not suitable as a sole source of nutrition.

Not suitable for children under 3 years of age.

Use with caution in children under 6 years of age.

Not suitable for patients with a cow's milk allergy or for those with galactosaemia.

STORAGE

Store away from light, under dry, clean and cool conditions (5 - 20° C).

Once reconstituted, **Actasolve Shake Fibre** may be stored for up to 24 hours in a refrigerator. Stir before serving.

SHELF LIFE

24 months

INGREDIENTS

SIMPLY NEUTRAL

Skimmed **Milk** Powder, Glucose Syrup, Palm Oil, Inulin, **Milk** Protein, Maltodextrin, Vitamin and Mineral Blend: (Potassium dihydrogen phosphate, Sodium ascorbate, DL-alpha tocopherol, Ferrous sulphate, Nicotinamide, Zinc sulphate, Potassium iodide, Retinyl acetate, Calcium-D-pantothenate, Cholecalciferol, D-Biotin, Sodium selenite, Pyridoxine hydrochloride, Folic acid, Copper sulphate, Manganese sulphate, Thiamine mononitrate, Vitamin K1, Riboflavin, Cyanocobalamin, Chromium trichloride, Sodium molybdate), Tri Magnesium Dicitrate.

SMOOTH VANILLA

Skimmed **Milk** Powder, Glucose Syrup, Palm Oil, Inulin, **Milk** Protein, Sugar, Natural Flavouring, Vitamin and Mineral Blend: (Potassium dihydrogen phosphate, Sodium ascorbate, DL-alpha tocopherol, Ferrous sulphate, Nicotinamide, Zinc sulphate, Potassium iodide, Retinyl acetate, Calcium-D-pantothenate, Cholecalciferol, D-Biotin, Sodium selenite, Pyridoxine hydrochloride, Folic acid, Copper sulphate, Manganese sulphate, Thiamine mononitrate, Vitamin K1, Riboflavin, Cyanocobalamin, Chromium trichloride, Sodium molybdate), Tri Magnesium Dicitrate, Colour: Carotene.

STRAWBERRY BURST

Skimmed **Milk** Powder, Glucose Syrup, Palm Oil, Inulin, **Milk** Protein, Sugar, Natural Flavouring, Vitamin and Mineral Blend: (Potassium dihydrogen phosphate, Sodium ascorbate, DL-alpha tocopherol, Ferrous sulphate, Nicotinamide, Zinc sulphate, Potassium iodide, Retinyl acetate, Calcium-D-pantothenate, Cholecalciferol, D-Biotin, Sodium selenite, Pyridoxine hydrochloride, Folic acid, Copper sulphate, Manganese sulphate, Thiamine mononitrate, Vitamin K1, Riboflavin, Cyanocobalamin, Chromium trichloride, Sodium molybdate), Tri Magnesium Dicitrate, Colour: Beetroot.

BANANA MILKSHAKE

Skimmed **Milk** Powder, Glucose Syrup, Palm Oil, Inulin, Sugar, **Milk** Protein, Natural Flavouring, Vitamin and Mineral Blend: (Potassium dihydrogen phosphate, Sodium ascorbate, DL-alpha tocopherol, Ferrous sulphate, Nicotinamide, Zinc sulphate, Potassium iodide, Retinyl acetate, Calcium-D-pantothenate, Cholecalciferol, D-Biotin, Sodium selenite, Pyridoxine hydrochloride, Folic acid, Copper sulphate, Manganese sulphate, Thiamine mononitrate, Vitamin K1, Riboflavin, Cyanocobalamin, Chromium trichloride, Sodium molybdate), Tri Magnesium Dicitrate, Colour: Carotene.

CLASSIC CHOCOLATE

Skimmed **Milk** Powder, Glucose Syrup, Palm Oil, Inulin, **Milk** Protein, Sugar, Cocoa Powder, Natural Flavouring, Vitamin and Mineral Blend: (Potassium dihydrogen phosphate, Sodium ascorbate, DL-alpha tocopherol, Ferrous sulphate, Nicotinamide, Zinc sulphate, Potassium iodide, Retinyl acetate, Calcium-D-pantothenate, Cholecalciferol, D-Biotin, Sodium selenite, Pyridoxine hydrochloride, Folic acid, Copper sulphate, Manganese sulphate, Thiamine mononitrate, Vitamin K1, Riboflavin, Cyanocobalamin, Chromium trichloride, Sodium molybdate), Tri Magnesium Dicitrate.

May also contain: **Egg, Soya and Sulphites.**

All flavours of Actasolve Shake Fibre are made from a gluten-free recipe and are suitable for vegetarians and halal diets.

