

# AYMES® SHAKE COMPACT

## Data Sheet



### ORDER CODES

Flavour	Zip-code
Vanilla	389-7337
Chocolate	389-7360
Strawberry	389-7345
Banana	389-7352
Neutral	388-6371
Starter Pack	395-2496

*Date of preparation: January 2018 - UK*

### DESCRIPTION

**AYMES® Shake Compact** is a powder, based on skimmed milk powder with added carbohydrate, fat, vitamins and minerals, which provides a concentrated source of nutrients as a supplement/sip feed when mixed with whole milk or water.

### PRESENTATION

**AYMES® Shake Compact** is presented as wholesale cases of 6 cartons, each carton containing 7 x 57g sachets. It is available in 5 flavours: Vanilla, Strawberry, Chocolate, Banana and Neutral. AYMES Shake Compact is also available in a Starter Pack containing 5 x 57g sachets (one of each flavour) plus a shaker with 100 ml gradation clearly marked.

### Additional Shakers available on request.

AYMES® International Ltd  
PO Box 853, Haywards Heath, RH16 9PL, UK  
For more information see [www.aymes.com](http://www.aymes.com)  
or call 0845 6805 496



### INGREDIENTS

#### VANILLA

Skimmed **Milk** Powder (45%), Dried Glucose Syrup, Palm Fat, Maltodextrin, Sugar, Flavourings, Vitamin & Mineral Premix (Potassium Phosphate, Sodium Ascorbate, Vitamin E, Ferrus Sulphate, Niacinamide, Zinc Sulphate, Vitamin A, Calcium D-Pantothenate, Vitamin D<sub>3</sub>, Sodium Molybdate, D-Biotin, Sodium Selenite, Pyridoxine Hydrochloride, Folic Acid, Potassium Iodate, Manganese Sulphate, Thiamin Mononitrate, Copper Sulphate, Vitamin K<sub>1</sub>, Vitamin B<sub>12</sub>, Riboflavin, Chromium Chloride), Magnesium Sulphate, Emulsifier: **Soya** Lecithin

#### CHOCOLATE

Skimmed **Milk** Powder (43%), Palm Fat, Maltodextrin, Sugar, Dried Glucose Syrup, Cocoa (7%), Dextrose, Flavourings, Vitamin & Mineral Premix (Potassium Phosphate, Sodium Ascorbate, Vitamin E, Ferrus Sulphate, Niacinamide, Zinc Sulphate, Vitamin A, Calcium D-Pantothenate, Vitamin D<sub>3</sub>, Sodium Molybdate, D-Biotin, Sodium Selenite, Pyridoxine Hydrochloride, Folic Acid, Potassium Iodate, Manganese Sulphate, Thiamin Mononitrate, Copper Sulphate, Vitamin K<sub>1</sub>, Vitamin B<sub>12</sub>, Riboflavin, Chromium Chloride), Magnesium Sulphate, Emulsifiers: **Soya** Lecithin, Xanthan Gum

#### STRAWBERRY

Skimmed **Milk** Powder (45%), Dried Glucose Syrup, Palm Fat, Maltodextrin, Sugar, Colour: Beetroot Red; Flavouring, Vitamin & Mineral Premix (Potassium Phosphate, Sodium Ascorbate, Vitamin E, Ferrus Sulphate, Niacinamide, Zinc Sulphate, Vitamin A, Calcium D-Pantothenate, Vitamin D<sub>3</sub>, Sodium Molybdate, D-Biotin, Sodium Selenite, Pyridoxine Hydrochloride, Folic Acid, Potassium Iodate, Manganese Sulphate, Thiamin Mononitrate, Copper Sulphate, Vitamin K<sub>1</sub>, Vitamin B<sub>12</sub>, Riboflavin, Chromium Chloride), Magnesium Sulphate, Emulsifier: **Soya** Lecithin

