

# Product Compendium

2021

Complete product list  
Guidance  
Support resources

 nualtra



Our purpose is to give patients the **best experience possible** of medical nutrition whilst delivering the most **innovative solutions** and **better value** to the healthcare professional.

Founded in 2012 by dietitian Paul Gough, Nualtra is a dedicated supplier of medical nutrition and currently the fastest growing nutrition company in the UK & Ireland.

◆ Republic of Ireland Office

Ground Floor Left of Roselawn Suite 1  
Roselawn House  
National Technology Park  
Co. Limerick, Ireland  
t: 0035361 518413  
e: support@nualtra.ie

◆ UK Office

Basepoint Business Centre  
Tewkesbury  
Gloucestershire GL20 8SD  
t: 0118 4532853  
e: support@nualtra.co.uk

# Contents

Order Information	4 & 5
Allergen & Religious Information	6
Oral Supplement Range	7
Product details and nutritional composition	
01 Altrajuce	8-9
02 Altraplen Compact	10-11
03 Altraplen Compact Daily (Ireland Only)	12-13
04 Altraplen Protein	14-15
05 Altrashot	16-17
06 Foodlink Complete	18-19
07 Foodlink Complete Compact	20-21
08 Foodlink Complete with Fibre	22-23
09 Nutricrem	24-25
10 Swalloweze Clear	26
Nutritionally Complete Volumes	27
Sample Service	28
ForefrontRx.com	29

Product	Unit	Pack Type	PIP code	Barcode
<b>Altrajuce</b>				
Apple	1 x 200ml	Carton	413-5562	5391527580706
Blackcurrant	1 x 200ml	Carton	413-5547	5391527580744
Orange	1 x 200ml	Carton	413-5570	5391527580720
Strawberry	1 x 200ml	Carton	413-5554	5391527580768
Starter Pack	1 x 200ml	Carton	413-7105	5391527580782
<b>Altraplen Compact</b>				
Vanilla	4 x 125ml	Bottle	381-1460	5392000079908
Strawberry	4 x 125ml	Bottle	381-1452	5392000079915
Hazel Chocolate	4 x 125ml	Bottle	394-9534	5392000089921
Banana	4 x 125ml	Bottle	394-9526	5392000089938
Starter Pack	4 x 125ml	Bottle	395-0870	5391527580003
<b>Altraplen Protein</b>				
Vanilla	4 x 200ml	Bottle	381-1486	5392000079922
Strawberry	4 x 200ml	Bottle	381-1478	5392000079939
Starter Pack	2 x 200ml	Bottle	408-5981	5391527580294
<b>Altrashot</b>				
Vanilla	4 x 120ml	Bottle	404-2271	5392000106765
Strawberry	4 x 120ml	Bottle	404-2263	5391527580096
Starter Pack	2 x 120ml	Bottle	405-0068	5391527580133
<b>Foodlink Complete</b>				
Vanilla	7 x 57g	Sachet	405-1363	5391527580171
	1 x 1596g	Tub	406-6890	5391527580331
Chocolate	7 x 57g	Sachet	399-0066	5391527580041
	1 x 1596g	Tub	406-6874	5391527580379
Strawberry	7 x 57g	Sachet	399-0033	5392000106703
	1 x 1596g	Tub	406-6882	5391527580355
Banana	7 x 57g	Sachet	399-0041	5392000106741
	1 x 1596g	Tub	406-6858	5391527580416
Natural	7 x 57g	Sachet	399-0058	5391527580065
	1 x 1596g	Tub	406-6866	5391527580393
Starter Pack	5 x 57g	Sachet	405-8954	5391527580270
<b>Foodlink Complete Compact</b>				
Vanilla	7 x 57g	Sachet	410-7462	5391527580584
Chocolate	7 x 57g	Sachet	410-7413	5391527580621
Strawberry	7 x 57g	Sachet	410-7421	5391527580607
Banana	7 x 57g	Sachet	410-7447	5391527580645
Natural	7 x 57g	Sachet	410-7439	5391527580669
Starter pack	5 x 57g	Sachet	410-7454	5391527580683
<b>Foodlink Complete with Fibre</b>				
Vanilla	7 x 63g	Sachet	399-0074	5392000089983
Chocolate	7 x 63g	Sachet	405-6032	5391527580256
Strawberry	7 x 63g	Sachet	405-6040	5391527580195
Banana	7 x 63g	Sachet	405-6024	5391527580218
Natural	7 x 63g	Sachet	405-6156	5391527580232
Starter pack	5 x 63g	Sachet	408-0651	5391527580508
<b>Nutricrem</b>				
Vanilla	4 x 125g	Pot	381-1445	5392000079946
Strawberry	4 x 125g	Pot	381-1437	5392000079953
Chocolate Orange	4 x 125g	Pot	394-9666	5392000089969
Mint Chocolate	4 x 125g	Pot	408-6039	5391527580546
Starter Pack (3 pack)	3 x 125g	Pot	394-0987	5391527580027
Starter Pack (4 pack)	3 x 125g	Pot	409-0858	5391527580560
<b>Swalloweze Clear</b>				
Clear Gum Thickenener	1 x 165g	Tub	403-2124	5391527580157
Clear Gum Thickenener	48 x 1.6g	Sachet	409-0866	5391527580522

Product	Unit	Pack Type	GMS code	Barcode
<b>Altraplen Compact</b>				
Vanilla	4 x 125ml	Bottle	82510	5392000079908
Strawberry	4 x 125ml	Bottle	82510	5392000079915
Hazel Chocolate	4 x 125ml	Bottle	82510	5392000089921
Banana	4 x 125ml	Bottle	82510	5392000089938
Starter Pack	4 x 125ml	Bottle	82510	5391527580003
<b>Altraplen Compact Daily</b>				
Vanilla	1 x 250ml	Carton	81115	5391527580805
Strawberry	1 x 250ml	Carton	81115	5391527580829
<b>Altraplen Protein</b>				
Vanilla	4 x 200ml	Bottle	82500	5392000079922
Strawberry	4 x 200ml	Bottle	82500	5392000079939
<b>Altrashot</b>				
Vanilla	4 x 120ml	Bottle	85071	5392000106765
Strawberry	4 x 120ml	Bottle	85071	5391527580096
Starter Pack	2 x 120ml	Bottle	85071	5391527580133
<b>Foodlink Complete</b>				
Vanilla	7 x 57g	Sachet	85067	5391527580171
Chocolate	7 x 57g	Sachet	85067	5391527580041
Strawberry	7 x 57g	Sachet	85067	5392000106703
Banana	7 x 57g	Sachet	85067	5392000106741
Natural	7 x 57g	Sachet	85067	5391527580065
Starter Pack	5 x 57g	Sachet	83248	5391527580270
<b>Foodlink Complete with Fibre</b>				
Vanilla	7 x 63g	Sachet	85068	5392000089983
Chocolate	7 x 63g	Sachet	85068	5391527580256
Strawberry	7 x 63g	Sachet	85068	5391527580195
Banana	7 x 63g	Sachet	85068	5391527580218
Natural	7 x 63g	Sachet	85068	5391527580232
<b>Nutricrem</b>				
Vanilla	4 x 125g	Pot	83065	5392000079946
Strawberry	4 x 125g	Pot	83065	5392000079953
Chocolate Orange	4 x 125g	Pot	83065	5392000089969
Mint Chocolate	4 x 125g	Pot	83065	5391527580546
Starter Pack	3 x 125g	Pot	83065	5391527580027
<b>Swalloweze Clear</b>				
Clear Gum Thickener	1 x 165g	Tub	85064	5391527580157
Clear Gum Thickener	48 x 1.6g	Sachet	-	5391527580522

