

# Actagain<sup>®</sup> CREME



## ORDER CODES

| Flavour           | Pip-code   |
|-------------------|------------|
| Smooth Vanilla    | 405 - 2619 |
| Classic Chocolate | 405 - 2601 |
| Creamy Caramel    | 434 - 4545 |
| Nutty Chocolate   | 434 - 4552 |
| Starter Pack      | 416 - 4729 |

## DESCRIPTION

**Actagain Creme** is a Food for Special Medical Purposes. **Actagain Creme** is a ready-to-eat, dessert-style oral nutritional supplement based on cow's milk protein, formulated for the dietary management of patients with or at risk of disease-related malnutrition.

## PRESENTATION

**Actagain Creme**, presented in a carton containing 4 x 125g pots, is available in 4 flavours: Smooth Vanilla, Classic Chocolate, Creamy Caramel and Nutty Chocolate. The starter pack includes the four flavours.

## 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

- Actagain Creme** is ready to eat and is best served at room temperature or slightly chilled.
- Pull back foil lid from pot.
- Use a spoon to consume directly or decant into a bowl to serve.

## 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.**

**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 cows milk intolerance or for those with galactosaemia.**

## STORAGE

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

## SHELF LIFE

Creamy Caramel / Nutty Chocolate = 12months  
Smooth Vanilla / Classic Chocolate = 18months

## INGREDIENTS

**SMOOTH VANILLA:** Milk Proteins, Water, Maltodextrin, Sucrose, Rapeseed Oil, Modified Starch, Emulsifier: Mono- and Diglycerides of Fatty Acids, Tri-Potassium Citrate, Thickener: Carrageenans, Magnesium Chloride, Tri-Sodium Citrate, Flavourings, Sodium Chloride, Potassium Dihydrogen Phosphate, Magnesium Citrate, Colour: Artificial Beta-Carotene, Acidity regulator: Potassium Hydroxide, Potassium Chloride, Sodium Hydrogen-Phosphate, Vitamins (Vitamin C, Niacin, Pantothenic acid, Vitamin B6, Vitamin E, Thiamin, Riboflavin, Vitamin A, Folic Acid, Biotin, Vitamin K, Vitamin D, Vitamin B12), Ferric Pyrophosphate, Zinc Sulphate, Sodium Selenite, Copper Sulphate, Manganese Sulphate, Sodium Fluoride, Chromium Chloride, Sodium Molybdate, Potassium Iodide.

**CREAMY CARAMEL:** Milk Proteins, Water, Maltodextrin, Sucrose, Rapeseed Oil, Modified Starch, Emulsifier: Mono- and Diglycerides of Fatty Acids, Tri-Potassium Citrate, Thickener: Carrageenans, Magnesium Chloride, Tri-Sodium Citrate, Flavourings, Sodium Chloride, Potassium Dihydrogen Phosphate, Magnesium Citrate, Acidity regulator: Potassium Hydroxide, Potassium Chloride, Sodium Hydrogen-Phosphate, Vitamins (Vitamin C, Niacin, Pantothenic acid, Vitamin B6, Vitamin E, Thiamin, Riboflavin, Vitamin A, Folic Acid, Biotin, Vitamin K, Vitamin D, Vitamin B12), Ferric Pyrophosphate, Zinc Sulphate, Sodium Selenite, Copper Sulphate, Manganese Sulphate, Sodium Fluoride, Chromium Chloride, Sodium Molybdate, Potassium Iodide, Colours: Caramel colour, Paprika extract.

**CLASSIC CHOCOLATE:** Milk Proteins, Water, Maltodextrin, Sucrose, Rapeseed Oil, Modified Starch, Chocolate Powder (Milk) (1%), Cocoa Powder, Emulsifier: Mono- and Diglycerides of Fatty Acids (E471), Tri-Sodium Citrate, Thickener: Carrageenans, Tri-Potassium Citrate, Magnesium Chloride, Sodium Chloride, Potassium Dihydrogen Phosphate, Acidity regulator: Potassium Hydroxide, Magnesium Citrate, Potassium Chloride, Vitamins (Vitamin C, Niacin, Pantothenic acid, Vitamin B6, Vitamin E, Thiamin, Riboflavin, Vitamin A, Folic Acid, Biotin, Vitamin K, Vitamin D, Vitamin B12), Ferric Pyrophosphate, Zinc Sulphate, Sodium Selenite, Copper Sulphate, Manganese Sulphate, Sodium Fluoride, Sodium Molybdate, Chromium Chloride, Potassium Iodide.

