

AYMES® SHAKE EXTRA

Data Sheet



ORDER CODES

Flavour	Pip-code
Vanilla	405-2585
Strawberry	405-2593
Banana	405-2551
Chocolate	405-2577
Starter Pack	405-2569

DESCRIPTION

AYMES® Shake Extra is a high-energy, high fat, moderate protein powder, based on skimmed milk powder with added carbohydrate, fat, and a full range of vitamins and minerals, which provides a nutritionally-balanced milkshake-style supplement when mixed with whole milk.

PRESENTATION

AYMES® Shake Extra is presented as wholesale cases of 6 cartons, each carton containing 6 x 85g sachets. It is available in 4 flavours: Vanilla, Strawberry, Banana, and Chocolate. It is also available as a Starter Pack containing 4 x 85g mixed flavour sachets including shaker.

Available in 4 flavours: Chocolate, Strawberry, Vanilla, and Banana

AYMES® International Ltd
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For more information see www.aymes.com
or call 0845 6805 496



INGREDIENTS

VANILLA

Glucose Syrup, Palm Oil, Maltodextrin, Skim Milk Powder, Sugar, Milk Protein, Calcium Carbonate, Potassium Phosphate, Flavourings (contains lactose from Milk), Emulsifier: E452, Vitamin and Mineral Premix (Potassium 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 Molybdenate), Magnesium Sulphate, Potassium Chloride, Sodium Chloride, Colour: Carotenes, Emulsifier: Lecithins (contains Soy)

STRAWBERRY

Glucose Syrup, Palm Oil, Maltodextrin, Skim Milk Powder, Sugar, Milk Protein, Calcium Carbonate, Potassium Phosphate, Colour: Beetroot Red, Natural Flavouring, Emulsifier: E452, Vitamin and Mineral Premix (Potassium 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 Molybdenate), Magnesium Sulphate, Potassium Chloride, Sodium Chloride, Emulsifier: Lecithins (contains Soy)

BANANA

Glucose Syrup, Palm Oil, Maltodextrin, Skim Milk Powder, Sugar, Milk Protein, Calcium Carbonate, Potassium Phosphate, Colour: Carotenes, Flavouring, Emulsifier: E452, Vitamin and Mineral Premix (Potassium 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 Molybdenate), Magnesium Sulphate, Potassium Chloride, Sodium Chloride, Emulsifier: Lecithins (contains Soy)

CHOCOLATE

Glucose Syrup, Palm Oil, Sugar, Skim Milk Powder, Cocoa Powder, Maltodextrin, Calcium Carbonate, Natural Flavouring, Potassium Phosphate, Milk protein, Emulsifier: E452, Vitamin and Mineral Premix (Potassium 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 Molybdenate), Sodium chloride, Magnesium Sulphate, Emulsifier: Lecithins (contains Soy)

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

OTHER INFORMATION*

Energy distribution

Protein	8.4%
Carbohydrate	43.5%
Fat	47.5%
Fibre	0.08%
Osmolarity	700 mOsm/L*
Potential Renal Solute Load	435 mOsm/L*

* Based on Vanilla Flavour made up with 240 ml whole milk - the other flavours are similar, for details please contact AYMES® International

INDICATIONS FOR USE

AYMES® Shake Extra 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 Extra is suitable 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: malabsorption, disease-related malnutrition, or with other conditions that require supplementation with a high fat/ carbohydrate ONS.

DIRECTIONS FOR USE

Mixing using a Shaker:

1. First, add 240 ml of whole milk to the shaker, and then the contents of one sachet of **AYMES® Shake Extra**
2. Shake vigorously for at least 30 seconds until fully mixed. It is important to shake vigorously as this will ensure that the product mixes evenly and prevent lumps forming

Decant into glass or mug if desired

Mixing using a whisk or fork:

1. First, add 100ml of whole milk to a jug, and then the contents of one sachet of **AYMES® Shake Extra**
2. Mix to a smooth paste
3. Add the remaining milk (140ml) and whisk again. After 30 seconds it should be fully mixed

Decant to a glass or mug, drink immediately.

Once mixed, **AYMES® Shake Extra** may be stored for up to 24 hours in a refrigerator, stir before drinking.