Product	Egg free	Free from fish products	Gluten free	Lactose free*	Milk free	Nut free	Soya free	Wheat free	Suitable for Vegetarians	Suitable for Vegan	Suitable for Halal	Suitable for Kosher
Altrajuce	✓	✓	✓	✓	✗	✓	✓	✓	✓ <sup>1</sup>	✗	✓ <sup>2</sup>	✓ <sup>2</sup>
Altraplen Compact/Daily	✓	✓	✓	✓	✗	✓	✗	✓	✓ <sup>1</sup>	✗	✓ <sup>2</sup>	✓ <sup>2</sup>
Altraplen Protein	✓	✓	✓	✓	✗	✓	✗	✓	✓ <sup>1</sup>	✗	✓ <sup>2</sup>	✓ <sup>2</sup>
Altrashot	✓	✓	✓	✓	✗	✓	✓	✓	✓ <sup>1</sup>	✗	✓ <sup>2</sup>	✓ <sup>2</sup>
Foodlink Complete	✓	✓	✓	✗	✗	✓	✗	✓	✓	✗	✓ <sup>3</sup>	✓ <sup>3</sup>
Nutricrem	✓	✓	✓	✓	✗	✓	✗	✓	✓ <sup>1</sup>	✗	✓ <sup>2</sup>	✓ <sup>2</sup>
Swalloweze Clear	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓ <sup>3</sup>	✓ <sup>3</sup>

\* Lactose free is defined in our products as containing < 0.5g/100ml or 100g

1. Strawberry and Blackcurrant flavour contains colouring E120, which is also known as cochineal or carmine, and is not suitable for many vegetarians
2. Strawberry and Blackcurrant flavours are not suitable. All other flavours do not contain any ingredients that are forbidden in the Halal or Kosher diets; however, the manufacturing process is not observed by the relevant religious body
3. Does not contain any ingredients that are forbidden in the Halal or Kosher diets; however, the manufacturing process is not observed by the relevant religious body

# Oral Supplement Range

Product details and nutritional composition



# Altrajuce

Altrajuce is a Food for Special Medical Purposes for use under medical supervision.

- ◆ A ready to drink, juice style oral nutritional supplement containing 300kcal and 7.8g protein in 200ml.
- ◆ May be used to supplement a patient's dietary intake. Not suitable as a sole source of nutrition.
- ◆ Available in 200ml tetra. Starter pack also available including 4 x 200ml tetra.

**Flavours:** Available in Apple, Blackcurrant, Orange and Strawberry flavours.

**Allergen information:** Contains milk protein. Gluten free.

**Indications:** For enteral use only. Must be used under medical supervision. May be used for the dietary management of patients with or at risk of developing disease related malnutrition as determined by appropriate nutritional screening.

**Contraindications:** Not suitable for children under 3 years. Not suitable for patients with Galactosaemia or in patients with cow's milk protein allergy.

**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.

**Directions for use:** Ready to drink. Altrajuce can be consumed frozen, chilled, at room temperature or gently heated.

- ◆ Shake well before use.

**Storage:** Altrajuce should be stored in a cool, dry place (below 25°C). Once opened consume within 4 hours or store in a refrigerator and consume within 24 hours. Discard unused contents thereafter.

**Shelf life:** 12 months from manufacture. See side of tetra for best before date.

**Country of origin:** Germany.

This product is packaged in a protective atmosphere.

## INGREDIENTS:

For all other flavours please see individual packaging.

**APPLE:** Water, Glucose syrup, Sugar, Maltodextrin, Cow's **milk** proteins, Acidity regulator: Citric acid, Phosphoric acid, Hydrochloric acid, Potassium chloride, Magnesium chloride, Sodium chloride, Calcium chloride, Choline bitartrate, Sodium L-ascorbate, Flavouring, Minerals (Iron lactate, Zinc sulphate, manganese sulphate, copper sulphate, sodium fluoride, chromium chloride, sodium molybdate, Sodium selenite, Potassium iodide) Vitamins (Ascorbic acid, DL- $\alpha$ -tocopherol acetate, Nicotinamide, Retinol acetate, Calcium-D-pantothenate, Cholecalciferol, Thiamine mononitrate, Pyridoxine hydrochloride, Riboflavin, Vitamin K, Folic acid, Biotin, Cyanocobalamin).



Average content	Units	100ml	200ml tetra
Energy	KJ	636	1272
	Kcal	150	300
Fat (0 en%)	g	0	0
of which saturates	g	0	0
of which monounsaturates	g	0	0
of which polyunsaturates	g	0	0
Carbohydrate (89.6 en%)	g	33.5	67
of which sugars	g	13.5	27
Fibre (0%)	g	0	0
Protein (10.4 en%)	g	3.9	7.8
Salt	g	0.03	0.06
<b>VITAMINS</b>			
Vitamin A	µg-RE	160	320
Vitamin D	µg	1.3	2.6
Vitamin E	mg α-TE	3.2	6.4
Vitamin K	µg	9.6	19.2
Vitamin C	mg	29	58
Thiamin (B1)	mg	0.24	0.48
Riboflavin (B2)	mg	0.24	0.48
Niacin	mg NE	2.4	4.8
Vitamin B6	mg	0.24	0.48
Folic Acid	µg	51	102
Vitamin B12	µg	0.48	0.96
Biotin	µg	6.4	12.8
Pantothenic Acid	mg	0.8	1.6
<b>MINERALS</b>			
Sodium	mmol	0.41	0.82
	mg	10	20
Potassium	mmol	0.19	0.38
	mg	9	18
Chloride	mmol	2.81	5.62
	mg	100	200
Calcium	mmol	0.8	1.6
	mg	30	60
Phosphorus	mmol	0.4	0.8
	mg	12	24
Magnesium	mmol	0.1	0.2
	mg	2	4
Iron	mg	2.3	4.6
Zinc	mg	2.7	5.4
Copper	mg	0.25	0.50
Manganese	mg	0.59	1.18
Selenium	µg	13	26
Chromium	µg	13	26
Molybdenum	µg	14	28
Iodine	µg	25	50
Flouride	mg	0.18	0.36
Osmolarity	mOsmol/L	428	
Osmolality	mOsmol/kg/H2O	655	
Lactose	g	<0.5	<0.5

# Altraplen

COMPACT

Altraplen Compact is a Food for Special Medical Purposes for use under medical supervision.

- ◆ A ready to drink, milkshake style oral nutritional supplement containing 300kcal and 12g protein in 125ml.
- ◆ May be used as a sole source of nutrition or used to supplement a patient's dietary intake.
- ◆ Available in 4 x 125ml cluster packs. Starter pack also available including 4 x 125ml bottles.

**Flavours:** Available in Vanilla, Strawberry, Hazel Chocolate and Banana flavours.

**Allergen information:** Contains milk protein and soya. Gluten free.

**Indications:** For enteral use only. Must be used under medical supervision. May be used for the dietary management of patients with or at risk of developing disease related malnutrition as determined by appropriate nutritional screening.

