



# Foodlink Complete™ With Fibre

## DATA SHEET UK/IRELAND

Foodlink Complete With Fibre is a Food for Special Medical Purposes for use under medical supervision. It can be used for the dietary management of patients with or at risk from disease related malnutrition as determined by appropriate nutritional screening. Foodlink Complete With Fibre is designed to supplement a patient's dietary intake and is not suitable as a sole source of nutrition.

This product is packaged in a protective atmosphere.

Available in Vanilla, Strawberry, Chocolate, Banana and Natural flavours.

### Gluten free

Allergens: Contains Milk & Soya

### STORAGE

Foodlink Complete With Fibre should be stored in a cool, dry place. Foodlink Complete With Fibre can be consumed chilled, at room temperature or gently heated.

Once reconstituted Foodlink Complete With Fibre can be stored in a refrigerator for up to 24 hours. Discard unused contents thereafter.

### DIRECTIONS FOR USE

#### Mixing Instructions

- You will need a large glass, mug or Nualtra Shaker and 200mls (1/3 pint) of whole milk or water depending on what your Health Care professional has recommended.
- Add 50mls of liquid to the shaker or glass and one 63g sachet of Foodlink Complete With Fibre into a smooth paste with a fork or whisk.
- Top up with the remaining 150mls liquid whilst continuing to mix.
- Serve when fully mixed.
- Alternatively if using a Nualtra shaker – Add 200mls milk/water to the shaker along with 63g sachet.
- Close lid and shake vigorously until powder is dissolved.

### SHELF LIFE

24 months from date of manufacture. See individual sachet and outer packaging for best before date.

### INDICATIONS

For enteral use only. Must be used under Medical Supervision.

### CONTRAINDICATIONS

Not suitable for children under 3 years. Not suitable for patients with galactosemia or an intolerance to soya or milk protein.

### PRECAUTIONS

Not suitable for use in children under 3 years and use of this product in children under 6 years should be closely monitored by a dietitian or physician.

### NATURAL

**Fat Filled Milk Powder** (Skim Milk Solids, Palm Oil, Dairy Solids, Emulsifier; **Soya Lecithin**.)

**Skimmed Milk Powder**, Maltodextrin, Inulin, Caster Sugar, Vitamin and Mineral Blend [Ascorbic Acid, Potassium Chloride, Sodium Chloride, Nicotinamide, DL- $\alpha$ -Tocopherol Acetate (Vitamin E), Ferric Pyrophosphate, Calcium D-Pantothenate, Zinc Oxide, Pyridoxine Hydrochloride, Thiamine Mononitrate, Manganese Sulphate, Riboflavin, Retinyl Acetate (Vitamin A), Folic Acid, Potassium Iodide, Phytomenadione (Vitamin K1), Copper Gluconate, D-Biotin, Sodium Selenite, Sodium Molybdate, Chromium Chloride, Cyanocobalamin (Vitamin B12)], Magnesium Oxide, Vitamin D3.

Gluten Free.

Allergens: Contains Milk and Soya.

AVERAGE CONTENT	UNITS	SHAKE PER 63g SACHET	
		PER 100g	PREPARED WITH 200ml MILK
Energy			
		1899	1760
		452	421
Fat	g	13.5	16.5
of which saturates	g	8.1	10.3
of which monounsaturates	g	4.5	4.8
of which polyunsaturates	g	0.9	0.8
Carbohydrate	g	58.6	46.4
of which sugars	g	42.6	36.3
Fibre	g	7.2	4.5
Protein	g	20.3	19.6
Salt	g	0.5	0.5
<b>VITAMINS</b>			
Vitamin A	$\mu$ gRE	666	482
Vitamin D	$\mu$ g	8.8	5.5
Vitamin E	mgTE	8.6	5.6
Vitamin K	$\mu$ g	52	33
Vitamin C	mg	61.4	42.7
Thiamin (B <sub>1</sub> )	mg	1.4	1
Riboflavin (B <sub>2</sub> )	mg	1.8	1.6
Niacin	mgNE	11.3	7.5
Vitamin B <sub>6</sub>	mg	2	1.4
Folic Acid	$\mu$ g	201	143
Vitamin B <sub>12</sub>	$\mu$ g	2	2.9
Biotin	$\mu$ g	30	24.2
Pantothenic Acid	mg	5.8	4.8
<b>MINERALS</b>			
Sodium	mmol	9.5	9.7
	mg	218	316
Potassium	mmol	15.9	18.3
	mg	621	714
Chloride	mmol	9.9	11.4
	mg	351	404
Calcium	mmol	18.6	17.8
	mg	742	711
Phosphorus	mmol	10.7	13.1
	mg	331	407
Magnesium	mmol	4.3	3.7
	mg	103	88
Iron	mg	6.8	4.4
Zinc	mg	5.5	4.3
Copper	mg	0.5	0.3
Manganese	mg	0.6	0.4
Selenium	$\mu$ g	26	16
Chromium	$\mu$ g	7	4.5
Molybdenum	$\mu$ g	16	17
Iodine	$\mu$ g	119	139

