

# Altrashot

**DATASHEET** June 2020

Altrashot is a Food for Special Medical Purposes.

- ◆ 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 120ml 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:

**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.

**STRAWBERRY:** 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), Colour: E120, 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	29.1	34.9	8.7	11.6
of which saturates	g	2.25	2.70	0.67	0.90
of which monounsaturates	g	18.4	22.0	5.5	7.4
of which polyunsaturates	g	8.5	10.2	2.5	3.4
Carbohydrate (19.5 en%)	g	17.0	20.4	5.1	6.8
of which sugars	g	7.9	9.5	2.4	3.2
Fibre (0 en%)	g	0	0	0	0
Protein (5.7 en%)	g	5	6	1.5	2
Salt	g	0.30	0.36	0.09	0.12
<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	9.0	10.8	2.7	3.6
Vitamin K	µg	40	48	12	16
Vitamin C	mg	33.0	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	11.0	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	11.0	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 content	g	0.20	0.24	0.06	0.08