**Contraindications:** Not suitable for children under 3 years. Not suitable for patients with Galactosaemia or in patients with cow's milk protein allergy.

**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.

**Directions for use:** Ready to drink. Altraplen Compact can be consumed frozen, chilled, at room temperature or gently heated.

- ◆ Shake well before use.

**Storage:** Altraplen Compact should be stored in a cool, dry place (below 25°C). Once opened consume within 4 hours or store in a refrigerator and consume within 24 hours. Discard unused contents thereafter.

**Shelf life:** 12 months. See side of bottle and outer packaging for best before date.

**Country of origin:** France.

This product is packaged in a protective atmosphere.

## INGREDIENTS:

For all other flavours please see individual packaging.

**VANILLA:** Milk protein concentrate, Water, Glucose syrup, Rapeseed oil, Sucrose, Milk protein, Soya protein, Magnesium citrate, Sodium hydrogen phosphate, Tripotassium citrate, Emulsifier: Mono and diglycerides of fatty acids (E471), Potassium Chloride, Potassium phosphate, Choline chloride. Vitamins: (Ascorbic acid, Vit A acetate, Nicotinamide, D-biotin, Vit D3, Vit B12, Pyridoxine HCl, Vit K, Thiamine mononitrate, Riboflavin, Vit E acetate, Calcium D pantothenate, Folic acid), Flavouring, Potassium hydroxide, Trisodium citrate, Colour: Natural carotene, Ferric pyrophosphate, Zinc sulphate, Sodium selenite, Manganese sulphate monohydrate, Copper sulphate, Sodium fluoride, Chromium chloride, Sodium molybdate, Potassium iodide.

Average content	Units	100ml	125ml bottle
Energy	KJ Kcal	1008 240	1260 300
Fat (36 en%)	g	9.6	12
of which saturates	g	0.92	1.15
of which monounsaturates	g	5.96	7.45
of which polyunsaturates	g	2.73	3.41
Carbohydrate (48 en%)	g	28.8	36
of which sugars	g	11.6	14.5
Fibre (0%)	g	0	0
Protein (16 en%)	g	9.6	12
Salt	g	0.25	0.31
<b>VITAMINS</b>			
Vitamin A	µg-RE	200	250
Vitamin D	µg	2	2.5
Vitamin E	mg α-TE	2.8	3.5
Vitamin K	µg	12	15
Vitamin C	mg	24	30
Thiamin (B1)	mg	0.5	0.6
Riboflavin (B2)	mg	0.5	0.6
Niacin	mg NE	4.8	6
Vitamin B6	mg	0.6	0.8
Folic Acid	µg	68	85
Vitamin B12	µg	0.8	1
Biotin	µg	9.6	12
Pantothenic Acid	mg	1.6	2
<b>MINERALS</b>			
Sodium	mmol mg	4.4 101	5.5 126
Potassium	mmol mg	6.2 240	7.75 300
Chloride	mmol mg	2.5 89	3.1 111
Calcium	mmol mg	4.2 168	5.25 210
Phosphorus	mmol mg	5.2 160	6.5 200
Magnesium	mmol mg	1.3 32	1.6 40
Iron	mg	3.2	4
Zinc	mg	2.5	3.1
Copper	mg	0.41	0.5
Manganese	mg	0.8	1
Selenium	µg	14	17.5
Chromium	µg	16	20
Molybdenum	µg	20	25
Iodine	µg	30	37.5
Fluoride	mg	0.2	0.25
Osmolarity	mOsmol/L	901-966	
Osmolality	mOsmol/kg/H <sub>2</sub> O	1270-1360	
Lactose	g	<0.5	<0.5

Altraplen Compact Daily is a Food for Special Medical Purposes for use under medical supervision.

- ◆ A ready to drink, milkshake style oral nutritional supplement containing 600kcal and 24g protein in 250ml.
- ◆ May be used as a sole source of nutrition or used to supplement a patient's dietary intake.
- ◆ Available in 250ml Tetra cartons.

**Flavours:** Available in Vanilla and Strawberry flavours.

**Allergen information:** Contains milk protein and soya. Gluten free.

**Indications:** For enteral use only. Must be used under medical supervision. May be used for the dietary management of patients with or at risk of developing disease related malnutrition as determined by appropriate nutritional screening.

**Contraindications:** Not suitable for children under 3 years. Not suitable for patients with Galactosaemia or in patients with cow's milk protein allergy.

**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.

**Directions for use:** Ready to drink. Altraplen Compact Daily can be consumed frozen, chilled, at room temperature or gently heated.

- ◆ Shake well before use.

**Storage:** Altraplen Compact Daily should be stored in a cool, dry place (below 25°C). Once opened consume within 4 hours or store in a refrigerator and consume within 24 hours. Discard unused contents thereafter.

**Shelf life:** 12 months. See side of bottle and outer packaging for best before date.

**Country of origin:** Germany.

This product is packaged in a protective atmosphere.

## INGREDIENTS:

For all other flavours please see individual packaging.

**VANILLA:** Milk protein concentrate, Water, Glucose syrup, Rapeseed oil, Sucrose, Milk protein, Soya protein, Magnesium citrate, Sodium hydrogen phosphate, Tripotassium citrate, Emulsifier: Mono and diglycerides of fatty acids (E471), Potassium Chloride, Potassium phosphate, Choline chloride. Vitamins: (Ascorbic acid, Vit A acetate, Nicotinamide, D-biotin, Vit D3, Vit B12, Pyridoxine HCl, Vit K, Thiamine mononitrate, Riboflavin, Vit E acetate, Calcium D pantothenate, Folic acid), Flavouring, Potassium hydroxide, Trisodium citrate, Colour: Natural carotene, Ferric pyrophosphate, Zinc sulphate, Sodium selenite, Manganese sulphate monohydrate, Copper sulphate, Sodium fluoride, Chromium chloride, Sodium molybdate, Potassium iodide.

Average content	Units	100ml	250ml bottle
Energy	KJ Kcal	1008 240	2520 600
Fat (36 en%)	g	9.6	24
of which saturates	g	0.92	2.30
of which monounsaturates	g	5.96	14.9
of which polyunsaturates	g	2.73	6.82
Carbohydrate (48 en%)	g	28.8	72
of which sugars	g	11.6	29
Fibre (0%)	g	0	0
Protein (16 en%)	g	9.6	24
Salt	g	0.25	0.62
<b>VITAMINS</b>			
Vitamin A	µg-RE	200	500
Vitamin D	µg	2	5
Vitamin E	mg α-TE	2.8	7
Vitamin K	µg	12	30
Vitamin C	mg	24	60
Thiamin (B1)	mg	0.5	1.2
Riboflavin (B2)	mg	0.5	1.2
Niacin	mg NE	4.8	12
Vitamin B6	mg	0.6	1.6
Folic Acid	µg	68	170
Vitamin B12	µg	0.8	2
Biotin	µg	9.6	24
Pantothenic Acid	mg	1.6	4
<b>MINERALS</b>			
Sodium	mmol mg	4.4 101	11 252
Potassium	mmol mg	6.2 240	15.5 600
Chloride	mmol mg	2.5 89	6.2 222
Calcium	mmol mg	4.2 168	10.5 420
Phosphorus	mmol mg	5.2 160	13 400
Magnesium	mmol mg	1.3 32	3.2 80
Iron	mg	3.2	8
Zinc	mg	2.5	6.2
Copper	mg	0.41	1
Manganese	mg	0.8	2
Selenium	µg	14	35
Chromium	µg	16	40
Molybdenum	µg	20	50
Iodine	µg	30	75
Fluoride	mg	0.2	0.5
Osmolarity	mOsmol/L	704	
Osmolality	mOsmol/kg/H <sub>2</sub> O	1300	
Lactose	g	<0.5	<0.5

# Altraplen

PROTEIN

Altraplen Protein is a Food for Special Medical Purposes for use under medical supervision.

