AYMES

Data Sheet

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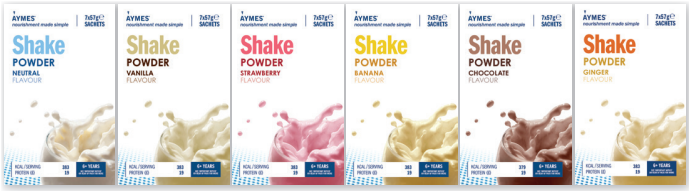
Shake



ORDER CODES

Flavour	Pip-code
Neutral	374 - 8993
Vanilla	374 - 9017
Strawberry	374 - 9009
Banana	374 - 9033
Chocolate	374 - 9025
Ginger	415 - 0397
Starter Pack	384 - 9643

DESCRIPTION

AYMES Shake is a Food for Special Medical Purposes. **AYMES Shake** is a high energy oral nutritional supplement based on skimmed milk powder with added carbohydrate, fat, vitamins and minerals designed for the dietary management of patients with or at risk of disease related malnutrition.

PRESENTATION

AYMES Shake is presented in cartons, each carton containing 7 x 57g sachets. It is also presented as a 1.6kg tub (28 servings) with a scoop (each scoop weighs approximately 28.5g.) It is available in 6 flavours: Neutral, Vanilla, Strawberry, Banana, Chocolate and Ginger. **AYMES Shake** is also available in a Starter Pack containing 6 x 57g sachets (one of each flavour) plus a shaker.

INDICATIONS FOR USE

ACBS approved, prescribable on form FP10 (GP10 in Scotland) for the following indications: short-bowel syndrome, intractable malabsorption, pre-operative preparation of undernourished patients, inflammatory bowel disease, total gastrectomy, bowel fistulae, dysphagia and disease-related malnutrition.

DIRECTIONS FOR USE

Each sachet of **AYMES Shake** should be reconstituted with 200ml of whole milk or water. Made with whole milk it provides a more nutritious sip feed. It is best served cold, but can be made up hot, if preferred.

Mixing instructions when using a shaker:

DO NOT USE SHAKER WITH HOT LIQUIDS

1. First pour the 200ml of whole milk into the shaker and then add one 57g sachet of **AYMES Shake**.
2. Replace the lid making sure it is securely fastened and shake vigorously.
3. Decant into your glass or mug to drink, or refrigerate in the shaker or another suitable container for up to 24 hours.

Mixing instructions when using a whisk or fork:

1. First pour the 200ml whole milk into the glass or mug and then add one 57g sachet of **AYMES Shake**.
2. Mix thoroughly with a whisk or fork.
3. Drink immediately or refrigerate for up to 24 hours

AYMES Shake can also be added to sweet & savoury foods

SUGGESTED INTAKE

1-2 servings a day unless otherwise indicated by the clinician or dietitian.

IMPORTANT NOTICE

Use under medical supervision.
Not suitable as a sole source of nutrition.
For enteral use only.
Not suitable for children under 3 years of age.

CONTRAINDICATIONS

Not suitable for patients with soya or cows' milk intolerance or for those with galactosaemia.

PRECAUTIONS

Only to be used as a supplement to the normal diet.
Use with caution in children under 6 years old.

STORAGE

Store in a cool, dry place, below 25°C.

Once reconstituted, **AYMES Shake** may be stored for up to 24 hours in a refrigerator.
Stir before drinking.

SHELF LIFE

24 months

INGREDIENTS

NEUTRAL

Skimmed **Milk** Powder (47%), Dried Glucose Syrup, Palm Oil, Maltodextrin, **Milk** Protein Concentrate, Fructose, Sugar, Vitamin & Mineral Premix (Potassium Dihydrogen Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacin, Zinc Sulphate, Vitamin A, Pantothenic Acid, Vitamin D, Biotin, Vitamin B6, Folic Acid, Manganese Sulphate, Thiamin, Potassium Iodide, Copper Sulphate, Vitamin K, Vitamin B12, Sodium Selenite, Riboflavins, Chromium Chloride, Sodium Molybdate), Magnesium Sulphate, Natural Flavouring (**Milk**), Emulsifier: **Soya** Lecithin

VANILLA

Skimmed **Milk** Powder (46%), Dried Glucose Syrup, Palm Oil, Sugar, Maltodextrin, **Milk** Protein Concentrate, Flavourings (**Milk**), Vitamin & Mineral Premix (Potassium Dihydrogen Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacin, Zinc Sulphate, Vitamin A, Pantothenic Acid, Vitamin D, Biotin, Vitamin B6, Folic Acid, Manganese Sulphate, Thiamin, Potassium Iodide, Copper Sulphate, Vitamin K, Vitamin B12, Sodium Selenite, Riboflavins, Chromium Chloride, Sodium Molybdate), Magnesium Sulphate, Emulsifier: **Soya** Lecithin