### VANILLA

**Fat Filled Milk Powder** (Skim Milk Solids, Palm Oil, Dairy Solids, Emulsifier; **Soya Lecithin**.)

**Skimmed Milk Powder**, Maltodextrin, Inulin, Caster Sugar, Flavouring, Vitamin and Mineral Blend [Ascorbic Acid, Potassium Chloride, Sodium Chloride, Nicotinamide, DL- $\alpha$ -Tocopherol Acetate (Vitamin E), Ferric Pyrophosphate, Calcium D-Pantothenate, Zinc Oxide, Pyridoxine Hydrochloride, Thiamine Mononitrate, Manganese Sulphate, Riboflavin, Retinyl Acetate (Vitamin A), Folic Acid, Potassium Iodide, Phytomenadione (Vitamin K1), Copper Gluconate, D-Biotin, Sodium Selenite, Sodium Molybdate, Chromium Chloride, Cyanocobalamin (Vitamin B12)], Magnesium Oxide, Vitamin D3.

Gluten Free.

Allergens: Milk Protein and Soya.

AVERAGE CONTENT	UNITS	SHAKE PER 63g SACHET	
		PER 100g	PREPARED WITH 200ml MILK
Energy			
		1883	1750
		448	418
Fat	g	12.4	15.8
of which saturates	g	7.4	9.9
of which monounsaturates	g	4.5	4.8
of which polyunsaturates	g	0.9	0.8
Carbohydrate	g	61.8	48.4
of which sugars	g	39.7	34.5
Fibre	g	7.2	4.5
Protein	g	18.6	18.5
Salt	g	0.5	0.5
<b>VITAMINS</b>			
Vitamin A	$\mu$ gRE	616	450
Vitamin D	$\mu$ g	8.8	5.5
Vitamin E	mgTE	8.1	5.2
Vitamin K	$\mu$ g	49	31
Vitamin C	mg	57.2	40
Thiamin (B <sub>1</sub> )	mg	1.3	0.9
Riboflavin (B <sub>2</sub> )	mg	1.7	1.5
Niacin	mgNE	11.3	7.5
Vitamin B <sub>6</sub>	mg	1.8	1.3
Folic Acid	$\mu$ g	188	134
Vitamin B <sub>12</sub>	$\mu$ g	2	2.9
Biotin	$\mu$ g	28	23.2
Pantothenic Acid	mg	5.4	4.6
<b>MINERALS</b>			
Sodium	mmol	9.4	9.7
	mg	217	224
Potassium	mmol	15.8	18.3
	mg	618	712
Chloride	mmol	9.8	11.4
	mg	350	404
Calcium	mmol	17	16.8
	mg	681	672
Phosphorus	mmol	10.6	13.1
	mg	330	406
Magnesium	mmol	4.2	3.6
	mg	103	87.6
Iron	mg	6.4	4
Zinc	mg	5.1	4
Copper	mg	0.5	0.3
Manganese	mg	0.6	0.4
Selenium	$\mu$ g	24	17
Chromium	$\mu$ g	7	4.5
Molybdenum	$\mu$ g	15	16
Iodine	$\mu$ g	111	133

## STRAWBERRY

**Fat Filled Milk Powder (Skim Milk Solids, Palm Oil, Dairy Solids, Emulsifier; Soya Lecithin.) Skimmed Milk Powder,** Maltodextrin, Inulin, Caster Sugar, Natural Colour (Beetroot Red), Flavouring, Vitamin and Mineral Blend [Ascorbic Acid, Potassium Chloride, Sodium Chloride, Nicotinamide, DL-a-Tocopherol Acetate (Vitamin E), Ferric Pyrophosphate, Calcium D-Pantothenate, Zinc Oxide, Pyridoxine Hydrochloride, Thiamine Mononitrate, Manganese Sulphate, Riboflavin, Retinyl Acetate (Vitamin A), Folic Acid, Potassium Iodide, Phytomenadione (Vitamin K1), Copper Gluconate, D-Biotin, Sodium Selenite, Sodium Molybdate, Chromium Chloride, Cyanocobalamin (Vitamin B12)] Magnesium Oxide, Vitamin D3.