- ◆ A ready to drink, milkshake style oral nutritional supplement containing 300kcal and 20g protein in 200ml.
- ◆ May be used as a sole source of nutrition or used to supplement a patient's dietary intake.
- ◆ Available in 4 x 200ml cluster packs. Starter pack also available including 2 x 200ml bottles.

**Flavours:** Available in Vanilla and Strawberry flavours.

**Allergen information:** Contains milk protein and soya. Gluten free.

**Indications:** For enteral use only. Must be used under medical supervision. May be used for the dietary management of patients with increased nutritional requirements as a result of chronic wounds, post-surgery or any patient with or at risk of developing disease related malnutrition as determined by appropriate nutritional screening.

**Contraindications:** Not suitable for children under 3 years. Not suitable for patients with Galactosaemia or in patients with cow's milk protein allergy.

**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.

**Directions for use:** Ready to drink. Altraplen Protein can be consumed frozen, chilled, at room temperature or gently heated.

- ◆ Shake well before use.

**Storage:** Altraplen Protein should be stored in a cool, dry place (below 25°C). Once opened consume within 4 hours or store in a refrigerator and consume within 24 hours. Discard unused contents thereafter.

**Shelf life:** 18 months from manufacture. See side of bottle and outer packaging for best before date.

**Country of origin:** France.

This product is packaged in a protective atmosphere.

## INGREDIENTS:

For all other flavours please see individual packaging.

**VANILLA:** Water, **Milk** protein concentrate, Maltodextrin, Glucose syrup, Vegetable oil, Calcium caseinate, Potassium caseinate, Isolated **soya** protein, Emulsifier: **Soya** lecithin (E322), Tripotassium citrate (E332), Trisodium citrate, Calcium chloride (E509), Potassium chloride, Choline chloride, Magnesium citrate, Flavouring, Vitamins: (Ascorbic acid, Vit A acetate, Nicotinamide, D-biotin, Vit D3, Vit B12, Pyridoxine HCl, Vit K, Thiamine mononitrate, Riboflavin, Vit E acetate, Calcium D-pantothenate, Folic acid), Sodium hydroxide (E524), Magnesium oxide (E530), Colour E100, Acesulfame K (E950), Ferric pyrophosphate, Sucralose (E955), Zinc sulphate, Sodium selenite, Manganese sulphate monohydrate, Copper sulphate, Sodium fluoride, Chromium chloride, Sodium molybdate, Potassium iodide..

Average content	Units	100ml	200ml bottle
Energy	KJ Kcal	632 150	1264 300
Fat (33.5 en%)	g	5.6	11.2
of which saturates	g	0.46	0.92
of which monounsaturates	g	3.36	6.72
of which polyunsaturates	g	1.59	3.18
Carbohydrate (40 en%)	g	15	30
of which sugars	g	4.6	9.2
Fibre (0%)	g	0	0
Protein (26.5 en%)	g	10	20
Salt	g	0.19	0.38
<b>VITAMINS</b>			
Vitamin A	µg-RE	120	240
Vitamin D	µg	2.5	5
Vitamin E	mg α-TE	2	4
Vitamin K	µg	10	20
Vitamin C	mg	15	30
Thiamin (B1)	mg	0.25	0.5
Riboflavin (B2)	mg	0.25	0.5
Niacin	mg NE	2.7	5.4
Vitamin B6	mg	0.35	0.7
Folic Acid	µg	55	110
Vitamin B12	µg	0.95	1.9
Biotin	µg	6	12
Pantothenic Acid	mg	1	2
<b>MINERALS</b>			
Sodium	mmol mg	3.3 75	6.6 150
Potassium	mmol mg	4.6 180	9.2 360
Chloride	mmol mg	4.2 150	8.4 300
Calcium	mmol mg	4 160	8 320
Phosphorus	mmol mg	3.2 100	6.4 200
Magnesium	mmol mg	1 25	2 50
Iron	mg	2	4
Zinc	mg	1.5	3
Copper	mg	0.26	0.52
Manganese	mg	0.3	0.6
Selenium	µg	8.5	17
Chromium	µg	10	20
Molybdenum	µg	15	30
Iodine	µg	20	40
Fluoride	mg	0.15	0.3
Osmolarity	mOsmol/L	400	
Osmolality	mOsmol/kg/H <sub>2</sub> O	520	
Lactose	g	0.09	0.18

# Altrashot

Altrashot is a Food for Special Medical Purposes for use under medical supervision.

- ◆ A low volume, energy dense liquid oral nutritional supplement containing 420kcal and 6g protein in 120ml. One bottle of Altrashot provides 3 x 40ml or 4 x 30ml doses.
- ◆ May be used to supplement a patient's dietary intake. Not suitable as a sole source of nutrition.
- ◆ Available in 4 x 120ml clusters. Starter pack also available including 2 x 120g bottles.

**Flavours:** Available in Vanilla and Strawberry flavours.

**Allergen information:** Contains milk protein. Gluten free.

**Indications:** For enteral use only. Must be used under medical supervision. May be used for the dietary management of patients with or at risk of developing disease related malnutrition as determined by appropriate nutritional screening.

**Contraindications:** Not suitable for children under 3 years. Not suitable for patients with Galactosaemia or in patients with cow's milk protein allergy.

**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.

**Directions for use:** Ready to drink. Altrashot can be consumed frozen, chilled, room temperature or gently heated. Altrashot can be added to food and drink.

- ◆ Shake well before use.

**Storage:** Altrashot should be stored in a cool, dry place (below 25°C). Once opened consume within 4 hours or store in a refrigerator and consume within 24 hours. Discard unused contents thereafter.

**Shelf life:** 12 months from manufacture. See side of bottle and outer packaging for best before date.

**Country of origin:** France.

This product is packaged in a protective atmosphere.

## INGREDIENTS:

For all other flavours please see individual packaging.

**VANILLA:** Skimmed **milk** concentrate, Rapeseed oil, Water, Glucose syrup, Sugar, **Milk** protein isolate, Emulsifier: Mono and diglycerides of fatty acids (E471), Potassium lactate (E326), Magnesium citrate, Dipotassium phosphate (E340), Flavouring, Potassium chloride (E508), Sodium hydrogen phosphate (E339), Trisodium citrate(E331), Tripotassium citrate (E332), Sodium chloride, Calcium lactate (E327), Vitamins: (Ascorbic acid, Vitamin E, Niacin, Vitamin A, Pantothenic acid, Biotin, Folic acid, Vitamin B1, Vitamin B6, Vitamin D, Vitamin B2, Vitamin B12, Vitamin K1), Tricalcium citrate (E333), Potassium hydroxide (E525), Sweetener: Sucralose (E955), Ferric pyrophosphate, Zinc sulphate, Stabiliser: Xanthan gum (E415), Sodium selenite, Manganese sulphate monohydrate, Copper sulphate, Sodium fluoride, Chromium chloride, Potassium iodide, Sodium molybdate.