**NUTTY CHOCOLATE:** Milk Proteins, Water, Maltodextrin, Sucrose, Rapeseed Oil, Modified Starch, Chocolate Powder (Milk) (1%), Cocoa Powder, Emulsifier: Mono- and Diglycerides of Fatty Acids (E471), Tri-Sodium Citrate, Thickener: Carrageenans, Tri-Potassium Citrate, Magnesium Chloride, Sodium Chloride, Potassium Dihydrogen Phosphate, Acidity regulator: Potassium Hydroxide, Magnesium Citrate, Potassium Chloride, Vitamins (Vitamin C, Niacin, Pantothenic acid, Vitamin B6, Vitamin E, Thiamin, Riboflavin, Vitamin A, Folic Acid, Biotin, Vitamin K, Vitamin D, Vitamin B12), Ferric Pyrophosphate, Zinc Sulphate, Sodium Selenite, Copper Sulphate, Manganese Sulphate, Sodium Fluoride, Chromium Chloride, Sodium Molybdate, Potassium Iodide.

Gluten-free. All flavours of Actagain Creme are suitable for vegetarians.

## OTHER INFORMATION

|                                             |          |       |
|---------------------------------------------|----------|-------|
| <b>Potential Renal Solute Load</b>          | mOsm/l   | 562*  |
| <b>Non-Protein Calories: Nitrogen ratio</b> | (kcal/g) | 125:1 |
| <b>Osmolality</b>                           | Osm/kg   | 750*  |
| <b>Osmolarity</b>                           | Osm/l    | 570*  |
| Protein                                     | %        | 20    |
| Carbohydrate                                | %        | 51    |
| Fat                                         | %        | 29    |
| Fibre (Smooth Vanilla & Creamy Caramel)     | %        | 0     |
| Fibre (Classic Chocolate & Nutty Chocolate) | %        | <0.5  |

\* Based on Smooth Vanilla flavour - the other flavours are similar, for details please contact AYMES<sup>®</sup> International.

