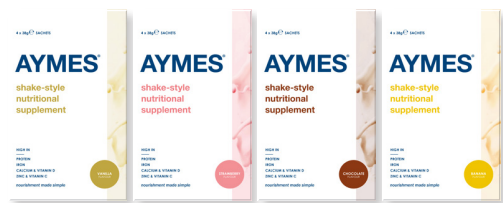


# AYMES®



## ORDER CODES

| Flavour    | Pip-Code   |
|------------|------------|
| Vanilla    | 395 - 1159 |
| Strawberry | 395 - 1142 |
| Chocolate  | 395 - 1167 |
| Banana     | 395 - 1134 |

## DESCRIPTION

AYMES® is a powder, based on skimmed milk powder with added carbohydrate, vitamins and minerals, which provides a nutritionally-balanced supplement, when reconstituted with whole milk.

## PRESENTATION

AYMES® is presented as wholesale cases of 6 cartons, each carton containing 4 x 38g sachets. It is available in 4 sweet flavours: Vanilla, Strawberry, Chocolate and Banana.

## DIRECTIONS FOR USE

Each sachet of AYMES® should be reconstituted with 200ml of whole milk. It is best served cold, but can be made up hot, if preferred.

1. Pour 50ml of the milk into a glass or mug and then add 1 sachet of AYMES®
2. Mix into a smooth cream with a whisk or fork
3. Top up with the remaining 150ml milk whilst stirring continuously
4. Serve when fully mixed

Once reconstituted, AYMES® may be stored for up to 24 hours in a refrigerator

## SUGGESTED INTAKE

1-2 servings a day unless otherwise indicated by a health care professional

### IMPORTANT NOTICE

**Not suitable as a sole source of nutrition**  
**For enteral use only**  
**Not suitable for infants or young children**  
**A dietitian or doctor should supervise the use of AYMES® for people with diabetes**

## CONTRAINDICATIONS

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

## PRECAUTIONS

Use with caution in children under 6 years of age

## STORAGE

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

## SHELF LIFE

18 months

## INDICATIONS FOR USE

AYMES® should be used as a supplement to the diet. It is not suitable as a sole source of nutrition. It may be used whenever poor food intake highlights the need for additional nourishment.

### For example:

- Whilst awaiting hospital admission, nutritional status may be compromised
- Elderly people who experience difficulties shopping or cooking may find that sudden illness prevents them from doing either
- Disabled patients can experience increased needs as well as feeding problems
- Confused or disturbed patients may forget to take meals or refuse to eat adequate quantities to maintain their weight
- After surgery, when successful recovery depends on good nutrition
- During minor illness when conventional foods are temporarily not suitable

## INGREDIENTS (in descending order by weight)

### VANILLA

Skimmed Milk Powder, Dextrose, Chicory Fibre, Sugar, Vitamin and Mineral Premix (Lactose (from Milk), Magnesium Hydroxide, Vitamin C, Iron Pyrophosphate, Vitamin E, Niacin, Zinc Oxide, Biotin, Vitamin A, Pantothenic Acid, Potassium Iodide, Vitamin B6, Vitamin D3, Folic Acid, Thiamin, Riboflavin), Flavourings (containing Lactose from Milk).

### STRAWBERRY

Skimmed Milk Powder, Dextrose, Sugar, Chicory Fibre, Vitamin and Mineral Premix (Lactose (from Milk), Magnesium Hydroxide, Vitamin C, Iron Pyrophosphate, Vitamin E, Niacin, Zinc Oxide, Biotin, Vitamin A, Pantothenic Acid, Potassium Iodide, Vitamin B6, Vitamin D, Folic Acid, Thiamin, Riboflavin), Colour: Beetroot Red, Flavouring, Citric Acid.

### CHOCOLATE

Skimmed Milk Powder, Sugar, Dextrose, Chicory Fibre, Fat Reduced Cocoa Powder, Vitamin and Mineral Premix (Lactose (from Milk), Magnesium Hydroxide, Vitamin C, Iron Pyrophosphate, Vitamin E, Niacin, Zinc Oxide, Biotin, Vitamin A, Pantothenic Acid, Potassium Iodide, Vitamin B6, Vitamin D, Folic Acid, Thiamin, Riboflavin), Flavouring, Colour: Ammonia Caramel.

### BANANA

Skimmed Milk Powder, Dextrose, Chicory Fibre, Sugar, Vitamin and Mineral Premix (Lactose (from Milk), Magnesium Hydroxide, Vitamin C, Iron Pyrophosphate, Vitamin E, Niacin, Zinc Oxide, Biotin, Vitamin A, Pantothenic Acid, Potassium Iodide, Vitamin B6, Vitamin D, Folic Acid, Thiamin, Riboflavin), Flavouring, Colour: Carotenes.