Average content	Units	100ml	120ml bottle	30ml shot	40ml shot
Energy	KJ Kcal	1451 350	1741 420	435 105	580 140
Fat (74.8 en%)	g	29	35	9	12
of which saturates	g	2.25	3	1	1
of which monounsaturates	g	18.4	22	6	7
of which polyunsaturates	g	8.5	10	3	3
Carbohydrate (19.5 en%)	g	17	20.4	5	7
of which sugars	g	7.9	9.5	2	3
Fibre (0%)	g	0	0	0	0
Protein (5.7 en%)	g	5	6	1.5	2
Salt	g	0.3	0.3	0.1	0
<b>VITAMINS</b>					
Vitamin A	µg-RE	190	228	57	76
Vitamin D	µg	2.7	3.2	0.8	1.1
Vitamin E	mg α-TE	9	10.8	2.7	3.6
Vitamin K	µg	40	48	12	16
Vitamin C	mg	33	39.6	9.9	13.2
Thiamin (B1)	mg	0.5	0.6	0.2	0.2
Riboflavin (B2)	mg	0.5	0.6	0.2	0.2
Niacin	mg NE	4.5	5.4	1.4	1.8
Vitamin B6	mg	0.6	0.7	0.2	0.2
Folic Acid	µg	90	108	27	36
Vitamin B12	µg	0.5	0.6	0.2	0.2
Biotin	µg	11	13.2	3.3	4.4
Pantothenic Acid	mg	1.5	1.8	0.5	0.6
<b>MINERALS</b>					
Sodium	mmol mg	5.7 120	6.8 144	1.7 36	2.3 48
Potassium	mmol mg	8.9 350	10.7 420	2.7 105	3.6 140
Chloride	mmol mg	4.2 150	5.0 180	1.3 45	1.7 60
Calcium	mmol mg	4 160	4.8 192	1.2 48	1.6 64
Phosphorus	mmol mg	4.8 150	5.8 180	1.4 45	1.9 60
Magnesium	mmol mg	1.6 40	1.9 48	0.5 12	0.6 16
Iron	mg	2.5	3.0	0.8	1.0
Zinc	mg	3.5	4.2	1.1	1.4
Copper	mg	0.3	0.4	0.1	0.1
Manganese	mg	0.5	0.6	0.2	0.2
Selenium	µg	18	21.6	5.4	7.2
Chromium	µg	11	13.2	3.3	4.4
Molybdenum	µg	20	24	6	8
Iodine	µg	40	48	12	16
Fluoride	mg	0	0	0	0
Osmolarity	mOsmol/L	775-790			
Osmolality	mOsmol/kg/H <sub>2</sub> O	1445-1490			
Lactose	g	0.20	0.24	0.06	0.08

# Foodlink Complete

Foodlink Complete is a Food for Special Medical Purposes for use under medical supervision.

- ◆ A nutritionally balanced, powdered supplement.
- ◆ To be used to supplement a patient's dietary intake. Not suitable as a sole source of nutrition.
- ◆ Available in 7 x 57g cartons. Starter pack also available including 5 x 57g sachets and a Nualtra shaker.
- ◆ Available in 57g sachets or a 1596g tub.

**Flavours:** Available in Vanilla, Strawberry, Chocolate, Banana and Natural flavours.

**Allergen information:** Contains milk (protein and lactose) and soya. Gluten free.

**Indications:** For enteral use only. Must be used under medical supervision. May be used for the dietary management of patients with or at risk of developing disease related malnutrition as determined by appropriate nutritional screening.

**Contraindications:** Not suitable for children under 3 years. Not suitable for patients with Galactosaemia or in patients with cow's milk intolerance or allergy.

**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.

**Storage:** Foodlink Complete should be stored in a cool, dry place. Once reconstituted Foodlink Complete can be stored in a refrigerator for up to 24 hours. Discard unused contents thereafter.

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

**Country of origin:** Ireland.

This product is packaged in a protective atmosphere. Foodlink Complete can be consumed chilled, at room temperature or gently heated.

**Directions for use:** You will need a large glass, mug or Nualtra Shaker and 200ml of whole milk, juice or water\* depending on what your Health Care Professional has recommended.

- ◆ Add 200ml of liquid to the shaker or glass and 1 x 57g sachet of Foodlink Complete.
- ◆ Whisk or mix well with a fork. Serve when fully mixed.
- ◆ Alternatively, if using a Nualtra shaker – Add 200ml liquid to the shaker along with 1 x 57g sachet of Foodlink Complete.
- ◆ Close lid and shake vigorously until powder the is dissolved.

\*Foodlink Complete can also be mixed with semi-skimmed or skimmed milk, fruit juices or water.

If making Foodlink Complete using alternative liquids, please note that the nutritional profile will vary.

## INGREDIENTS:

For all other flavours please see individual packaging.

**STRAWBERRY:** Fat filled **milk** Powder (Skim **milk** solids, Refined palm oil, Sugar, **Soya** lecithin, Vitamin A, Vitamin D3) Skimmed **milk** powder, Maltodextrin, Caster sugar, Natural colour (Beetroot powder), Flavourings, Vitamin and mineral blend (Magnesium oxide, Ascorbic acid, Ferric pyrophosphate, DL- $\alpha$ -tocopherol acetate (Vitamin E), Nicotinamide, Phytomenadione (Vitamin K1), Zinc oxide, Copper gluconate, Calcium D-pantothenate, Retinyl acetate (Vitamin A), Manganese Sulphate, Pyridoxine hydrochloride, Thiamine mononitrate, D-biotin, Vitamin D3, Riboflavin, Folic Acid, Potassium iodide, Sodium selenite, Chromium chloride).

Average content	Units	Per 100g powder	Per shake - 57g powder mixed with 200ml whole milk
Energy	KJ Kcal	1869 444	1611 383
Fat (37.5 en%*)	g	15	16
of which saturates	g	7.4	8.9
of which monounsaturates	g	5.4	5.2
of which polyunsaturates	g	1.3	0.9
Carbohydrate (42.7 en%*)	g	56	41
of which sugars	g	43	34
Fibre (0 en%*)	g	0	0
Protein (19.8 en%*)	g	21	19
Salt	g	0.62	0.57
<b>VITAMINS</b>			
Vitamin A	µg-RE	666	454
Vitamin D	µg	8.8	5.0
Vitamin E	mg α-TE	8.6	5.0
Vitamin K	µg	52	30
Vitamin C	mg	61	39
Thiamin (B1)	mg	1.4	0.86
Riboflavin (B2)	mg	1.8	1.5
Niacin	mg NE	11	6.7
Vitamin B6	mg	2.0	1.3
Folic Acid	µg	201	124
Vitamin B12	µg	2.4	3.3
Biotin	µg	30	22
Pantothenic Acid	mg	5.8	4.5
<b>MINERALS</b>			
Sodium	mmol mg	11 250	10 230
Potassium	mmol mg	23.1 905	21.4 839
Chloride	mmol mg	17.5 620	15.1 536
Calcium	mmol mg	18.5 743	16.7 671
Phosphorus	mmol mg	16.7 518	15.9 493
Magnesium	mmol mg	4.24 103	3.36 81.7
Iron	mg	6.8	3.9
Zinc	mg	5.5	4.1
Copper	mg	0.50	0.29
Manganese	mg	0.60	0.34
Selenium	µg	26	17
Chromium	µg	7.0	4.0
Molybdenum	µg	24	14
Iodine	µg	116	130
Fluoride	mg	0.0	0.0
Osmolarity	mOsm/L		619
Osmolality	mOsmol/kg/H <sub>2</sub> O		900-1150
Lactose	g	32.6	28

\*when mixed with 200ml whole milk

Foodlink Complete Compact is a Food for Special Medical Purposes for use under medical supervision.

