

Scandishake Mix

Description

Scandishake Mix is a Food for Special Medical Purposes for use under medical supervision. Scandishake Mix is a high-energy nutritional supplement based on skimmed milk powder, carbohydrate and fat, for the dietary management of disease related malnutrition. Scandishake Mix can be used to supplement the diet of patients unable to meet their nutritional requirements from other foods. Scandishake Mix can be made up with whole milk or added to foods as a 'fortifier.'

Scandishake Mix is available in packs of 6 x 85g sachets, in 6 flavours: Strawberry, Caramel, Banana, Vanilla, Chocolate and Unflavoured.

Indications

For enteral use only. ACBS approved, prescribable on form FP10 (GP10 in Scotland) for the following indications: disease related malnutrition; malabsorption and other conditions requiring fortification with a high fat/carbohydrate supplement.

Contraindications

For enteral use only. Not for intravenous use. Not suitable for children under 3 years of age.

Precautions

Not suitable as a sole source of nutrition. Only to be used as a supplement to the normal diet. Not suitable for patients with galactosaemia.

Directions for use

1. Pour 240ml (8floz) of fresh whole milk into a measuring jug or shaker and empty the contents of one sachet into the milk.

2. Mix briskly with a fork or shake until smooth.

Or:

1. Tip 60ml (2floz) of fresh whole milk into a glass or cup.

2. Add the contents of one sachet.

3. Mix briskly with a fork/whisk into a smooth paste. Gradually add the remaining milk and continue to stir well.

Storage

Keep sealed and store in a dry, cool place (5-25°C), do not refrigerate. Once opened, a sachet of Scandishake Mix should be stored in a dry, cool place and used within 2-3 days.

Discard unused contents thereafter.

Shelf life

24 months. Best before date: see back of sachet.

Ingredients - Unflavoured

Maltodextrin, vegetable oils (soya bean oil, palm oil), skimmed milk, caseinate (from milk), emulsifiers (mono- and di- glycerides of fatty acids), di potassium hydrogen phosphate, sodium chloride, tri magnesium di citrate.

SCANDISHAKE MIX IS GLUTEN FREE.

AVERAGE CONTENTS

	UNIT	per 100g powder	per serving*
Energy:	kcal	506	587
	kJ	2120	2455
Protein:	g	4.9	12.4
% of total energy	%	4	8
Carbohydrate:	g	66.5	67.8
sugars	g	8	17
lactose	g	3.2	13.4
% of total energy	%	52	46
Fat:	g	24.5	29.6
saturates	g	7.5	11.9
% of total energy	%	44	45
Dietary fibre:	g	nil added	
Minerals:			
sodium	mg (mmol)	127 (5.5)	220 (9.5)
potassium	mg (mmol)	272 (6.8)	580 (14.5)
chloride	mg (mmol)	161 (4.5)	389 (10.9)
calcium	mg (mmol)	85 (2.1)	369 (9.2)
phosphorus	mg (mmol)	161 (5.2)	365 (11.7)
magnesium	mg (mmol)	30 (1.2)	55 (2.3)
osmolarity	mOsm/l		
osmolality	mOsm/kg H ₂ O		

AVERAGE CONTENTS

	UNIT	per 100g powder	per serving*
Energy:	kcal	507	588
	kJ	2125	2465
Protein:	g	4.9	12.4
% of total energy	%	4	8
Carbohydrate:	g	67.0	68.2
sugars	g	20.5	28.1
lactose	g	3.2	13.4
% of total energy	%	53	46
Fat:	g	24.5	29.6
saturates	g	7.7	12.7
% of total energy	%	43	46
Dietary fibre:	g	nil added	
Minerals:			
sodium	mg (mmol)	128 (5.5)	221 (9.5)
potassium	mg (mmol)	272 (6.8)	580 (14.5)
chloride	mg (mmol)	163 (4.6)	391 (10.9)
calcium	mg (mmol)	85 (2.1)	369 (9.2)
phosphorus	mg (mmol)	147 (4.7)	352 (11.3)
magnesium	mg (mmol)	30 (1.2)	55 (2.3)
osmolarity	mOsm/l		
osmolality	mOsm/kg H ₂ O		

Ingredients - Vanilla

Maltodextrin, vegetable oils (soya bean oil, palm oil), sucrose, skimmed milk, caseinate (from milk), emulsifiers (mono- and di-glycerides of fatty acids), flavour (vanilla), di potassium hydrogen phosphate, sodium chloride, tri magnesium di citrate.