## NUTRITIONAL COMPOSITION

| Flavour             | VANILLA         |                                 |        | STRAWBERRY      |                                 |        | CHOCOLATE       |                                 |        | BANANA          |                                 |        |     |
|---------------------|-----------------|---------------------------------|--------|-----------------|---------------------------------|--------|-----------------|---------------------------------|--------|-----------------|---------------------------------|--------|-----|
|                     | per 100g powder | per 38g sachet +200ml wholemilk | % NRV* | per 100g powder | per 38g sachet +200ml wholemilk | % NRV* | per 100g powder | per 38g sachet +200ml wholemilk | % NRV* | per 100g powder | per 38g sachet +200ml wholemilk | % NRV* |     |
| Energy              | kJ 1446         | - 1114                          | - 1444 | - 1114          | - 1454                          | - 1118 | - 1447          | - 1114                          | -      |                 |                                 |        |     |
|                     | kcal 341        | - 265                           | - 341  | - 265           | - 344                           | - 266  | - 342           | - 265                           | -      |                 |                                 |        |     |
| Fat                 | g 0.4           | - 8.2                           | - 0.4  | - 8.2           | - 1.1                           | - 8.5  | - 0.4           | - 8.2                           | -      |                 |                                 |        |     |
| of which: saturates | g 0.2           | - 5.2                           | - 0.2  | - 5.2           | - 0.7                           | - 5.4  | - 0.3           | - 5.2                           | -      |                 |                                 |        |     |
| Carbohydrate        | g 58.3          | - 31.0                          | - 58.2 | - 31.0          | - 57.3                          | - 30.6 | - 58.3          | - 31.0                          | -      |                 |                                 |        |     |
| of which: sugars    | g 58.0          | - 30.9                          | - 57.2 | - 30.6          | - 55.8                          | - 30.1 | - 57.5          | - 30.7                          | -      |                 |                                 |        |     |
| Fibre               | g 8.9           | - 3.4                           | - 8.9  | - 3.4           | - 9.8                           | - 3.7  | - 9.0           | - 3.4                           | -      |                 |                                 |        |     |
| Protein             | g 21.7          | - 15.1                          | - 21.7 | - 15.1          | - 21.2                          | - 14.9 | - 21.7          | - 15.1                          | -      |                 |                                 |        |     |
| Salt                | g 0.84          | - 0.54                          | - 0.84 | - 0.54          | - 0.78                          | - 0.52 | - 0.84          | - 0.54                          | -      |                 |                                 |        |     |
| <b>Vitamins</b>     |                 |                                 |        |                 |                                 |        |                 |                                 |        |                 |                                 |        |     |
| Vitamin A (RE)      | µg 1160         | 145                             | 510    | 64              | 1160                            | 145    | 510             | 64                              | 1160   | 145             | 510                             | 64     |     |
| Vitamin D           | µg 7.0          | 140                             | 2.7    | 54              | 7.0                             | 140    | 2.7             | 54                              | 7.0    | 140             | 2.7                             | 54     |     |
| Vitamin E (a-TE)    | mg 11           | 92                              | 4.3    | 36              | 11                              | 92     | 4.3             | 36                              | 11     | 92              | 4.3                             | 36     |     |
| Vitamin C           | mg 82           | 103                             | 35     | 44              | 82                              | 103    | 35              | 44                              | 82     | 103             | 35                              | 44     |     |
| Thiamin             | mg 1.8          | 164                             | 0.75   | 68              | 1.8                             | 164    | 0.75            | 68                              | 1.8    | 164             | 0.75                            | 68     |     |
| Riboflavin          | mg 2.7          | 193                             | 1.5    | 107             | 2.7                             | 193    | 1.5             | 107                             | 2.7    | 193             | 1.5                             | 107    |     |
| Niacin (NE)         | mg 18           | 113                             | 7.3    | 46              | 18                              | 113    | 7.3             | 46                              | 18     | 113             | 7.3                             | 46     |     |
| Vitamin B6          | mg 2.4          | 171                             | 1.0    | 71              | 2.4                             | 171    | 1.0             | 71                              | 2.4    | 171             | 1.0                             | 71     |     |
| Folic acid          | µg 250          | 125                             | 110    | 55              | 250                             | 125    | 110             | 55                              | 250    | 125             | 110                             | 55     |     |
| Vitamin B12         | µg 1.6          | 64                              | 2.5    | 100             | 1.6                             | 64     | 2.5             | 100                             | 1.6    | 64              | 2.5                             | 100    |     |
| Biotin              | µg 160          | 320                             | 67     | 134             | 160                             | 320    | 67              | 134                             | 160    | 320             | 67                              | 134    |     |
| Pantothenic acid    | mg 8.2          | 137                             | 4.3    | 72              | 8.2                             | 137    | 4.3             | 72                              | 8.2    | 137             | 4.3                             | 72     |     |
| <b>Minerals</b>     |                 |                                 |        |                 |                                 |        |                 |                                 |        |                 |                                 |        |     |
| Potassium           | mg 970          | 48                              | 688    | 34              | 970                             | 48     | 688             | 34                              | 1223   | 61              | 784                             | 39     | 970 |
| Calcium             | mg 780          | 98                              | 540    | 68              | 780                             | 98     | 540             | 68                              | 720    | 90              | 520                             | 65     | 780 |
| Phosphorus          | mg 590          | 84                              | 420    | 60              | 590                             | 84     | 420             | 60                              | 590    | 84              | 420                             | 60     | 590 |
| Magnesium           | mg 260          | 69                              | 120    | 32              | 260                             | 69     | 120             | 32                              | 290    | 77              | 130                             | 35     | 260 |
| Iron                | mg 13           | 93                              | 5.1    | 36              | 13                              | 93     | 5.1             | 36                              | 16     | 114             | 6.0                             | 43     | 13  |
| Zinc                | mg 16           | 160                             | 6.8    | 68              | 16                              | 160    | 6.8             | 68                              | 16     | 160             | 6.8                             | 68     | 16  |
| Iodine              | µg 220          | 147                             | 150    | 100             | 220                             | 147    | 150             | 100                             | 220    | 147             | 150                             | 100    | 220 |

\*NRV = nutrient reference value