

Shake COMPACT



ORDER CODES

Flavour	Pip-code
Neutral	388 - 6371
Vanilla	389 - 7337
Strawberry	389 - 7345
Banana	389 - 7352
Chocolate	389 - 7360
Ginger	416 - 2426
Starter Pack	395 - 2496

DESCRIPTION

AYMES Shake Compact is a Food for Special Medical Purposes. AYMES Shake Compact is a high-energy oral nutritional supplement based on skimmed milk powder with added carbohydrate, fat, vitamins and minerals designed for the dietary management of patients with, or at risk of, disease-related malnutrition.

PRESENTATION

AYMES Shake Compact is presented in cartons, each carton containing 7 x 57g sachets. It is available in 6 flavours: Vanilla, Chocolate, Strawberry, Banana, Ginger and Neutral. AYMES Shake Compact is also available in a Starter Pack containing 6 x 57g sachets (one of each flavour) plus a shaker.

INDICATIONS FOR USE

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

DIRECTIONS FOR USE

Each sachet of AYMES Shake Compact should be reconstituted with 100ml 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. Remove shaker lid
2. Pour **100ml of whole milk** into the shaker
3. Add one 57g sachet of **AYMES Shake Compact**
4. Fasten lid well and shake vigorously
5. Decant into your glass or mug
6. Drink immediately or refrigerate for up to 24 hours

Mixing instructions when using a whisk or fork:

1. Pour **100ml of whole milk** into a glass or mug
2. Add one 57g sachet of **AYMES Shake Compact**
3. Mix thoroughly with a whisk or fork
4. Decant into your glass or mug
5. Drink immediately or refrigerate for up to 24 hours

AYMES Shake Compact
can also be added to sweet & savoury foods

SUGGESTED INTAKE

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

IMPORTANT NOTICE

Use under medical supervision.
Not suitable as a sole source of nutrition.
For enteral use only.
Not suitable for children under 3 years of age.
Monitor fluid intake to ensure adequate hydration status.

CONTRAINDICATIONS

Not suitable for patients with soya or cows' milk intolerance or for those with galactosaemia.

PRECAUTIONS

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

STORAGE

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

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

SHELF LIFE

Ginger: 24 months. All other flavours: 18 months.

INGREDIENTS

NEUTRAL

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

VANILLA

Skimmed Milk Powder, Palm Fat, Glucose Syrup, Maltodextrin, Sugar, Whey Protein Concentrate (Milk), Natural Flavouring, Vitamin Blend: (Sodium Ascorbate, DL-Alpha Tocopheryl, Ferrous Sulphate, Nicotinamide, Zinc Sulphate, Potassium Iodide, Retinyl, Calcium-D-Pantothenate, Cholecalciferol, D-Biotin, Sodium Selenite, Pyridoxin Hydrochloride, Folic Acid, Copper Sulphate, Manganese Sulphate, Thiamine Mononitrate, Vitamin K1, Riboflavin, Cyanocobalamin, Chromium-III-Chloride, Sodium Molybdate), Emulsifier: (Soya Lecithin), Tri Magnesium Dicitrate, Colour: (Carotene).

STRAWBERRY

Skimmed Milk Powder, Palm Fat, Glucose Syrup, Maltodextrin, Sugar, Whey Protein Concentrate (Milk), Colour: (Beetroot Red), Natural Flavouring, Vitamin Blend: (Sodium Ascorbate, DL-Alpha Tocopheryl, Ferrous Sulphate, Nicotinamide, Zinc Sulphate, Potassium Iodide, Retinyl, Calcium-D-Pantothenate, Cholecalciferol, D-Biotin, Sodium Selenite, Pyridoxin Hydrochloride, Folic Acid, Copper Sulphate, Manganese Sulphate, Thiamine Mononitrate, Vitamin K1, Riboflavin, Cyanocobalamin, Chromium-III-Chloride, Sodium Molybdate), Emulsifier: (Soya Lecithin), Tri Magnesium Dicitrate, Emulsifier: (Soya Lecithin).

BANANA

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

CHOCOLATE

Skimmed Milk Powder, Palm Oil, Sugar, Dried Glucose Syrup, Cocoa Powder (7%), Milk Protein Concentrate, Dextrose Monohydrate, Maltodextrin, Vitamin & Mineral Premix (Potassium Dihydrogen Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacin, Zinc Sulphate, Vitamin A, Pantothenic Acid, Vitamin D, Biotin, Vitamin B6, Folic Acid, Manganese Sulphate, Thiamin, Potassium Iodide, Copper Sulphate, Vitamin K, Vitamin B12, Sodium Selenite, Riboflavin, Chromium Chloride, Sodium Molybdate), Flavouring (Milk), Emulsifier: Soya Lecithin, Thickener: Xanthan Gum, Magnesium Sulphate/Tri Magnesium Dicitrate.