**Gluten Free.**

**Allergens: Milk Protein and Soya.**

AVERAGE CONTENT	UNITS	SHAKE PER 63g SACHET	
		PER 100g	PREPARED WITH 200ml MILK
Energy	kJ	1896	1759
	kcal	451	420
Fat	g	13.5	16.5
of which saturates	g	8.0	10.2
of which monounsaturates	g	4.5	4.8
of which polyunsaturates	g	0.9	0.8
Carbohydrate	g	58.8	46.5
of which sugars	g	41.8	35.8
Fibre	g	7.2	4.5
Protein	g	20.1	19.5
Salt	g	0.5	0.5
<b>VITAMINS</b>			
Vitamin A	µgRE	665	481
Vitamin D	µg	8.8	5.5
Vitamin E	mgTE	8.6	5.6
Vitamin K	µg	52	33
Vitamin C	mg	61.4	42.7
Thiamin (B <sub>1</sub> )	mg	1.4	1
Riboflavin (B <sub>2</sub> )	mg	1.8	1.6
Niacin	mgNE	11.3	7.5
Vitamin B <sub>6</sub>	mg	2	1.4
Folic Acid	µg	201	143
Vitamin B <sub>12</sub>	µg	2	2.9
Biotin	µg	30	24.2
Pantothenic Acid	mg	5.8	4.8
<b>MINERALS</b>			
Sodium	mmol	9.5	9.7
	mg	218	224
Potassium	mmol	15.9	18.3
	mg	620	714
Chloride	mmol	9.9	11.4
	mg	350	404
Calcium	mmol	18.4	17.7
	mg	735	706
Phosphorus	mmol	10.7	13.1
	mg	331	407
Magnesium	mmol	4	3.5
	mg	96	84
Iron	mg	6.8	4.4
Zinc	mg	5.4	4.3
Copper	mg	0.5	0.3
Manganese	mg	0.6	0.4
Selenium	µg	26	16
Chromium	µg	7	4.5
Molybdenum	µg	16	17
Iodine	µg	119	139

## BANANA

**Fat Filled Milk Powder (Skim Milk Solids, Palm Oil, Dairy Solids, Emulsifier; Soya Lecithin.) Skimmed Milk Powder,** Maltodextrin, Inulin, Caster Sugar, Flavouring, Vitamin and Mineral Blend [Ascorbic Acid, Potassium Chloride, Sodium Chloride, Nicotinamide, DL-a-Tocopherol Acetate (Vitamin E), Ferric Pyrophosphate, Calcium D-Pantothenate, Zinc Oxide, Pyridoxine Hydrochloride, Thiamine Mononitrate, Manganese Sulphate, Riboflavin, Retinyl Acetate (Vitamin A), Folic Acid, Potassium Iodide, Phytomenadione (Vitamin K1), Copper Gluconate, D-Biotin, Sodium Selenite, Sodium Molybdate, Chromium Chloride, Cyanocobalamin (Vitamin B12)], Magnesium Oxide, Natural Colour (Mixed Carotenes), Vitamin D3.