STRAWBERRY

Skimmed **Milk** Powder (46%), Dried Glucose Syrup, Palm Oil, Sugar, Maltodextrin, **Milk** Protein Concentrate, Colour: Beetroot Red, Natural Flavouring, Vitamin & Mineral Premix (Potassium Dihydrogen Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacin, Zinc Sulphate, Vitamin A, Pantothenic Acid, Vitamin D, Biotin, Vitamin B6, Folic Acid, Manganese Sulphate, Thiamin, Potassium Iodide, Copper Sulphate, Vitamin K, Vitamin B12, Sodium Selenite, Riboflavins, Chromium Chloride, Sodium Molybdate), Magnesium Sulphate, Emulsifier: **Soya** Lecithin

BANANA

Skimmed **Milk** Powder (46%), Dried Glucose Syrup, Palm Oil, Sugar, **Milk** Protein Concentrate, Maltodextrin, Flavourings, Vitamin & Mineral Premix (Potassium Dihydrogen Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacin, Zinc Sulphate, Vitamin A, Pantothenic Acid, Vitamin D, Biotin, Vitamin B6, Folic Acid, Manganese Sulphate, Thiamin, Potassium Iodide, Copper Sulphate, Vitamin K, Vitamin B12, Sodium Selenite, Riboflavins, Chromium Chloride, Sodium Molybdate), Magnesium Sulphate, Emulsifier: **Soya** Lecithin, Colour: Carotenes

CHOCOLATE

Skimmed **Milk** Powder (43%), Palm Oil, Sugar, Dried Glucose Syrup, Cocoa Powder (7%), **Milk** Protein Concentrate, Dextrose Monohydrate, Maltodextrin, Vitamin & Mineral Premix (Potassium Dihydrogen Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacin, Zinc Sulphate, Vitamin A, Pantothenic Acid, Vitamin D, Biotin, Vitamin B6, Folic Acid, Manganese Sulphate, Thiamin, Potassium Iodide, Copper Sulphate, Vitamin K, Vitamin B12, Sodium Selenite, Riboflavins, Chromium Chloride, Sodium Molybdate), Flavouring (**Milk**), Emulsifier: **Soya** Lecithin, Thickener: Xanthan Gum, Magnesium Sulphate

GINGER

Skimmed **Milk** Powder (46%), Dried Glucose Syrup, Sugar, Palm Oil, **Milk** Protein Concentrate, Natural Flavourings, Maltodextrin, Ginger, Caramelised Sugar Syrup, Vitamin & Mineral Premix (Potassium Dihydrogen Phosphate, Sodium Ascorbate, Vitamin E, Ferrous Sulphate, Niacin, Zinc Sulphate, Vitamin A, Pantothenic Acid, Vitamin D, Biotin, Vitamin B6, Folic Acid, Manganese Sulphate, Thiamin, Potassium Iodide, Copper Sulphate, Vitamin K, Vitamin B12, Sodium Selenite, Riboflavins, Chromium Chloride, Sodium Molybdate), Magnesium Sulphate, Emulsifier: **Soya** Lecithin

OTHER INFORMATION

Based on Vanilla Flavour.
Other flavours are similar, for details please contact AYMES International.

May contain: Egg, Celery, Mustard and Sulphites

Potential Renal Solute Load		mOsm/l	422
Osmolality		mOsm/kg	1047
Osmolarity		mOsm/l	819
Energy Distribution	Protein	%	20
	Carbohydrate	%	43
	Fat	%	37
Non-Protein Calories: Nitrogen Ratio		kcal/g	105:1