*Serving = 85g powder and 240ml whole milk

Scandishake Mix Unflavoured

Scandishake Mix Vanilla

AVERAGE CONTENTS	UNIT	per 100g powder	per serving*
Energy:	kcal	508	589
	kJ	2130	2465
Protein:	g	4.9	12.4
% of total energy	%	4	8
Carbohydrate:	g	67.2	68.4
sugars	g	26.0	32.9
lactose	g	3.2	13.5
% of total energy	%	53	46
Fat:	g	24.5	29.6
saturates	g	7.7	12.7
% of total energy	%	43	45
Dietary fibre:	g	nil added	
Minerals:			
sodium	mg (mmol)	128 (5.5)	221 (9.5)
potassium	mg (mmol)	272 (6.8)	580 (14.5)
chloride	mg (mmol)	164 (4.6)	391 (10.9)
calcium	mg (mmol)	85 (2.1)	369 (9.2)
phosphorus	mg (mmol)	147 (4.7)	352 (11.3)
magnesium	mg (mmol)	30 (1.2)	55 (2.3)
osmolarity	mOsm/l		
osmolality	mOsm/kg H ₂ O		

Ingredients - Strawberry

Maltodextrin, vegetable oils (soya bean oil, palm oil), sucrose, skimmed milk, caseinate (from milk), flavour (strawberry), emulsifiers (mono- and di- glycerides of fatty acids), di potassium hydrogen phosphate, sodium chloride, tri magnesium di citrate, colouring (carmine).

AVERAGE CONTENTS	UNIT	per 100g powder	per serving*
Energy:	kcal	499	581
	kJ	2090	2430
Protein:	g	6.3	13.6
% of total energy	%	5	9
Carbohydrate:	g	61.6	63.6
sugars	g	21	28.6
lactose	g	3.3	13.6
% of total energy	%	49	44
Fat:	g	25.3	30.3
saturates	g	8.2	13.1
% of total energy	%	46	44
Dietary fibre:	g	2.4	2
Minerals:			
sodium	mg (mmol)	125 (5.4)	218 (9.4)
potassium	mg (mmol)	522 (13.8)	817 (20.4)
chloride	mg (mmol)	160 (4.5)	388 (10.9)
calcium	mg (mmol)	96 (2.4)	378 (9.5)
phosphorus	mg (mmol)	196 (6.3)	394 (12.6)
magnesium	mg (mmol)	46 (1.9)	69 (2.8)
osmolarity	mOsm/l		
osmolality	mOsm/kg H ₂ O		

Ingredients - Chocolate

Maltodextrin, vegetable oils (soya bean oil, palm oil), sucrose, cocoa powder, skimmed milk, caseinate (from milk), flavour (chocolate), emulsifiers (mono- and di- glycerides of fatty acids), di potassium hydrogen phosphate, sodium chloride.

AVERAGE CONTENTS	UNIT	per 100g powder	per serving*
Energy:	kcal	507	588
	kJ	2125	2460
Protein:	g	4.9	12.4
% of total energy	%	4	8
Carbohydrate:	g	66.9	68.2
sugars	g	20.3	28.0
lactose	g	3.2	13.4
% of total energy	%	53	46
Fat:	g	24.5	29.6
saturates	g	7.7	12.7
% of total energy	%	43	45
Dietary fibre:	g	nil added	
Minerals:			
sodium	mg (mmol)	128 (5.5)	220 (9.5)
potassium	mg (mmol)	272 (6.8)	580 (14.5)
chloride	mg (mmol)	163 (4.6)	391 (10.9)
calcium	mg (mmol)	85 (2.1)	369 (9.2)
phosphorus	mg (mmol)	147 (4.7)	352 (11.3)
magnesium	mg (mmol)	30 (1.2)	55 (2.3)
osmolarity	mOsm/l		
osmolality	mOsm/kg H ₂ O		

Ingredients - Caramel

Maltodextrin, vegetable oils (soya bean oil, palm oil), sucrose, skimmed milk, caseinate (from milk), colouring (plain caramel), flavour (caramel), emulsifiers (mono- and di- glycerides of fatty acids), di potassium hydrogen phosphate, sodium chloride, tri magnesium di citrate.

AVERAGE CONTENTS	UNIT	per 100g powder	per serving*
Energy:	kcal	507	588
	kJ	2125	2460
Protein:	g	4.9	12.4
% of total energy	%	4	8
Carbohydrate:	g	66.9	68.1
sugars	g	20.4	28.1
lactose	g	3.2	13.5
% of total energy	%	53	46
Fat:	g	24.5	29.6
saturates	g	7.7	12.7
% of total energy	%	43	45
Dietary fibre:	g	nil added	
Minerals:			
sodium	mg (mmol)	128 (5.5)	220 (9.5)
potassium	mg (mmol)	271 (6.8)	579 (14.5)
chloride	mg (mmol)	163 (4.6)	391 (10.9)
calcium	mg (mmol)	85 (2.1)	369 (9.2)
phosphorus	mg (mmol)	146 (4.7)	352 (11.3)
magnesium	mg (mmol)	30 (1.2)	55 (2.3)
osmolarity	mOsm/l		
osmolality	mOsm/kg H ₂ O		

Ingredients - Banana

Maltodextrin, vegetable oils (soya bean oil, palm oil), sucrose, skimmed milk, caseinate (from milk), emulsifiers (mono- and di- glycerides of fatty acids), flavour (banana), colouring (beta-carotene), di potassium hydrogen phosphate, sodium chloride, tri magnesium di citrate.