## NUTRITIONAL COMPOSITION

| Flavour              |      | SMOOTH VANILLA |                  | CREAMY CARAMEL |                  | CLASSIC CHOCOLATE |                  | NUTTY CHOCOLATE |                  |
|----------------------|------|----------------|------------------|----------------|------------------|-------------------|------------------|-----------------|------------------|
| Typical Values       |      | Per 100g       | Per 125g serving | Per 100g       | Per 125g serving | Per 100g          | Per 125g serving | Per 100g        | Per 125g serving |
| Energy               | KJ   | 632            | 790              | 632            | 790              | 632               | 790              | 632             | 790              |
|                      | kcal | 150            | 188              | 150            | 188              | 150               | 188              | 150             | 188              |
| Fat                  | g    | 4.9            | 6.1              | 4.9            | 6.1              | 4.9               | 6.1              | 4.9             | 6.1              |
| of which saturated   | g    | 0.9            | 1.1              | 0.9            | 1.1              | 1.0               | 1.3              | 1.0             | 1.3              |
| Carbohydrate         | g    | 19             | 24               | 19             | 24               | 19                | 24               | 19              | 24               |
| of which sugars      | g    | 8.1            | 10.1             | 8.1            | 10.1             | 8.6               | 10.8             | 8.2             | 10.3             |
| Fibre                | g    | 0              | 0                | 0              | 0                | <0.5              | <0.5             | <0.5            | <0.5             |
| Protein              | g    | 7.5            | 9.4              | 7.5            | 9.4              | 7.5               | 9.4              | 7.5             | 9.4              |
| Salt                 | g    | 0.17           | 0.21             | 0.17           | 0.21             | 0.17              | 0.21             | 0.17            | 0.21             |
| Vitamins             |      |                |                  |                |                  |                   |                  |                 |                  |
| Vitamin A (RE)       | µg   | 150            | 188              | 150            | 188              | 150               | 188              | 150             | 188              |
| Vitamin D            | µg   | 1.1            | 1.4              | 1.1            | 1.4              | 1.1               | 1.4              | 1.1             | 1.4              |
| Vitamin K            | µg   | 8.0            | 10               | 8.0            | 10               | 8.0               | 10               | 8.0             | 10               |
| Vitamin C            | mg   | 15             | 19               | 15             | 19               | 15                | 19               | 15              | 19               |
| Thiamin              | mg   | 0.17           | 0.21             | 0.17           | 0.21             | 0.17              | 0.21             | 0.17            | 0.21             |
| Riboflavin           | mg   | 0.20           | 0.25             | 0.20           | 0.25             | 0.20              | 0.25             | 0.20            | 0.25             |
| Vitamin B6           | mg   | 0.30           | 0.38             | 0.30           | 0.38             | 0.30              | 0.38             | 0.30            | 0.38             |
| Niacin (NE)          | mg   | 3.4            | 4.3              | 3.4            | 4.3              | 3.4               | 4.3              | 3.4             | 4.3              |
| Folic acid           | µg   | 24.0           | 30.0             | 24.0           | 30.0             | 24.0              | 30.0             | 24.0            | 30.0             |
| Vitamin B12          | µg   | 0.43           | 0.54             | 0.43           | 0.54             | 0.43              | 0.54             | 0.43            | 0.54             |
| Pantothenic acid     | mg   | 0.50           | 0.63             | 0.50           | 0.63             | 0.50              | 0.63             | 0.50            | 0.63             |
| Biotin               | µg   | 6.0            | 7.5              | 6.0            | 7.5              | 6.0               | 7.5              | 6.0             | 7.5              |
| Vitamin E (alpha TE) | mg   | 1.5            | 1.9              | 1.5            | 1.9              | 1.5               | 1.9              | 1.5             | 1.9              |
| Minerals             |      |                |                  |                |                  |                   |                  |                 |                  |
| Sodium               | mg   | 66.0           | 82.5             | 66.0           | 82.5             | 66.0              | 82.5             | 66.0            | 82.5             |
|                      | mmol | 2.87           | 3.59             | 2.87           | 3.59             | 2.87              | 3.59             | 2.87            | 3.59             |
| Chloride             | mg   | 90.0           | 113              | 90.0           | 113              | 90.0              | 113              | 90.0            | 113              |
|                      | mmol | 2.54           | 3.17             | 2.54           | 3.17             | 2.54              | 3.17             | 2.54            | 3.17             |
| Potassium            | mg   | 170            | 213              | 170            | 213              | 180               | 225              | 180             | 225              |
|                      | mmol | 4.35           | 5.44             | 4.35           | 5.44             | 4.60              | 5.75             | 4.60            | 5.75             |
| Calcium              | mg   | 140            | 175              | 140            | 175              | 140               | 175              | 140             | 175              |
|                      | mmol | 3.49           | 4.37             | 3.49           | 4.37             | 3.49              | 4.37             | 3.49            | 4.37             |
| Phosphorus           | mg   | 119            | 149              | 119            | 149              | 119               | 149              | 119             | 149              |
|                      | mmol | 3.84           | 4.80             | 3.84           | 4.80             | 3.84              | 4.80             | 3.84            | 4.80             |
| Magnesium            | mg   | 25.0           | 31.3             | 25.0           | 31.3             | 25.0              | 31.3             | 25.0            | 31.3             |
|                      | mmol | 1.03           | 1.29             | 1.03           | 1.29             | 1.03              | 1.29             | 1.03            | 1.29             |
| Iron                 | mg   | 2.0            | 2.5              | 2.0            | 2.5              | 2.0               | 2.5              | 2.0             | 2.5              |
| Zinc                 | mg   | 1.6            | 2.0              | 1.6            | 2.0              | 1.6               | 2.0              | 1.6             | 2.0              |
| Copper               | mg   | 0.38           | 0.48             | 0.38           | 0.48             | 0.38              | 0.48             | 0.38            | 0.48             |
| Iodine               | µg   | 25.0           | 31.3             | 25.0           | 31.3             | 25.0              | 31.3             | 25.0            | 31.3             |
| Selenium             | µg   | 12             | 15               | 12             | 15               | 12                | 15               | 10              | 13               |
| Manganese            | mg   | 0.49           | 0.61             | 0.49           | 0.61             | 0.49              | 0.61             | 0.49            | 0.61             |
| Chromium             | µg   | 10             | 13               | 10             | 13               | 10                | 13               | 10              | 13               |
| Molybdenum           | µg   | 20             | 25               | 20             | 25               | 20                | 25               | 20              | 25               |
| Fluoride             | mg   | 0.20           | 0.25             | 0.20           | 0.25             | 0.20              | 0.25             | 0.20            | 0.25             |