**Gluten Free.**

**Allergens: Milk Protein and Soya.**

AVERAGE CONTENT	UNITS	SHAKE PER 63g SACHET	
		PER 100g	PREPARED WITH 200ml MILK
Energy	kJ	1893	1757
	kcal	450	420
Fat	g	13.4	16.4
of which saturates	g	7.9	10.2
of which monounsaturates	g	4.5	4.9
of which polyunsaturates	g	0.9	0.8
Carbohydrate	g	58.5	46.4
of which sugars	g	40.8	35.2
Fibre	g	7.2	4.5
Protein	g	20.5	19.7
Salt	g	0.5	0.5
<b>VITAMINS</b>			
Vitamin A	µgRE	662	479
Vitamin D	µg	8.8	5.5
Vitamin E	mgTE	8.6	5.6
Vitamin K	µg	52	33
Vitamin C	mg	61.5	42.7
Thiamin (B <sub>1</sub> )	mg	1.4	1
Riboflavin (B <sub>2</sub> )	mg	1.8	1.6
Niacin	mgNE	11.3	7.5
Vitamin B <sub>6</sub>	mg	2	1.4
Folic Acid	µg	201	143
Vitamin B <sub>12</sub>	µg	2	2.9
Biotin	µg	30	24.2
Pantothenic Acid	mg	5.8	4.9
<b>MINERALS</b>			
Sodium	mmol	9.4	9.7
	mg	216	223
Potassium	mmol	15.8	12.1
	mg	615	474
Chloride	mmol	9.8	11.3
	mg	347	402
Calcium	mmol	18.7	17.9
	mg	749	715
Phosphorus	mmol	10.6	13
	mg	328	405
Magnesium	mmol	4.3	3.7
	mg	103	88
Iron	mg	6.8	4.4
Zinc	mg	5.5	4.3
Copper	mg	0.5	0.3
Manganese	mg	0.6	0.4
Selenium	µg	26	16
Chromium	µg	7	4.5
Molybdenum	µg	16	17
Iodine	µg	119	139

## CHOCOLATE

**Fat Filled Milk Powder (Skim Milk Solids, Palm Oil, Dairy Solids, Emulsifier; Soya Lecithin.) Skimmed Milk Powder,** Maltodextrin, Caster Sugar, Inulin, Cocoa Powder, Flavouring, Vitamin and Mineral Blend [Ascorbic Acid, Potassium Chloride, Sodium Chloride, Nicotinamide, DL-a-Tocopherol Acetate (Vitamin E), Ferric Pyrophosphate, Calcium D-Pantothenate, Zinc Oxide, Pyridoxine Hydrochloride, Thiamine Mononitrate, Manganese Sulphate, Riboflavin, Retinyl Acetate (Vitamin A), Folic Acid, Potassium Iodide, Phytomenadione (Vitamin K1), Copper Gluconate, D-Biotin, Sodium Selenite, Sodium Molybdate, Chromium Chloride, Cyanocobalamin (Vitamin B12)], Magnesium Oxide, Vitamin D3.

**Gluten Free.**

**Allergens: Milk Protein and Soya.**

AVERAGE CONTENT	UNITS	SHAKE PER 63g SACHET	
		PER 100g	PREPARED WITH 200ml MILK
Energy	kJ	1846	1727
	kcal	439	413
Fat	g	13.4	16.4
of which saturates	g	8.0	10.3
of which monounsaturates	g	4.5	4.8
of which polyunsaturates	g	0.9	0.8
Carbohydrate	g	55.6	44.5
of which sugars	g	39.8	34.6
Fibre	g	7.5	4.7
Protein	g	20.5	19.7
Salt	g	0.5	0.5
<b>VITAMINS</b>			
Vitamin A	µgRE	646	469
Vitamin D	µg	8.8	5.5
Vitamin E	mgTE	8.6	5.6
Vitamin K	µg	52	33
Vitamin C	mg	61	42.4
Thiamin (B <sub>1</sub> )	mg	1.4	1
Riboflavin (B <sub>2</sub> )	mg	1.8	1.6
Niacin	mgNE	11.3	7.5
Vitamin B <sub>6</sub>	mg	2	1.4
Folic Acid	µg	201	143
Vitamin B <sub>12</sub>	µg	2	2.9
Biotin	µg	30	24.2
Pantothenic Acid	mg	5.7	4.8
<b>MINERALS</b>			
Sodium	mmol	9.1	9.5
	mg	208	218
Potassium	mmol	20.5	21
	mg	798	826
Chloride	mmol	9.3	11
	mg	331	392
Calcium	mmol	17.4	16.4
	mg	700	683
Phosphorus	mmol	10.1	12.7
	mg	312	395
Magnesium	mmol	4.3	3.7
	mg	103	88
Iron	mg	6.8	4.4
Zinc	mg	5.3	4.2
Copper	mg	0.5	0.3
Manganese	mg	0.6	0.4
Selenium	µg	26	16
Chromium	µg	7	4.5
Molybdenum	µg	16	17
Iodine	µg	119	139