#### BANANA

Skimmed **Milk** Powder (45%), Dried Glucose Syrup, Palm Fat, Maltodextrin, Sugar, Flavouring, Vitamin & Mineral Premix (Potassium Phosphate, Sodium Ascorbate, Vitamin E, Ferrus Sulphate, Niacinamide, Zinc Sulphate, Vitamin A, Calcium D-Pantothenate, Vitamin D<sub>3</sub>, Sodium Molybdate, D-Biotin, Sodium Selenite, Pyridoxine Hydrochloride, Folic Acid, Potassium Iodate, Manganese Sulphate, Thiamin Mononitrate, Copper Sulphate, Vitamin K<sub>1</sub>, Vitamin B<sub>12</sub>, Riboflavin, Chromium Chloride), Magnesium Sulphate, Emulsifier: **Soya** Lecithin, Colour: Beta Carotene

#### NEUTRAL

Skimmed **Milk** Powder (46%), Maltodextrin, Dried Glucose Syrup, Palm Fat, Fructose, Sugar, Vitamin & Mineral Premix (Potassium Phosphate, Sodium Ascorbate, Vitamin E, Ferrus Sulphate, Niacinamide, Zinc Sulphate, Vitamin A, Calcium D-Pantothenate, Vitamin D<sub>3</sub>, Sodium Molybdate, D-Biotin, Sodium Selenite, Pyridoxine Hydrochloride, Folic Acid, Potassium Iodate, Manganese Sulphate, Thiamin Mononitrate, Copper Sulphate, Vitamin K<sub>1</sub>, Vitamin B<sub>12</sub>, Riboflavin, Chromium Chloride), Magnesium Sulphate, Emulsifier: **Soya** Lecithin

All flavours of AYMES® Shake Compact are made from a gluten free recipe & are suitable for vegetarians

### OTHER INFORMATION\*

		Mixed with Water	Mixed with Milk
<b>Potential Renal Solute Load</b>	mOsm/l	602	824
<b>Osmolality</b>	mOsm/kg	1070	1750
<b>Osmolarity</b>	mOsm/l	780	1150

### Energy distribution

Protein	14	%
Carbohydrate	56	%
Fat	35	%
<b>Non-Protein Calories : Nitrogen ratio</b>	153 : 1	kcal/g

\*Based on Vanilla Flavour

## INDICATIONS FOR USE

**AYMES® Shake Compact** is a Food for Special Medical Purposes (FSMP) and is designed for the dietary management of patients with or at risk of disease related malnutrition.

**AYMES® Shake Compact** should be used as a supplement to the diet. It is not suitable as a sole source of nutrition.

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

### DIRECTIONS FOR USE

Each sachet of **AYMES® Shake Compact** should be reconstituted with 100ml of whole milk or water. It is best served cold, but can be made up hot, if preferred.

- Add the 100ml of milk or water and then the sachet of **AYMES® Shake Compact** to a shaker and shake well until fully mixed

- Pour into a glass or mug and serve

Alternatively, if you don't have a shaker you can also mix **AYMES® Shake Compact** with a whisk or fork:

- 50ml of milk or water to the glass or mug and then 1 sachet of **AYMES® Shake Compact**

- Mix into a smooth cream with a whisk or fork

- Top up with the remaining 50ml milk or water whilst mixing continuously

- Serve when fully mixed

Once reconstituted, **AYMES® Shake Compact** may be stored for up to 24 hours in a refrigerator.

**AYMES® Shake Compact** can also be added to sweet and 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 external use only  
Not suitable for infants  
Monitor fluid intake to ensure adequate hydration status

### CONTRAINDICATIONS

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

### PRECAUTIONS

Use with caution in children under 6 years old.

