

# Foodlink EXTRA

## DATASHEET August 2022

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

- ◆ A powdered milkshake style supplement.
- ◆ To be used to supplement a patient's dietary intake. Not suitable as a sole source of nutrition.
- ◆ Available in 7 x 85g cartons. Starter pack also available including 4 x 85g sachets and a Nualtra shaker.

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

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

**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 Extra should be stored in a cool, dry place. Once reconstituted Foodlink Extra 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.

### INGREDIENTS:

**VANILLA:** Vegetable Oil Powder (Rapeseed Oil, Glucose Syrup Solids, **Milk** Protein (Lactose), Emulsifier (E471), Stabiliser (E340), Antioxidants (E304, E306, E307), Anti-caking agent (E551)), Dried Glucose Powder, Skimmed **Milk** Powder, Maltodextrin, Caster Sugar, Flavouring, Mineral Premix (Calcium Carbonate, Magnesium Oxide, Ferric Pyrophosphate, Potassium Iodide, Copper Gluconate, Zinc Oxide, Manganese Sulphate, Sodium Molybdate, Sodium Selenite, Chromium Chloride), Salt and Vitamin Premix (Ascorbic Acid, Nicotinamide (Vitamin B3), Retinyl Acetate (Vitamin A), Calcium Pantothenate (Vitamin B5), DL- $\alpha$ -Tocopherol Acetate (Vitamin E), Cholecalciferol (Vitamin D3), Pyridoxine Hydrochloride (Vitamin B6), Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, Phytomenadione (Vitamin K), Cyanocobalamin (Vitamin B12) and D-Biotin).

**STRAWBERRY:** Vegetable Oil Powder (Rapeseed Oil, Glucose Syrup Solids, **Milk** Protein (Lactose), Emulsifier (E471), Stabiliser (E340), Antioxidants (E304, E306, E307), Anti-caking agent (E551)), Dried Glucose Powder, Skimmed **Milk** Powder, Maltodextrin, Caster Sugar, Natural Colour (Beetroot Powder), Flavourings, Mineral Premix (Calcium Carbonate, Magnesium Oxide, Ferric Pyrophosphate, Potassium Iodide, Copper Gluconate, Zinc Oxide, Manganese Sulphate, Sodium Molybdate, Sodium Selenite, Chromium Chloride), Salt and Vitamin Premix (Ascorbic Acid, Nicotinamide (Vitamin B3), Retinyl Acetate (Vitamin A), Calcium Pantothenate (Vitamin B5), DL- $\alpha$ -Tocopherol Acetate (Vitamin E), Cholecalciferol (Vitamin D3), Pyridoxine Hydrochloride (Vitamin B6), Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, Phytomenadione (Vitamin K), Cyanocobalamin (Vitamin B12) and D-Biotin).

**BANANA:** Vegetable Oil Powder (Rapeseed Oil, Glucose Syrup Solids, **Milk** Protein (Lactose), Emulsifier (E471), Stabiliser (E340), Antioxidants (E304, E306, E307), Anti-caking agent (E551)), Dried Glucose Powder, Skimmed **Milk** Powder, Maltodextrin, Caster Sugar, Natural Colour (Beta Carotene), Mineral Premix (Calcium Carbonate, Magnesium Oxide, Ferric Pyrophosphate, Potassium Iodide, Copper Gluconate, Zinc Oxide, Manganese Sulphate, Sodium Molybdate, Sodium Selenite, Chromium Chloride), Salt and Vitamin Premix (Ascorbic Acid, Nicotinamide (Vitamin B3), Retinyl Acetate (Vitamin A), Calcium Pantothenate (Vitamin B5), DL- $\alpha$ -Tocopherol Acetate (Vitamin E), Cholecalciferol (Vitamin D3), Pyridoxine Hydrochloride (Vitamin B6), Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, Phytomenadione (Vitamin K), Cyanocobalamin (Vitamin B12) and D-Biotin).

**CHOCOLATE:** Vegetable Oil Powder (Rapeseed Oil, Glucose Syrup Solids, **Milk** Protein (Lactose), Emulsifier (E471), Stabiliser (E340), Antioxidants (E304, E306, E307), Anti-caking agent (E551)), Dried Glucose Powder, Skimmed **Milk** Powder, Cocoa Powder, Maltodextrin, Caster Sugar, Flavourings, Mineral Premix (Calcium Carbonate, Magnesium Oxide, Ferric Pyrophosphate, Potassium Iodide, Copper Gluconate, Zinc Oxide, Manganese Sulphate, Sodium Molybdate, Sodium Selenite, Chromium Chloride), Salt and Vitamin Premix (Ascorbic Acid, Nicotinamide (Vitamin B3), Retinyl Acetate (Vitamin A), Calcium Pantothenate (Vitamin B5), DL- $\alpha$ -Tocopherol Acetate (Vitamin E), Cholecalciferol (Vitamin D3), Pyridoxine Hydrochloride (Vitamin B6), Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, Phytomenadione (Vitamin K), Cyanocobalamin (Vitamin B12) and D-Biotin).

**Country of origin:** Ireland.

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

### Directions for use:

#### If using a Nualtra shaker:

- ◆ Add 240ml whole milk to the shaker and one sachet of Foodlink Extra.
- ◆ 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 100ml whole milk to the glass or mug and one sachet of Foodlink Extra.
- ◆ Mix into a smooth paste with a fork or whisk.
- ◆ Top up with the remaining 140ml whole milk whilst continuing to mix.
- ◆ Serve when fully mixed.



Average content	Units	Per 100g powder	Per shake - 85g powder mixed with 240ml whole milk
Energy	KJ Kcal	2186 523	2513 601
Fat (50 / 51 <sup>1</sup> en%)	g	30	35
of which saturates	g	3.4	8.7
of which monounsaturates	g	18	18
of which polyunsaturates	g	7.8	6.9
Carbohydrate (45 / 41 <sup>1</sup> en%)	g	60	62
of which sugars	g	15	24
Fibre (0 <sup>12</sup> en%)	g	0	0
Protein (4 / 9 <sup>1</sup> en%)	g	4.9	13
Salt	g	0.4	0.6

### VITAMINS

Vitamin A	µg-RE	616	646
Vitamin D	µg	10	8.5
Vitamin E	mg $\alpha$ -TE	10	8.6
Vitamin K	µg	58	49
Vitamin C	mg	59	55
Thiamin (B1)	mg	1.3	1.2
Riboflavin (B2)	mg	1.0	1.4
Niacin	mg NE	13.3	11.0
Vitamin B6	mg	1.9	1.7
Folic Acid	µg	202	191
Vitamin B12	µg	1.1	3.1
Biotin	µg	34	35
Pantothenic Acid	mg	4.7	5.4

### MINERALS

Sodium	mmol mg	7.0 162	10.4 241
Potassium	mmol mg	21.8 853	28.5 1114
Chloride	mmol mg	9.8 349	14.6 518
Calcium	mmol mg	4.5 181	11.2 452
Phosphorus	mmol mg	11.9 369	17.8 552
Magnesium	mmol mg	2.2 53	2.9 71
Iron	mg	7.4	6.4
Zinc	mg	3.8	4.4
Copper	µg	583	496
Manganese	mg	0.67	0.57
Selenium	µg	16.0	16.4
Chromium	µg	7.7	6.5
Molybdenum	µg	18.0	15.0
Iodine	µg	116	176
Fluoride	mg	0	0
Osmolarity	mOsm/L		947
Osmolality	mOsmol/kg/H <sub>2</sub> O		1280
Potential Renal Solute Load	mOsm/L		587
Lactose content	g	4.9	15.6