- ◆ A nutritionally balanced, powdered supplement.
- ◆ To be used to supplement a patient's dietary intake. Not suitable as a sole source of nutrition.
- ◆ Available in 7 x 57g cartons. Starter pack also available including 5 x 57g sachets and a Nualtra shaker.

**Flavours:** Available in Vanilla, Strawberry, Chocolate, Banana and Natural flavours.

**Allergen information:** Contains milk (protein and lactose) and soya. Gluten free.

**Indications:** For enteral use only. Must be used under medical supervision. May be used for the dietary management of patients with or at risk of developing disease related malnutrition as determined by appropriate nutritional screening.

**Contraindications:** Not suitable for children under 3 years. Not suitable for patients with Galactosaemia or in patients with cow's milk intolerance or allergy.

**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.

**Storage:** Foodlink Complete Compact should be stored in a cool, dry place. Once reconstituted Foodlink Complete Compact can be stored in a refrigerator for up to 24 hours. Discard unused contents thereafter.

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

**Country of origin:** Ireland.

This product is packaged in a protective atmosphere.

Foodlink Complete Compact can be consumed chilled, at room temperature or gently heated.

**Directions for use:** You will need a large glass, mug or Nualtra shaker and 100ml of whole milk, juice or water\* depending on what your Health Care Professional has recommended.

- ◆ Add 100ml of liquid to the shaker or glass and 1 x 57g sachet of Foodlink Complete Compact.
- ◆ Whisk or mix well with a fork. Serve when fully mixed.
- ◆ Alternatively, if using a Nualtra shaker – Add 100ml liquid to the shaker along with 1 x 57g sachet of Foodlink Complete Compact.
- ◆ Close lid and shake vigorously until powder is dissolved.

\*Foodlink Complete Compact can also be mixed with semi-skimmed or skimmed milk, fruit juices or water. If making Foodlink Complete Compact using alternative liquids, please note that the nutritional profile will vary.

## INGREDIENTS:

For all other flavours please see individual packaging.

**STRAWBERRY:** Fat filled **milk** powder (Skim **milk** solids, Refined palm oil, Sugar, **Soya** lecithin, Vitamin A, Vitamin D3) Skimmed **milk** powder, Maltodextrin, Caster sugar, Natural colour (Beetroot powder), Flavourings, Vitamin and mineral blend (Magnesium oxide, Ascorbic acid, Ferric pyrophosphate, DL- $\alpha$ -tocopherol acetate (Vitamin E), Nicotinamide, Phytomenadione (Vitamin K1), Zinc oxide, Copper gluconate, Calcium D-pantothenate, Retinyl acetate (Vitamin A), Manganese sulphate, Pyridoxine hydrochloride, Thiamine mononitrate, D-biotin, Vitamin D3, Riboflavin, Folic acid, Potassium iodide, Sodium selenite, Chromium chloride).

Average content	Units	Per 100g powder	Per shake - 57g powder mixed with 100ml milk
Energy	KJ Kcal	1869 444	1338 318
Fat (34 en%*)	g	15	12
of which saturates	g	7.4	6.6
of which monounsaturates	g	5.4	4.1
of which polyunsaturates	g	1.3	0.8
Carbohydrate (47 en%*)	g	56	37
of which sugars	g	43	29
Fibre (0 en%*)	g	0	0
Protein (19 en%*)	g	21	15
Salt	g	0.62	0.46
<b>VITAMINS</b>			
Vitamin A	µg-RE	666	417
Vitamin D	µg	8.8	5.0
Vitamin E	mg α-TE	8.6	5.0
Vitamin K	µg	52	30
Vitamin C	mg	61	37
Thiamin (B1)	mg	1.4	0.83
Riboflavin (B2)	mg	1.8	1.3
Niacin	mg NE	11	6.5
Vitamin B6	mg	2.0	1.2
Folic Acid	µg	201	119
Vitamin B12	µg	2.4	2.3
Biotin	µg	30	20
Pantothenic Acid	mg	5.8	3.9
<b>MINERALS</b>			
Sodium	mmol mg	11.0 250	8.2 186
Potassium	mmol mg	23.1 905	17.3 677
Chloride	mmol mg	17.5 620	12.6 445
Calcium	mmol mg	18.5 743	13.6 547
Phosphorus	mmol mg	16.7 518	12.7 394
Magnesium	mmol mg	4.24 103	2.89 70.2
Iron	mg	6.8	3.9
Zinc	mg	5.5	3.6
Copper	mg	0.50	0.29
Manganese	mg	0.60	0.34
Selenium	µg	26	16
Chromium	µg	7.0	4.0
Molybdenum	µg	24	14
Iodine	µg	116	98
Fluoride	mg	0	0
Osmolarity	mOsm/L		1190
Osmolality	mOsmol/kg/H <sub>2</sub> O		1783
Lactose	g	32.6	11.6

\*when mixed with 100ml whole milk

# Foodlink Complete

WITH FIBRE

Foodlink Complete with Fibre is a Food for Special Medical Purposes for use under medical supervision.

- ◆ A nutritionally balanced, powdered supplement.
- ◆ To be used to supplement a patient's dietary intake. Not suitable as a sole source of nutrition.
- ◆ Available in 7 x 63g cartons. Starter pack also available including 5 x 63g sachets and a Nualtra shaker.

**Flavours:** Available in Vanilla, Strawberry, Chocolate, Banana and Natural flavours.

**Allergen information:** Contains milk (protein and lactose) and soya. Gluten free.

**Indications:** For enteral use only. Must be used under medical supervision. May be used for the dietary management of patients with or at risk of developing disease related malnutrition as determined by appropriate nutritional screening.

**Contraindications:** Not suitable for children under 3 years. Not suitable for patients with Galactosaemia or in patients with cow's milk intolerance or allergy.

**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.

**Storage:** Foodlink Complete with Fibre should be stored in a cool, dry place. Once reconstituted Foodlink Complete with Fibre can be stored in a refrigerator for up to 24 hours. Discard unused contents thereafter.

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

**Country of origin:** Ireland.

This product is packaged in a protective atmosphere.

Foodlink Complete with Fibre can be consumed chilled, at room temperature or gently heated.

**Directions for use:** You will need a large glass, mug or Nualtra shaker and 200ml of whole milk, juice or water\* depending on what your Health Care Professional has recommended.

- ◆ Add 200ml of liquid to the shaker or glass and 1 x 63g sachet of Foodlink Complete Fibre.
- ◆ Whisk or mix well with a fork. Serve when fully mixed.
- ◆ Alternatively, if using a Nualtra shaker – Add 200ml liquid to the shaker along with 1 x 63g sachet of Foodlink Complete Fibre.
- ◆ Close lid and shake vigorously until powder is dissolved.