### STORAGE

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

### SHELF LIFE

24 months

**NUTRITIONAL COMPOSITION** **AYMES® Shake Compact** can be made up with either milk or water

Flavour	VANILLA		CHOCOLATE		STRAWBERRY		BANANA		NEUTRAL							
	per 100g powder	per +100ml whole milk	per 100g powder	per +100ml whole milk	per 100g powder	per +100ml whole milk	per 100g powder	per +100ml whole milk	per 100g powder	per +100ml whole milk						
<b>Typical values</b>																
Energy	1862	1343	1061	1829	1324	1042	1862	1343	1061	1865	1345	1063	1862	1343	1061	
	kcal	442	320	252	435	316	248	442	320	252	443	321	253	442	320	252
Fat	g	14.8	12.4	8.4	14.9	12.5	8.5	14.8	12.4	8.4	14.7	12.4	8.4	14.8	12.4	8.4
of which: saturates	g	7.1	6.6	4.0	7.1	6.6	4.0	7.1	6.6	4.0	7.0	6.6	4.0	7.1	6.6	4.0
polyunsaturates	g	1.6	1.0	0.90	1.6	1.0	0.90	1.6	1.0	0.90	1.6	1.0	0.90	1.6	1.0	0.90
Carbohydrate	g	61.7	39.7	35.2	58.0	37.6	33.1	61.8	39.7	35.2	62.3	40.0	35.5	61.4	39.5	35.0
total sugars	g	35.0	24.5	20.0	38.0	26.2	21.7	35.5	24.7	20.2	36.9	25.5	21.0	29.4	21.3	16.8
lactose	g	22.6	17.4	12.9	21.2	16.6	12.1	22.6	17.4	12.9	22.5	17.3	12.8	23.1	17.7	13.2
sucrose	g	8.8	5.0	5.0	9.3	5.3	5.3	9.3	5.3	5.3	10.8	6.2	6.2	8.8	5.0	5.0
maltose	g	2.2	1.3	1.3	1.4	0.8	0.8	2.2	1.3	1.3	2.3	1.3	1.3	2.6	1.5	1.5
fructose	g	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0	1.6	0.90	0.90
glucose	g	1.2	0.70	0.70	6.0	3.4	3.4	1.2	0.70	0.70	1.2	0.7	1.4	0.80	0.80	
polysaccharides	g	26.7	15.2	15.2	20.0	11.4	11.4	26.3	15.0	15.0	25.4	14.5	14.5	29.5	16.8	16.8
Fibre	g	0.20	0.10	0.10	2.3	1.3	1.3	Trace	Trace	Trace	Trace	Trace	Trace	Trace	Trace	Trace
Protein	g	15.5	12.2	8.8	16.1	12.6	9.2	15.5	12.2	8.8	15.4	12.2	8.8	15.9	12.4	9.0
Nitrogen	g	2.5	1.9	1.4	2.6	2.0	1.6	2.5	1.9	1.4	2.5	1.9	1.4	2.5	2.0	1.4
Salt	g	0.65	0.48	0.38	0.65	0.48	0.38	0.65	0.48	0.38	0.65	0.48	0.38	0.65	0.48	0.38
<b>Vitamins</b>																
Vitamin A (RE)	µg	560	350	320	560	350	320	560	350	320	560	350	320	560	350	320
Vitamin D	µg	9.0	5.1	5.1	9.0	5.1	5.1	9.0	5.1	5.1	9.0	5.1	5.1	9.0	5.1	5.1
Vitamin E (α-TE)	mg	8.8	5.1	5.0	8.8	5.1	5.0	8.8	5.1	5.0	8.8	5.1	5.0	8.8	5.1	5.0
Vitamin K	µg	53.0	30.2	30.2	53.0	30.2	30.2	53.0	30.2	30.2	53.0	30.2	30.2	53.0	30.2	30.2