All flavours of AYMES Shake are gluten free and are suitable for vegetarians

NUTRITIONAL COMPOSITION

Flavour		NEUTRAL		VANILLA		STRAWBERRY		BANANA		CHOCOLATE		GINGER	
Typical values per serving (57g powder + 200ml liquid)		Per 100g powder	Mixed with whole milk	Per 100g powder	Mixed with whole milk	Per 100g powder	Mixed with whole milk	Per 100g powder	Mixed with whole milk	Per 100g powder	Mixed with whole milk	Per 100g powder	Mixed with whole milk
Energy	kJ	1853	1608	1854	1608	1851	1606	1857	1610	1821	1589	1856	1609
	kcal	440	383	441	383	440	383	441	383	433	379	441	383
Fat	g	14.3	15.6	14.3	15.6	14.3	15.6	14.3	15.5	14.5	15.7	14.3	15.6
of which: saturates	g	8.5	9.6	8.5	9.6	8.5	9.6	8.5	9.6	8.6	9.6	8.5	9.6
polyunsaturates	g	1.4	1.6	1.4	1.6	1.4	1.6	1.4	1.6	1.4	1.6	1.4	1.6
Carbohydrate	g	56.8	41.9	57.1	42	57	42	57.6	42.3	53.2	39.8	57.2	42.1
of which: sugars	g	31.3	27.3	37.9	31.1	36.8	30.5	39.5	32	42.3	34.2	42.0	33.4
lactose	g	21.9	21.3	21.5	21.1	21.4	21.1	21.5	21.1	20.1	20.3	22.1	21.5
sucrose	g	1.4	0.8	10.1	5.8	9.1	5.2	11.3	6.4	16.8	9.6	13.8	9.0
maltose	g	1.5	0.9	1.3	0.74	1.3	0.74	1.7	1.0	0.9	0.51	1.3	1.0
fructose	g	1.5	0.9	0	0	0	0	0	0	0	0	0	0
glucose	g	5.0	2.9	5.0	2.9	5.0	2.9	5.0	2.9	5.1	2.9	5.1	3.4
polysaccharides	g	25.5	14.5	19.2	10.9	20.2	11.5	18.1	10.3	10.3	5.9	14.9	8.4
Fibre	g	0.2	0.1	0.4	0.2	0.1	0.1	0.2	0.1	2.3	1.3	0.2	0.1
Protein	g	21.0	19.0	21.0	19.0	21.0	19.0	21.0	19.0	21.0	19.0	21.0	19.0
Nitrogen	g	3.3	3.0	3.3	3.0	3.3	3.0	3.3	3.0	3.3	3.0	3.3	3.0
Salt	g	0.69	0.61	0.68	0.6	0.68	0.61	0.69	0.61	0.65	0.58	0.68	0.60
Vitamins													
Vitamin A (RE)	µg	694	475	691	473	691	473	690	472	649	449	691	473
Vitamin D	µg	9.8	5.6	9.8	5.6	9.8	5.6	9.8	5.6	9.2	5.2	9.8	5.6
Vitamin E (α-TE)	mg	8.9	5.2	8.9	5.2	8.9	5.2	8.9	5.2	8.6	5.0	8.9	5.2
Vitamin K	µg	53	30.2	53	30.2	53	30.2	53	30.2	49.6	28.3	53	30.2
Vitamin C	mg	59	37.8	59	37.8	59	37.7	59	37.7	55.3	35.6	59	37.7
Thiamin	mg	1.4	0.85	1.4	0.85	1.4	0.85	1.4	0.84	1.3	0.8	1.4	0.85
Riboflavin	mg	1.6	1.4	1.6	1.4	1.6	1.4	1.6	1.4	1.5	1.3	1.6	1.4
Vitamin B6	mg	2.0	1.3	2.0	1.3	2.0	1.3	2.0	1.3	1.9	1.2	2.0	1.25
Niacin (NE)	mg	12.5	7.5	12.5	7.5	12.5	7.5	12.5	7.5	11.8	7.1	12.5	7.5
Folic acid	µg	203	130	203	132	203	132	203	132	191	125	203	132
Vitamin B12	µg	2.0	3.0	2.0	2.9	2.0	3.0	2.0	3.0	1.9	2.9	2.0	3.0
Pantothenic acid	mg	5.5	4.3	5.5	4.3	5.5	4.3	5.5	4.3	5.3	4.2	5.5	4.3
Biotin	µg	31.0	22.8	31.0	22.8	31.0	22.8	31.0	22.8	29.1	21.7	31.0	22.8
Minerals													
Sodium	mg	280	240	270	240	270	240	280	240	260	230	270	240
	mmol	12.2	10.4	11.7	10.4	11.7	10.4	12.2	10.4	11.3	10.0	11.7	10.4
Chloride	mg	426	426	416	420	416	420	414	419	392	407	416	420
	mmol	12.2	12.2	11.9	12.0	11.9	12.0	11.8	12.0	11.2	11.6	11.8	11.7
Potassium	mg	746	749	732	741	732	741	729	739	1035	913	732	741
	mmol	19.1	19.2	18.8	19.0	18.8	19.0	18.7	18.9	26.5	23.4	18.7	18.9
Calcium	mg	735	666	723	659	723	659	720	658	698	644	723	660
	mmol	18.4	16.7	18.0	16.5	18.0	16.5	18.0	16.5	17.5	16.1	18.3	16.5
Phosphorus	mg	475	469	467	464	467	464	465	463	488	475	467	464
	mmol	15.3	15.1	15.1	15.0	15.1	15.0	15.0	14.9	15.7	15.3	15.1	15.0
Magnesium	mg	84	70.4	82.7	69.8	82.7	71.0	82.4	69.6	102	80.8	82.6	69.8
	mmol	3.5	2.9	3.4	2.9	3.4	3.0	3.4	2.9	4.3	3.4	3.4	2.87
Iron	mg	6.8	3.9	6.8	3.9	6.8	3.9	6.8	3.9	8.8	5.1	6.8	3.9
Zinc	mg	4.9	3.8	4.8	3.8	4.8	3.8	4.8	3.8	5.0	3.9	4.8	3.8
Copper	µg	530	300	530	300	530	300	530	300	770	440	530	300
Iodine	µg	130	138	129	137	129	137	129	137	121	133	129	137
Selenium	µg	19.0	13.0	19.1	12.9	19.1	12.9	19.0	12.9	18.0	12.3	19.0	13.0
Manganese	mg	0.61	0.3	0.61	0.35	0.61	0.35	0.61	0.4	0.57	0.33	0.61	0.4
Chromium	µg	7.0	4.0	7.0	4.0	7.0	4.0	7.0	4.0	6.6	3.4	7.0	4.0
Molybdenum	µg	16.0	9.1	16.0	9.1	16.0	9.1	16.0	9.1	15.0	8.5	16.0	9.1