\*Foodlink Complete with Fibre can also be mixed with semi-skimmed or skimmed milk, fruit juices or water. If making Foodlink Complete with Fibre using alternative liquids, please note that the nutritional profile will vary.

## INGREDIENTS:

For all other flavours please see individual packaging.

**STRAWBERRY:** Fat filled **milk** powder (Skim **milk** solids, Refined palm oil, Sugar, **Soya** lecithin, Vitamin A, Vitamin D3) Skimmed **milk** powder, Maltodextrin, Inulin, Caster sugar, Natural colour (Beetroot powder), Flavourings, Vitamin and mineral blend (Magnesium oxide, Ascorbic acid, Ferric pyrophosphate, DL- $\alpha$ -tocopherol acetate (Vitamin E), Nicotinamide, Phytomenadione (Vitamin K1), Zinc oxide, Copper gluconate, Calcium D-pantothenate, Retinyl acetate (Vitamin A), Manganese sulphate, Pyridoxine hydrochloride, Thiamine mononitrate, D-biotin, Vitamin D3, Riboflavin, Folic acid, Potassium iodide, Sodium selenite, Chromium chloride).

Average content	Units	Per 100g powder	Per shake - 63g powder mixed with 200ml whole milk
Energy	KJ Kcal	1779 423	1667 397
Fat (36.3 en%*)	g	14	16
of which saturates	g	6.7	9.0
of which monounsaturates	g	4.9	5.2
of which polyunsaturates	g	1.2	0.9
Carbohydrate (42.3 en%*)	g	52	42
of which sugars	g	40	35
Fibre (2.3 en%*)	g	7.2	4.5
Protein (19.1 en%*)	g	19	19
Salt	g	0.57	0.57
<b>VITAMINS</b>			
Vitamin A	µg-RE	642	478
Vitamin D	µg	8.3	5.2
Vitamin E	mg α-TE	8.7	5.6
Vitamin K	µg	54	34
Vitamin C	mg	63	44
Thiamin (B1)	mg	1.4	0.94
Riboflavin (B2)	mg	1.7	1.5
Niacin	mg NE	12	8
Vitamin B6	mg	2.1	1.4
Folic Acid	µg	209	141
Vitamin B12	µg	2.2	3.3
Biotin	µg	29	23
Pantothenic Acid	mg	5.7	4.8
<b>MINERALS</b>			
Sodium	mmol mg	10 230	10 230
Potassium	mmol mg	21.1 825	21.6 843
Chloride	mmol mg	15.9 565	15.2 539
Calcium	mmol mg	16.9 677	16.8 674
Phosphorus	mmol mg	15.2 472	16.0 495
Magnesium	mmol mg	4.07 98.8	3.51 85.2
Iron	mg	7.1	4.5
Zinc	mg	5.5	4.5
Copper	mg	0.52	0.33
Manganese	mg	0.62	0.39
Selenium	µg	26	18
Chromium	µg	6.9	4.3
Molybdenum	µg	22	14
Iodine	µg	120	140
Fluoride	mg	0.0	0.0
Osmolarity	mOsm/L		679
Osmolality	mOsmol/kg/H2O		900-1150
Lactose	g	32.3	30

\*when mixed with 200ml whole milk

# Nutricrem

Nutricrem is a Food for Special Medical Purposes for use under medical supervision.

- ◆ A ready to eat, semi solid oral nutritional supplement containing 225kcal and 12.5g protein in 125g.
- ◆ May be used as a sole source of nutrition or used to supplement a patient's dietary intake.
- ◆ Available in 4 x 125g packs. Starter pack also available including 4 x 125g pots.

**Flavours:** Available in Vanilla, Strawberry, Chocolate Orange and Mint Chocolate flavours.

**Allergen information:** Contains milk protein and soya. Gluten free.

**Indications:** For enteral use only. Must be used under medical supervision. May be used for the dietary management of patients with or at risk of disease related malnutrition as determined by appropriate nutritional screening.

**Contraindications:** Not suitable for children under 3 years. Not suitable for patients with Galactosaemia or in patients with cow's milk protein allergy.

**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.

**Directions for use:** Ready to eat. Nutricrem can be consumed frozen, chilled, room temperature or gently heated.

- ◆ Stir well before use.

**Storage:** Nutricrem should be stored in a cool, dry place (below 25°C). Once opened consume within 4 hours or store in a refrigerator and consume within 24 hours. Discard unused contents thereafter.

**Shelf life:** 12 months from manufacture. See side of pot and outer packaging for best before date.

**Country of origin:** France.

This product is packaged in a protective atmosphere.

## INGREDIENTS:

For all other flavours please see individual packaging.

**VANILLA: Milk** protein concentrate, Water, Maltodextrin, Sucrose, Rapeseed oil, Calcium caseinate (**Milk**), Potassium caseinate (**Milk**), Starch (E1442), Emulsifier: Mono and diglycerides of fatty acids (E471), Isolated **soya** protein, Tripotassium citrate (E332), Trisodium citrate, Stabiliser: Carrageenan (E407), Flavouring, Magnesium chloride (E511), Potassium dihydrogen phosphate (E340), Magnesium citrate, Colour: Natural Carotene. Vitamins: (Ascorbic acid, Vitamin A acetate, Nicotinamide, D-biotin, Vitamin D3, Vitamin B12, Pyridoxine HCl, Vitamin K, Thiamine mononitrate, Riboflavin, Vitamin E acetate, Calcium D-pantothenate, Folic acid), Sodium chloride, Potassium chloride, Acidity regulator: Potassium hydroxide (E525), Sodium hydroxide (E524), Ferric pyrophosphate, Zinc sulphate, Copper gluconate, Sodium selenite, Manganese sulphate monohydrate, Sodium fluoride, Chromium chloride, Sodium molybdate, Potassium iodide



Average content	Units	100g	125g pot
Energy	KJ Kcal	756 180	945 225
Fat (36 en%)	g	7.2	9
of which saturates	g	1.3	1.6
of which monounsaturates	g	4	5
of which polyunsaturates	g	1.9	2.4
Carbohydrate (41.8 en%)	g	18.8	23.5
of which sugars	g	9.7	12.1
Fibre (0%)	g	0	0
Protein (22.2 en%)	g	10	12.5
Salt	g	0.19	0.23
<b>VITAMINS</b>			
Vitamin A	µg-RE	150	188
Vitamin D	µg	2.48	3.1
Vitamin E	mg α-TE	3.2	4
Vitamin K	µg	16	20
Vitamin C	mg	18	22.5
Thiamin (B1)	mg	0.3	0.4
Riboflavin (B2)	mg	0.6	0.75
Niacin	mg NE	3.7	4.6
Vitamin B6	mg	0.4	0.5
Folic Acid	µg	62	77.5
Vitamin B12	µg	0.74	0.9
Biotin	µg	7.2	9
Pantothenic Acid	mg	1.2	1.5
<b>MINERALS</b>			
Sodium	mmol mg	3.2 74	4 92.5
Potassium	mmol mg	4.6-5.4 180-210*	5.75-7.18 225-262*
Chloride	mmol mg	2.5 88	3.1 110
Calcium	mmol mg	4 160	5 200
Phosphorus	mmol mg	4.4 135	5.5 169
Magnesium	mmol mg	1.1 26	1.4 32.5
Iron	mg	2.5	3.1
Zinc	mg	2	2.5
Copper	mg	0.36	0.45
Manganese	mg	0.5	0.6
Selenium	µg	12	15
Chromium	µg	10.4	13
Molybdenum	µg	16	20
Iodine	µg	24	30
Fluoride	mg	0.2	0.25
Lactose	g	<0.5	<0.5

\* Vanilla and Strawberry = 4.6mg/180mmol per 100g | 5.75mg/225mmol per 125g pot

Chocolate Orange and Mint Chocolate = 5.4mg/210mmol/100g | 7.18mg/262mmol per 125g pot

# Swalloweze

## CLEAR

Swalloweze Clear is an instant food and fluid thickener. Food for Special Medical Purposes for the dietary management of dysphagia.

