

# AYMES<sup>®</sup> SHAKE

## Data Sheet



### ORDER CODES

Flavour	Pip-code (units)
Banana	374 - 9033
Vanilla	374 - 9017
Chocolate	374 - 9025
Strawberry	374 - 9009
Neutral	374 - 8993
Sample Pack	384 - 9643

### DESCRIPTION

AYMES<sup>®</sup> Shake is a powder, based on skimmed milk powder with added carbohydrate, fat, vitamins and minerals, which provides a nutritionally balanced meal in a drink, supplement / sip feed when reconstituted with water or whole milk.

### PRESENTATION

AYMES<sup>®</sup> Shake is presented as wholesale cases of 6 cartons, each carton containing 7 x 57g sachets. It is available in 5 flavours: Banana, Vanilla, Chocolate, Strawberry and Neutral.

It is also available as a Sample Pack (5 x 57g sachets plus a shaker) this is available in wholesale cases of 6 cartons.

## INDICATIONS FOR USE

AYMES® Shake 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 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 under-nourished, proven inflammatory bowel disease, following total gastrectomy, dysphagia, bowel fistulas and disease-related malnutrition.

## DIRECTIONS FOR USE

Each sachet of AYMES® Shake should be reconstituted with 200ml of whole milk or water. Made with whole milk it provides a more nutritious sip feed. It is best served cold, but can be made up hot, if preferred.

### Mixing instructions when using a shaker:

#### **CAUTION – DO NOT USE SHAKER WITH HOT LIQUIDS**

- First pour the 200ml of whole milk into the shaker and then add one 57g sachet of AYMES® Shake.
- Replace the lid making sure it is securely fastened and shake vigorously.
- 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:

- First pour the 200ml whole milk into the glass or mug and then add one 57g sachet of AYMES® Shake.
- Mix thoroughly with a whisk or fork.
- Drink immediately or refrigerate for up to 24 hours.

**AYMES® Shake 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 enteral use only**

**Not suitable for infants**

## CONTRAINDICATIONS

Not suitable for patients with soya or cows' milk intolerance or for 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

Issued by: AYMES® International Ltd, International House, 124 Cromwell Road, Kensington, London. SW7 4ET. For more information see [www.aymesnutrition.co.uk](http://www.aymesnutrition.co.uk) or call 0845 6805 496

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## INGREDIENTS

### Neutral

Skimmed **Milk** Powder (46%), Maltodextrin, Dried Glucose Syrup, Palm Fat, Fructose, Sugar, Vitamin & Mineral Premix (Potassium Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacinamide, Zinc Sulphate, Vitamin A, Calcium D-Pantothenate, Vitamin D3, Sodium Molybdate, D-Biotin, Sodium Selenite, Pyridoxine Hydrochloride, Folic Acid, Potassium Iodate, Manganese Sulphate, Thiamin Mononitrate, Copper Sulphate, Vitamin K1, Vitamin B12, 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, Ferrous Sulphate, Niacinamide, Zinc Sulphate, Vitamin A, Calcium D-Pantothenate, Vitamin D3, Sodium Molybdate, D-Biotin, Sodium Selenite, Pyridoxine Hydrochloride, Folic Acid, Potassium Iodate, Manganese Sulphate, Thiamin Mononitrate, Copper Sulphate, Vitamin K1, Vitamin B12, Riboflavin, Chromium Chloride), Magnesium Sulphate, Emulsifiers: **Soya** Lecithin, Xanthan Gum

### Banana

Skimmed **Milk** Powder (45%), Dried Glucose Syrup, Palm Fat, Maltodextrin, Sugar, Flavouring, Vitamin & Mineral Premix (Potassium Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacinamide, Zinc Sulphate, Vitamin A, Calcium D-Pantothenate, Vitamin D3, Sodium Molybdate, D-Biotin, Sodium Selenite, Pyridoxine Hydrochloride, Folic Acid, Potassium Iodate, Manganese Sulphate, Thiamin Mononitrate, Copper Sulphate, Vitamin K1, Vitamin B12, Riboflavin, Chromium Chloride), Magnesium Sulphate, Emulsifier: **Soya** Lecithin, Colour: Beta Carotene

### 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, Ferrous Sulphate, Niacinamide, Zinc Sulphate, Vitamin A, Calcium D-Pantothenate, Vitamin D3, Sodium Molybdate, D-Biotin, Sodium Selenite, Pyridoxine Hydrochloride, Folic Acid, Potassium Iodate, Manganese Sulphate, Thiamin Mononitrate, Copper Sulphate, Vitamin K1, Vitamin B12, Riboflavin, Chromium Chloride), Magnesium Sulphate, Emulsifier: **Soya** Lecithin

### Vanilla

Skimmed **Milk** Powder (45%), Dried Glucose Syrup, Palm Fat, Maltodextrin, Sugar, Flavourings, Vitamin & Mineral Premix (Potassium Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacinamide, Zinc Sulphate, Vitamin A, Calcium D-Pantothenate, Vitamin D3, Sodium Molybdate, D-Biotin, Sodium Selenite, Pyridoxine Hydrochloride, Folic Acid, Potassium Iodate, Manganese Sulphate, Thiamin Mononitrate, Copper Sulphate, Vitamin K1, Vitamin B12, Riboflavin, Chromium Chloride), Magnesium Sulphate, Emulsifier: **Soya** Lecithin

**All flavours of AYMES® Shake are gluten free and are suitable for vegetarians.**

## OTHER INFORMATION \*

<b>Potential Renal Solute Load:</b> (mixed with water)	253 mOsm/l
<b>Osmolality:</b> (mixed with water)	732 mOsm/kg

<b>Non-Protein Calories</b> : Nitrogen ratio (kcal/g)	153:1
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<b>Energy distribution</b>	Protein	14%
	Carbohydrate	56%
	Fat	30%

*\*Based on Strawberry Flavour - the other flavours are similar, for details please contact AYMES® International*