

# Foodlink SMOOTHIE

## DATASHEET July 2022

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

- ◆ A powdered smoothie style supplement.
- ◆ To be used to supplement a patient's dietary intake. Not suitable as a sole source of nutrition.
- ◆ Available in 7 x 66g cartons. Starter pack also available including 4 x 66g sachets and a Nualtra shaker.

**Flavours:** Available in Orange & Mango, Red Berry, Peach, Tropical flavours.

**Allergen information:** Contains soya. Gluten free. Milk protein free. Lactose free. Suitable for vegetarians and vegans. May contain milk.

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

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

**Precautions:** Use of this product in children under 6 years should be closely monitored by a dietitian or physician.

**Storage:** Foodlink Smoothie should be stored in a cool, dry place. Once reconstituted Foodlink Smoothie 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.

### INGREDIENTS:

**ORANGE & MANGO:** Dried Glucose Powder, Sunflower Oil Powder (Refined Sunflower Oil, Acacia Fibres, Sunflower Lecithin, Ascorbyl-Palmitate, DL-alpha-tocopherol), Sugar, **Soy** Protein Isolate, Maltodextrin, Flavourings, Potassium Chloride, Xanthan Gum, Natural Colour (Beta Carotene), Mineral Blend (Calcium Carbonate, Magnesium Oxide, Ferric Pyrophosphate, Potassium Iodide, Copper Gluconate, Zinc Oxide, Manganese Sulphate and Sodium Selenite) and Vitamin Blend (Ascorbic Acid, Nicotinamide (Vitamin B3), DL- $\alpha$ -Tocopherol Acetate (Vitamin E), Calcium Pantothenate (Vitamin B5), Cholecalciferol (Vitamin D), Pyridoxine Hydrochloride (Vitamin B6), Thiamine Mononitrate (Vitamin B1), Retinyl Acetate (Vitamin A), Riboflavin (Vitamin B2), Phytomenadione (Vitamin K), Folic Acid, Cyanocobalamin (Vitamin B12) and D-Biotin)

**RED BERRY:** Dried Glucose Powder, Sunflower Oil Powder (Refined Sunflower Oil, Acacia Fibres, Sunflower Lecithin, Ascorbyl-Palmitate, DL-alpha-tocopherol), Sugar, **Soy** Protein Isolate, Maltodextrin, Flavourings, Natural Colour (Beetroot Powder), Potassium Chloride, Xanthan Gum, Mineral Blend (Calcium Carbonate, Magnesium Oxide, Ferric Pyrophosphate, Potassium Iodide, Copper Gluconate, Zinc Oxide, Manganese Sulphate and Sodium Selenite), Vitamin Blend (Ascorbic Acid, Nicotinamide (Vitamin B3), DL- $\alpha$ -Tocopherol Acetate (Vitamin E), Calcium Pantothenate (Vitamin B5), Cholecalciferol (Vitamin D), Pyridoxine Hydrochloride (Vitamin B6), Thiamine Mononitrate (Vitamin B1), Retinyl Acetate (Vitamin A), Riboflavin (Vitamin B2), Phytomenadione (Vitamin K), Folic Acid, Cyanocobalamin (Vitamin B12) and D-Biotin) and Retinyl Acetate (Vitamin A)

**PEACH FLAVOUR:** Dried Glucose Powder, Sunflower Oil Powder (Refined Sunflower Oil, Acacia Fibres, Sunflower Lecithin, Ascorbyl-Palmitate, DL-alpha-tocopherol), Sugar, **Soy** Protein Isolate, Maltodextrin, Flavourings, Potassium Chloride, Xanthan Gum, Natural Colour (Beta Carotene, Beetroot Powder), Mineral Blend (Calcium Carbonate, Magnesium Oxide, Ferric Pyrophosphate, Potassium Iodide, Copper Gluconate, Zinc Oxide, Manganese Sulphate and Sodium Selenite), Vitamin Blend (Ascorbic Acid, Nicotinamide (Vitamin B3), DL- $\alpha$ -Tocopherol Acetate (Vitamin E), Calcium Pantothenate (Vitamin B5), Cholecalciferol (Vitamin D), Pyridoxine Hydrochloride (Vitamin B6), Thiamine Mononitrate (Vitamin B1), Retinyl Acetate (Vitamin A), Riboflavin (Vitamin B2), Phytomenadione (Vitamin K), Folic Acid, Cyanocobalamin (Vitamin B12) and D-Biotin) and Retinyl Acetate (Vitamin A)