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 infants

CONTRAINDICATIONS

Not suitable for patients with intolerance to cows' milk or soy

Not suitable for patients with galactosaemia

Not suitable for those requiring a low fat diet

PRECAUTIONS

Do not use in children under 1 year of age

Use with caution in children under 6 years old

STORAGE

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

Once reconstituted can be kept in a refrigerator for up to 24 hours

SHELF LIFE

15 months

Date of preparation: January 2018 - UK

NUTRITIONAL COMPOSITION

Flavour	VANILLA		STRAWBERRY		BANANA		CHOCOLATE		
	per 100g	per serving 85g+240ml whole milk	per 100g	per serving 85g+240ml whole milk	per 100g	per serving 85g+240ml whole milk	per 100g	per serving 85g+240ml whole milk	
Typical values									
Energy	kJ	2090	2462	2086	2458	2090	2462	2100	2470
	kcal	499	589	498	588	499	589	503	593
Fat	g	25.3	31.3	25.3	31.3	25.3	31.3	28.6	34.1
of which saturates	g	16.6	20.3	16.6	20.3	16.7	20.3	18.9	22.2
polysaturates	g	1.6	1.7	1.6	1.7	1.6	1.7	1.7	1.6
Carbohydrate	g	62.9	64.8	62.5	64.5	62.8	64.5	55.5	58.6
of which sugars	g	22.4	30.4	22.2	30.2	22.3	30.3	21.1	29.3
lactose	g	5.2	15.8	5.9	16.4	6.0	16.5	2.9	13.8
sucrose	g	10.2	8.7	12.4	10.5	12.3	10.4	15.0	12.8
maltose	g	5.3	4.5	3.0	2.6	3.1	2.6	2.5	2.1
glucose	g	1.7	1.4	0.9	0.76	0.91	0.77	0.71	0.60
polysaccharides	g	40.5	34.4	40.3	34.3	40.5	34.4	34.4	29.2
Fibre	g	0.38	0.32	0.24	0.20	0.43	0.37	1.9	1.5
Protein	g	4.8	12.4	4.8	12.4	4.8	12.4	4.9	12.5
Nitrogen	g	0.77	1.95	0.77	1.95	0.77	1.95	0.78	1.96
Salt	g	0.41	0.62	0.41	0.62	0.42	0.64	0.43	0.65
Vitamins									
Vitamin A (RE)	µg	616	606	616	606	616	606	616	606
Vitamin D	µg	9.9	8.4	9.9	8.4	9.9	8.4	9.9	8.4
Vitamin E (α-TE)	mg	9.7	8.4	9.7	8.4	9.7	8.4	9.7	8.4
Vitamin K	µg	58.3	49.6	58.3	49.6	58.3	49.6	58.3	49.6
Vitamin C	mg	59.5	55.6	59.5	55.6	59.5	55.6	59.5	55.6
Thiamin	mg	1.3	1.2	1.3	1.2	1.3	1.2	1.3	1.2
Riboflavin	mg	1.0	1.4	1.0	1.4	1.0	1.4	1.0	1.4
Vitamin B ₆	mg	1.9	1.7	1.9	1.7	1.9	1.7	1.9	1.7
Niacin (NE)	mg	13.3	13.3	13.3	13.3	13.3	13.3	13.3	13.3
Folic acid	µg	202	192	202	192	202	192	201	191
Vitamin B ₁₂	µg	1.1	3.2	1.1	3.2	1.1	3.2	1.1	3.2
Pantothenic acid	mg	4.7	5.5	4.7	5.5	4.7	5.5	4.7	5.5
Biotin	µg	34.1	35.3	34.1	35.3	34.1	35.3	34.1	35.3
Minerals									
Sodium	mg	162	246	163	247	167	250	170	253
	mmol	7.0	10.7	7.0	10.7	7.3	10.8	7.4	11.0
Chloride	mg	352	522	352	522	353	523	215	406
	mmol	9.9	14.7	9.9	14.7	9.9	14.7	6.1	11.4
Potassium	mg	503	815	503	815	503	815	599	896
	mmol	12.9	20.8	12.9	20.8	12.9	20.8	15.3	22.9
Calcium	mg	181	449	181	449	181	449	201	466
	mmol	4.5	11.2	4.5	11.2	4.5	11.2	5.0	11.6
Phosphorus	mg	202	404	202	404	202	404	214	415
	mmol	6.5	13.0	6.5	13.0	6.5	13.0	6.9	13.4
Magnesium	mg	52.5	72.1	52.5	72.1	52.5	72.1	52.5	72.1
	mmol	2.2	3.0	2.2	3.0	2.2	3.0	2.2	3.0
Iron	mg	7.4	6.3	7.4	6.3	7.4	6.3	9.1	7.7
Zinc	mg	3.8	4.2	3.8	4.2	3.8	4.2	4.1	4.5
Copper	µg	583	490	583	490	583	490	783	665
Iodine	µg	80.1	146	80.1	146	80.1	146	73.8	140
Selenium	µg	16.4	16.4	16.4	16.4	16.4	16.4	16.0	16.1
Manganese	mg	0.67	0.57	0.67	0.57	0.67	0.57	0.67	0.57
Chromium	µg	7.7	6.5	7.7	6.5	7.7	6.5	7.7	6.5
Molybdenum	µg	17.6	15.0	17.6	15.0	17.6	15.0	17.6	15.0