OTHER INFORMATION*

Potential Renal Solute Load	mOsm/l	661
Osmolality	mOsm/kg	1030
Osmolality	mOsm/l	842
	Protein	% 20
Energy	Carbohydrate	% 40
Distribution	Fat	% 38
	Fibre	% 3

**Based on Smooth Vanilla flavour made up with 200ml whole milk.*

NUTRITIONAL COMPOSITION

Flavour		SIMPLY NEUTRAL		SMOOTH VANILLA		STRAWBERRY BURST		BANANA MILKSHAKE		CLASSIC CHOCOLATE	
		Per 100g powder	Per 57g + 200ml whole milk	Per 100g powder	Per 57g + 200ml whole milk	Per 100g powder	Per 57g + 200ml whole milk	Per 100g powder	Per 57g + 200ml whole milk	Per 100g powder	Per 57g + 200ml whole milk
Typical values per serving											
Energy	kJ	1793	1573	1784	1568	1784	1568	1791	1572	1774	1563
	kcal	427	375	425	374	425	374	427	375	423	373
Fat	g	15	16	15	16	15	16	15	16	15	16
of which saturates	g	8.4	9.5	8.2	9.4	8.4	10	8.4	10	8.5	10
Carbohydrate	g	48	37	48	37	48	37	48	37	47	36
of which sugars	g	34	29	34	29	34	29	34	29	36	30
Fibre	g	8.8	5.0	8.8	5.0	8.8	5.0	8.8	5.0	10	5.8
Protein	g	21	19	21	19	21	19	21	19	21	19
Salt	g	0.72	0.63	0.68	0.60	0.69	0.61	0.69	0.61	0.59	0.55
Vitamins											
Vitamin A (RE)	µg	530	381	530	381	530	381	530	381	530	381
Vitamin D	µg	8.8	5.0	8.8	5.0	8.8	5.0	8.8	5.0	8.8	5.0
Vitamin K	µg	53	31	53	31	53	31	53	31	53	31
Vitamin C	mg	59	38	59	38	59	38	59	38	58	37
Thiamin	mg	1.4	0.86	1.4	0.86	1.4	0.86	1.4	0.86	1.3	0.80
Riboflavin	mg	1.6	1.3	1.5	1.2	1.5	1.2	1.5	1.2	1.4	1.2
Vitamin B6	mg	2.0	1.3	2.0	1.3	2.0	1.3	2.0	1.3	1.9	1.2
Niacin (NE)	mg	13	7.5	12	7.5	12	7.5	12	7.5	13	7.5
Folic Acid	µg	204	126	202	125	202	125	202	125	198	123
Vitamin B12	µg	2.0	2.0	1.9	1.9	1.9	1.9	1.9	1.9	1.7	1.8
Pantothenic acid	mg	5.5	4.3	5.4	4.3	5.4	4.3	5.4	4.3	5.2	4.2
Biotin	µg	22	18	22	18	22	18	22	18	22	18
Vitamin E (alpha TE)	mg	8.8	5.1	8.8	5.1	8.8	5.1	8.8	5.1	8.8	5.1
Minerals											
Sodium	mg	288	251	272	242	276	244	276	244	236	221
	mmol	12.5	10.9	11.8	10.5	12.0	10.6	12.0	10.6	10.3	9.61
Chloride	mg	501	469	468	450	470	451	475	454	385	403
	mmol	14.1	13.2	13.2	12.7	13.2	12.7	13.4	12.8	10.9	11.3
Potassium	mg	780	768	736	743	739	744	735	742	840	802
	mmol	20.0	19.7	18.9	19.1	18.9	19.1	18.8	19.0	21.5	20.6
Calcium	mg	641	613	608	594	610	595	591	584	526	547
	mmol	16.0	15.3	15.2	14.8	15.3	14.9	14.8	14.6	13.1	13.7
Phosphorus	mg	501	483	475	469	477	469	467	464	450	454
	mmol	16.2	15.6	15.3	15.1	15.4	15.1	15.1	15.0	14.5	14.7
Magnesium	mg	90.9	74.5	87.9	72.8	88.1	72.9	85.6	71.5	115	88.0
	mmol	3.74	3.06	3.62	2.99	3.63	3.00	3.52	2.94	4.72	3.62
Iron	mg	6.8	3.9	6.8	3.9	6.8	3.9	6.8	3.9	6.8	3.9
Zinc	mg	4.9	3.8	4.8	3.8	4.8	3.8	4.8	3.8	4.4	3.5
Copper	mg	0.50	0.29	0.50	0.29	0.50	0.29	0.50	0.29	0.50	0.29
Iodine	µg	92.8	100	90.6	99.0	90.7	99.1	91.2	99.4	85.2	95.9
Selenium	µg	27	17	26	17	26	17	28	18	24	16
Manganese	µg	0.60	0.34	0.60	0.34	0.60	0.34	0.60	0.34	0.60	0.34
Chromium	µg	7.0	4.0	7.0	4.0	7.0	4.0	7.0	4.0	7.0	4.0
Molybdenum	µg	16	9.1	16	9.1	16	9.1	16	9.1	16	9.1