GINGER

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

May contain: Egg, Celery, Mustard and Sulphites

All flavours of AYMES Shake Compact
are gluten free and are suitable for vegetarians

OTHER INFORMATION*

Potential Renal Solute Load	mOsm/l	824
Osmolality	mOsm/kg	1750
Osmolarity	mOsm/l	1150
Energy	Protein	%
Distribution	Carbohydrate	%
	Fat	%
Non-Protein Calories: Nitrogen Ratio	kcal/g	106:1

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

NUTRITIONAL INFORMATION

Flavour		NEUTRAL		VANILLA		STRAWBERRY		BANANA		CHOCOLATE		GINGER	
Typical values per serving (57g powder + 100ml liquid)		Per 100g powder	Mixed with whole milk	Per 100g powder	Mixed with whole milk	Per 100g powder	Mixed with whole milk	Per 100g powder	Mixed with whole milk	Per 100g powder	Mixed with whole milk	Per 100g powder	Mixed with whole milk
Energy	kJ	1871	1342	1850	1331	1851	1331	1875	1344	1839	1324	1874	1344
	kcal	445	319	440	320	440	319	446	320	437	315	445	320
Fat	g	14.8	12.1	14.3	11.9	14.5	12.0	14.7	12.1	14.9	12.2	14.8	12.1
of which: saturates	g	8.8	7.4	7.9	6.9	8.0	7.0	8.8	7.4	8.9	7.4	8.8	7.4
Carbohydrate	g	57.0	37.2	56.6	37.1	56.3	36.8	57.7	37.6	53.3	35.1	57.4	37.4
of which: sugars	g	31.5	22.7	39.3	27.2	39.4	27.2	39.7	27.4	43.5	29.5	42.2	28.8
Fibre	g	0.2	0.1	0.0	0.02	0.0	0.02	0.2	0.1	2.3	1.3	0.2	0.1
Protein	g	21.0	15.3	21.1	15.1	21.1	15.1	20.4	15.0	21.0	15.4	21.0	15.1
Salt	g	0.70	0.51	0.68	0.50	0.68	0.5	0.70	0.51	0.66	0.48	0.69	0.50
Vitamins													
Vitamin A (RE)	µg	694	435	530	342	530	342	690	433	649	410	691	433
Vitamin D	µg	9.8	5.6	9.0	5.0	9.0	5.0	9.8	5.6	9.2	5.2	9.8	5.6
Vitamin E (α-TE)	mg	8.9	5.2	9.0	5.1	9.0	5.1	8.9	5.2	8.6	5.0	8.9	5.2
Vitamin K	µg	53.0	30.2	53	30.2	53	30.2	53.0	30.2	49.6	28.3	53.0	30.2
Vitamin C	mg	59.0	35.7	58.7	35.5	58.7	35.5	59.0	35.7	55.3	33.6	59.0	35.7
Thiamin	mg	1.4	0.80	1.4	0.8	1.4	0.81	1.4	0.80	1.3	0.80	1.4	0.80
Riboflavin	mg	1.6	1.1	1.5	1.1	1.5	1.1	1.6	1.1	1.5	1.1	1.6	1.1
Vitamin B6	mg	2.0	1.2	2.0	1.2	2.0	1.2	2.0	1.2	1.9	1.1	2.0	1.2
Niacin (NE)	mg	12.5	7.3	12.4	7.28	12.4	7.3	12.5	7.3	11.8	6.9	12.5	7.3
Folic acid	µg	204	124	202	123	202	124	203	124	191	117	203	124
Vitamin B12	µg	2.0	2.1	1.9	1.9	1.9	1.9	2.0	2.1	1.9	2.0	2.0	2.1
Pantothenic acid	mg	5.5	3.8	5.4	3.68	5.4	3.7	5.5	3.7	5.3	3.6	5.5	3.7
Biotin	µg	31.1	20.3	21.7	14.9	21.7	14.9	31.0	20.2	29.1	19.1	31.0	20.2
Minerals													
Sodium	mg	280	200	272	196.4	272	197.0	280	200	260	190	280	200
	mmol	12.2	8.7	11.8	8.5	11.8	8.6	12.2	8.7	11.3	8.3	12.2	8.7
Chloride	mg	426	334	468	358.3	470	359.2	414	328	392	315	416	329
	mmol	12.0	9.4	13.2	10.1	13.3	10.1	11.7	9.3	11.1	8.9	11.8	9.3
Potassium	mg	779	606	736	581.5	739	582.9	761	595	1067	770	764	597
	mmol	20.0	15.5	18.9	14.9	18.9	14.9	19.5	15.3	27.4	19.7	19.6	15.3
Calcium	mg	623	479	608	470.2	610	471.3	609	471	588	458	611	472
	mmol	15.6	12.0	15.2	11.8	15.3	11.8	15.2	11.8	14.7	11.4	15.3	11.8
Phosphorus	mg	493	380	475	369.8	477	370.6	482	374	505	387	484	375
	mmol	15.9	12.3	15.3	11.9	15.4	12.0	15.5	12.1	16.3	12.5	15.6	12.1
Magnesium	mg	83.8	59.1	87.9	62.0	88.1	62.1	82.4	58.3	102	69.5	82.7	58.4
	mmol	3.4	2.4	3.6	2.5	3.6	2.6	3.4	2.4	4.2	2.9	3.4	2.4
Iron	mg	6.8	3.9	6.8	3.9	6.8	3.9	6.8	3.9	8.8	5.1	6.8	3.9
Zinc	mg	4.9	3.3	4.8	3.2	4.8	3.2	4.8	3.3	5.0	3.4	4.8	3.3
Copper	µg	530	300	500	300	500	300	530	300	770	440	530	300
Iodine	µg	130	106	90.6	83.4	90.7	83.46	129	105	121	101	129	105
Selenium	µg	19.2	12.0	25.9	15.8	26.0	15.82	19.0	11.9	17.9	11.2	19.1	11.9
Manganese	mg	0.61	0.35	0.60	0.38	0.60	0.38	0.61	0.35	0.57	0.33	0.61	0.35
Chromium	µg	7.0	4.0	7.0	4.0	7.0	4.0	7.0	4.0	6.6	3.7	7.0	4.0
Molybdenum	µg	16.0	9.1	16.0	9.1	16.0	9.1	16.0	9.1	15.0	8.5	16.0	9.1