

Foodlink Complete

WITH FIBRE

DATASHEET July 2020

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 water¹ 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 the is dissolved.

¹Foodlink Complete Fibre can also be mixed with semi-skimmed or skimmed milk, fruit juices or water. If making Foodlink Complete Fibre using alternative liquids, please note that the nutritional profile will vary.



Average content	Units	Per 100g powder	Per shake - 63g sachet mixed with 200ml whole milk
Energy	KJ Kcal	1779 423	1667 397
Fat (29.7 ¹ / 36.3 ² 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 (49 ¹ / 42.3 ² en%)	g	52	42
of which sugars	g	40	35
Fibre (3.4 ¹ / 2.3 ² en%)	g	7.2	4.5
Protein (17.9 ¹ / 19.1 ² en%)	g	19	19
Salt	g	0.57	0.57
VITAMINS			
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	1.40	0.94
Riboflavin (B2)	mg	1.7	1.5
Niacin	mg NE	12.0	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
MINERALS			
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
Osmolality	mOsm/L		679
Osmolarity	mOsmol/kg/H2O		900-1150
Lactose content	g	32.3	30.0

INGREDIENTS:

NATURAL: Fat filled **milk** powder (Skim **milk** solids, Refined palm oil, Sugar, **Soya** lecithin, Vitamin A, Vitamin D3) Skimmed **milk** powder, Maltodextrin, Inulin, Caster sugar, Vitamin and mineral blend (Magnesium oxide, Ascorbic acid, Ferric pyrophosphate, DL-α-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), Flavouring.

VANILLA: Fat filled **milk** powder (Skim **milk** solids, Refined palm oil, Sugar, **Soya** lecithin, Vitamin A, Vitamin D3) Skimmed **milk** powder, Maltodextrin, Inulin, Caster sugar, Flavouring, Vitamin and mineral blend (Magnesium oxide, Ascorbic acid, Ferric pyrophosphate, DL-α-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).

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-α-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).

BANANA: Fat filled **milk** powder (Skim **milk** solids, Refined palm oil, Sugar, **Soya** lecithin, Vitamin A, Vitamin D3) Skimmed **milk** powder, Maltodextrin, Inulin, Caster sugar, Flavourings, Vitamin and mineral blend (Magnesium oxide, Ascorbic acid, Ferric pyrophosphate, DL-α-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), Natural colour (Beta carotene).

CHOCOLATE: Fat filled **milk** powder (Skim **milk** solids, Refined palm oil, Sugar, **Soya** lecithin, Vitamin A, Vitamin D3) Skimmed **milk** powder, Maltodextrin, Inulin, Caster sugar, Cocoa powder, Flavourings, Vitamin and mineral blend (Magnesium oxide, Ascorbic acid, Ferric pyrophosphate, DL-α-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).