

Foodlink Complete COMPACT

DATASHEET January 2025

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 water¹ 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 the is dissolved.

¹Foodlink 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:

NATURAL: Fat filled **milk** powder (Skim **milk** solids, Refined palm oil, Sugar, **Soya** lecithin, Vitamin A, Vitamin D3) Skimmed **milk** powder, Maltodextrin, 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, 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, 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, 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, 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).



| Average content | Units | Per 100g powder | Per shake - 57g powder mixed with 100ml whole milk |
|--------------------------------------------------------|----------------------------|-----------------|----------------------------------------------------|
| Energy | KJ Kcal | 1869 444 | 1338 318 |
| Fat (30.5 ¹ / 34 ² 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 (50.5 ¹ / 47 ² en%) | g | 56 | 37 |
| of which sugars | g | 43 | 29 |
| Fibre (0 ¹ / 2 en%) | g | 0 | 0 |
| Protein (19 ¹ / 19 ² en%) | g | 21 | 15 |
| Salt | g | 0.62 | 0.46 |
| VITAMINS | | | |
| Vitamin A | μ g-RE | 666 | 417 |
| Vitamin D | μ g | 8.8 | 5.0 |
| Vitamin E | mg α -TE | 8.6 | 5.0 |
| Vitamin K | μ g | 52 | 30 |
| Vitamin C | mg | 61 | 37 |
| Thiamin (B1) | mg | 1.40 | 0.83 |
| Riboflavin (B2) | mg | 1.8 | 1.3 |
| Niacin | mg NE | 11.0 | 6.5 |
| Vitamin B6 | mg | 2.0 | 1.2 |
| Folic Acid | μ g | 201 | 119 |
| Vitamin B12 | μ g | 2.4 | 2.3 |
| Biotin | μ g | 30 | 20 |
| Pantothenic Acid | mg | 5.8 | 3.9 |
| MINERALS | | | |
| 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 | μ g | 26 | 16 |
| Chromium | μ g | 7.0 | 4.0 |
| Molybdenum | μ g | 24 | 14 |
| Iodine | μ g | 116 | 98 |
| Fluoride | mg | 0 | 0 |
| Osmolarity | mOsm/L | | 1190 |
| Osmolality | mOsmol/kg/H ₂ O | | 1783 |
| Lactose content | g | 32.6 | 23.6 |