Vitamin C	mg	59.0	36.1	33.6	59.0	36.1	33.6	59.0	36.1	33.6	59.0	36.1	33.6	59.0	36.1	33.6
Thiamin	mg	1.4	0.83	0.80	1.4	0.83	0.80	1.4	0.83	0.80	1.4	0.83	0.80	1.4	0.83	0.80
Riboflavin	mg	1.6	1.2	0.91	1.6	1.2	0.91	1.6	1.2	0.91	1.6	1.2	0.91	1.6	1.2	0.91
Vitamin B <sub>6</sub>	mg	2.0	1.2	1.1	2.0	1.2	1.1	2.0	1.2	1.1	2.0	1.2	1.1	2.0	1.2	1.1
Niacin (NE)	mg	13.0	8.2	7.4	13.0	8.2	7.4	13.0	8.2	7.4	13.0	8.2	7.4	13.0	8.2	7.4
Folic acid	µg	200	120	110	200	120	110	200	120	110	200	120	110	200	120	110
Vitamin B <sub>12</sub>	µg	2.0	2.0	1.1	2.0	2.0	1.1	2.0	2.0	1.1	2.0	2.0	1.1	2.0	2.0	1.1
Pantothenic acid	mg	5.5	3.7	3.1	5.5	3.7	3.1	5.5	3.7	3.1	5.5	3.7	3.1	5.5	3.7	3.1
Biotin	µg	31.0	20.3	17.7	31.0	20.3	17.7	31.0	20.3	17.7	31.0	20.3	17.7	31.0	20.3	17.7
<b>Minerals</b>																
Sodium	mg	260	190	150	260	190	150	260	190	150	260	190	150	260	190	150
	mmol	11.3	8.3	6.4	11.3	8.3	6.4	11.3	8.3	6.4	11.3	8.3	6.4	11.3	8.3	6.4
Chloride	mg	500	380	290	500	360	270	500	380	290	500	380	290	500	380	290
	mmol	14.1	10.6	8.0	14.1	10.1	7.5	14.1	10.6	8.0	14.1	10.6	8.0	14.1	10.6	8.0
Potassium	mg	740	580	420	740	670	510	740	580	420	740	580	420	740	580	420
	mmol	19.0	14.9	10.8	19.0	17.3	13.2	19.0	14.9	10.8	19.0	14.9	10.8	19.0	14.9	10.8
Calcium	mg	600	460	340	600	440	320	600	460	340	600	460	340	600	460	340
	mmol	15.0	11.6	8.6	15.0	11.1	8.1	15.0	11.6	8.6	15.0	11.6	8.6	15.0	11.6	8.6
Phosphorus	mg	470	370	270	470	380	280	470	370	270	470	370	270	470	370	270
	mmol	15.2	11.7	8.6	15.2	12.1	9.0	15.2	11.7	8.6	15.2	11.7	8.6	15.2	11.7	8.6
Magnesium	mg	83.0	59.0	47.3	110	74.4	62.7	83.0	59.0	47.3	83.0	59.0	47.3	83.0	59.0	47.3
	mmol	3.4	2.4	1.9	3.4	3.1	2.6	3.4	2.4	1.9	3.4	2.4	1.9	3.4	2.4	1.9
Iron	mg	6.8	3.9	3.9	6.8	3.9	3.9	6.8	3.9	3.9	6.8	3.9	3.9	6.8	3.9	3.9
Zinc	mg	4.9	3.2	2.8	4.9	3.2	2.8	4.9	3.2	2.8	4.9	3.2	2.8	4.9	3.2	2.8
Copper	µg	530	300	300	530	300	300	530	300	300	530	300	300	530	300	300
Iodine	µg	100	89.9	57.0	100	89.9	57.0	100	89.9	57.0	100	89.9	57.0	100	89.9	57.0
Selenium	µg	25.0	15	14	25.0	15	14	25.0	15	14	25.0	15	14	25.0	15	14
Manganese	µg	0.61	0.35	0.35	0.61	0.35	0.35	0.61	0.35	0.35	0.61	0.35	0.35	0.61	0.35	0.35
Chromium	µg	7.0	4.0	4.0	7.0	4.0	4.0	7.0	4.0	4.0	7.0	4.0	4.0	7.0	4.0	4.0
Molybdenum	µg	16.0	9.1	9.1	16.0	9.1	9.1	16.0	9.1	9.1	16.0	9.1	9.1	16.0	9.1	9.1