**TROPICAL:** Dried Glucose Powder, Sunflower Oil Powder (Refined Sunflower Oil, Acacia Fibres, Sunflower Lecithin, Ascorbyl-Palmitate, DL-alpha-tocopherol), Sugar, **Soy** Protein Isolate, Maltodextrin, Flavourings, Potassium Chloride, Xanthan Gum, Natural Colour (Beta Carotene), Mineral Blend (Calcium Carbonate, Magnesium Oxide, Ferric Pyrophosphate, Potassium Iodide, Copper Gluconate, Zinc Oxide, Manganese Sulphate and Sodium Selenite) and Vitamin Blend (Ascorbic Acid, Nicotinamide (Vitamin B3), DL- $\alpha$ -Tocopherol Acetate (Vitamin E), Calcium Pantothenate (Vitamin B5), Cholecalciferol (Vitamin D), Pyridoxine Hydrochloride (Vitamin B6), Thiamine Mononitrate (Vitamin B1), Retinyl Acetate (Vitamin A), Riboflavin (Vitamin B2), Phytomenadione (Vitamin K), Folic Acid, Cyanocobalamin (Vitamin B12) and D-Biotin)

This product is packaged in a protective atmosphere. Foodlink Smoothie can be consumed chilled or at room temperature.

### Directions for use:

#### If using a Nualtra shaker:

- ◆ Add 150ml water to the shaker and one sachet of Foodlink Smoothie.
- ◆ Replace the lid and shake vigorously for 20-30 seconds.
- ◆ Decant the mixture into a suitable vessel for drinking or storing in the refrigerator.

#### If using a large glass or mug:

- ◆ Add 50ml water to the glass or mug and one sachet of Foodlink Smoothie.
- ◆ Mix into a smooth paste with a fork or whisk.
- ◆ Top up with the remaining 100ml water whilst continuing to mix.
- ◆ Serve when fully mixed.



Average content	Units	Per 100g powder	Per shake - 66g powder mixed with 150ml water
Energy	KJ Kcal	1810 435	1195 287
Fat (22.8en%)	g	11	7
of which saturates	g	1	0.7
of which monounsaturates	g	2.2	1.5
of which polyunsaturates	g	4.5	3
Carbohydrate (63.4 en%)	g	69	45
of which sugars	g	24	16
Fibre (0.2 en%)	g	0	0
Protein (4.1 / 9.1 en%)	g	15	10
Salt	g	0.5	0.3

### VITAMINS

Vitamin A	$\mu$ g-RE	531	350
Vitamin D	$\mu$ g	8.8	5.8
Vitamin E	mg $\alpha$ -TE	8.8	5.8
Vitamin K	$\mu$ g	53	35
Vitamin C	mg	53	35
Thiamin (B1)	mg	1.2	0.8
Riboflavin (B2)	mg	0.82	0.54
Niacin	mg NE	12	8
Vitamin B6	mg	1.7	1.1
Folic Acid	$\mu$ g	217	143
Vitamin B12	$\mu$ g	0.8	0.5
Biotin	$\mu$ g	27	18
Pantothenic Acid	mg	4	3

### MINERALS

Sodium	mmol mg	7.7 178	5.0 117
Potassium	mmol mg	13.9 545	9.2 360
Chloride	mmol mg	10.9 389	7.2 257
Calcium	mmol mg	4.4 177	2.9 117
Phosphorus	mmol mg	4.6 143	3.0 94
Magnesium	mmol mg	2.1 53	1.4 35
Iron	mg	9.1	6
Zinc	mg	3.6	2
Copper	$\mu$ g	790	521
Manganese	mg	0.8	0.5
Selenium	$\mu$ g	14	9
Chromium	$\mu$ g	7	4
Molybdenum	$\mu$ g	30	20
Iodine	$\mu$ g	116	77
Fluoride	mg	0	0
Osmolarity	mOsm/L	-	650
Osmolality	mOsmol/kg/H <sub>2</sub> O	-	735
Potential Renal Solute Load	mOsm/L	-	490
Lactose content	g	0	0