- ◆ Available in a 165g tub or 48 x 1.6g sachets.
- ◆ Swalloweze Clear is gluten free and lactose free.
- ◆ Swalloweze Clear is also Halal and Kosher certified.

**Uses:** Can be used for the dietary management of patients with dysphagia.

**Indications:** ACBS and GMS approved. For enteral use only.

**Contraindications:** Not suitable for children under 3 years.

**Precautions:** Swalloweze Clear must be used under medical supervision and should only be used as a food and fluid thickener.

### Storage and directions for use:

Swalloweze Clear should be stored in a cool dry place. Once opened, consume within 2 months.

**Shelf life:** 24 months. See side of tub and outer packaging for best before date.

### IDDSI Guidelines directions for use:

- Level 1: 1 x 1.6g scoop\*/sachet per 200ml liquid
  - Level 2: 2 x 1.6g scoops\*/sachets per 200ml liquid
  - Level 3: 3 x 1.6g scoops\*/sachets per 200ml liquid
  - Level 4: 7 x 1.6g scoops\*/sachets per 200ml liquid
- \*levelled scoops

This product is packaged in a protective atmosphere.

**Country of origin:** Ireland.

**INGREDIENTS:** Maltodextrin, Xanthan Gum (E415), Erythritol (E968)

Average content	Units	Per 100g	Per 1.6g scoop/sachet
Energy	KJ Kcal	1199 286	19 5
Fat	g	0	0
of which saturates	g	0	0
of which monounsaturates	g	0	0
of which polyunsaturates	g	0	0
Carbohydrate	g	57	0.9
of which sugars	g	0	0
Fibre	g	29	0.5
Protein	g	1	0.0
Salt	g	2.4	0
<b>MINERALS</b>			
Sodium	mmol mg	52 1200	0.83 19.2
Potassium	mmol mg	2.78 111	0.04 1.8
Calcium	mmol mg	0.3 11	0.0 0.2
Magnesium	mmol mg	0.96 23	0.02 0.4
Iron	mg	0.8	0.0
Zinc	mg	0.5	0.0

# Nutritionally complete volumes tables

## United Kingdom

Product	Females 19-50 yrs	Males 19-50 yrs	Females 50+ yrs	Males 50+ yrs
Altraplén Compact (ml)	500	565	500	565
No. of Bottles	4	4½	4	4½
Altraplén Protein (ml)	800	900	700	900
No. of Bottles	4	4½	3½	4½
Nutricrem (g)	625	625	625	625
No. of Pots	5	5	5	5
Foodlink Complete	Not suitable for sole source of nutrition			
Foodlink Complete Compact	Not suitable for sole source of nutrition			
Foodlink Complete with Fibre	Not suitable for sole source of nutrition			
Altrashot	Not suitable for sole source of nutrition			
Altrajuice	Not suitable for sole source of nutrition			

Nutritionally complete volumes based on UK Dietary Reference Values for Food Energy and Nutrients for the United Kingdom, Department of Health 1991 (excluding electrolytes and magnesium).

## Republic of Ireland

Product	Females 19-50 yrs	Males 19-50 yrs	Females 50+ yrs	Males 50+ yrs
Altraplén Compact (ml)	500	500	500	500
No. of Bottles	4	4	4	4
Altraplén Compact Daily (ml)	500	500	500	500
No. of Tetra Cartons	2	2	2	2
Altraplén Protein (ml)	700	700	700	700
No. of Bottles	3½	3½	3½	3½
Nutricrem (g)	565	565	565	565
No. of Pots	4½	4½	4½	4½
Foodlink Complete	Not suitable for sole source of nutrition			
Foodlink Complete with Fibre	Not suitable for sole source of nutrition			
Altrashot	Not suitable for sole source of nutrition			

Nutritionally complete volumes based on Ireland Recommended Dietary Allowances, Food Safety Authority of Ireland 1999 (excluding electrolytes)

# Online Sample Service

Nualtra offer a free-of-charge sample service for clinicians that allows you to order products delivered either direct to your patients or to dietetic departments.

Nualtra Starter Packs are product-specific and are available for patients to try different flavours before requesting their preferred choice via their nearest pharmacy whilst also allowing the clinician to review compliance to a particular type of ONS.

## Direct-To-Patient

---

Nualtra offer a next day delivery service for direct-to-patient samples ordered before 2pm. This service offers starter packs only and enables your patients to start ONS treatment as soon as possible following consultation.

## HCP Samples

---

If your preference is to keep a stock of samples within your department to give to patients directly, use the HCP service where you can order specific flavours or starter packs.

## Fully Mobile Responsive

---

The Nualtra Sample Website is fully mobile responsive meaning you can order your patient samples from your smartphone with the same simple usability and speed as you expect from your desktop computer.

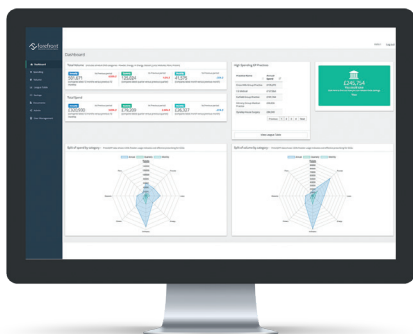


[www.nualtra.com](http://www.nualtra.com)

## Better insights and greater transparency

As the NHS continues its focus to get better value from medical nutrition prescribing, greater demands for cost efficiencies will be placed on GPs, medicines management and dietitians.

ForefrontRx.com is a dedicated platform for Adult ONS (Oral Nutritional Supplements) prescribing data, offering better insights and greater transparency of the savings opportunities in your organisation.department to give to patients directly, use the HCP service where you can order specific flavours or starter packs.



- ◆ Review your CCG's / Health Board's prescribing behaviour for medical nutrition, analysing trends in spend and volume.
- ◆ Identify highest spending GP practices and view potential savings opportunities at practice level.
- ◆ Compare your CCG versus demographically similar CCGs to understand how cost effective you are (England only).
- ◆ Access the Forefront toolkit including Standard Operating Procedures, Hospital Discharge Protocols, GP System Templates, Case Studies.

◆ Republic of Ireland Office  
Ground Floor Left of Roselawn Suite 1  
Roselawn House  
National Technology Park  
Co. Limerick, Ireland  
t: 0035361 518413  
e: [support@nualtra.ie](mailto:support@nualtra.ie)

◆ UK Office  
Basepoint Business Centre  
Tewkesbury  
Gloucestershire GL20 8SD  
t: 0118 4532853  
e: [support@nualtra.co.uk](mailto:support@nualtra.co.uk)

