

# 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 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 dietician.

## 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 of age.

## 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, 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/Tri Magnesium Dicitrate, Natural Flavouring (**Milk**), Emulsifier: **Soya** Lecithin.

### VANILLA

Skimmed **Milk** Powder, Palm Fat, Glucose Syrup, Maltodextrin, Sugar, Whey Protein Concentrate (**Milk**), Natural Flavouring, Vitamin Blend: (Sodium Ascorbate, DL-Alpha Tocopheryl, Ferrous Sulphate, Nicotinamide, Zinc Sulphate, Potassium Iodide, Retinyl, Calcium-D-Pantothenate, Cholecalciferol, D-Biotin, Sodium Selenite, Pyridoxin Hydrochloride, Folic Acid, Copper Sulphate, Manganese Sulphate, Thiamine Mononitrate, Vitamin K1, Riboflavin, Cyanocobalamin, Chromium-III-Chloride, Sodium Molybdate), Emulsifier: (**Soya** Lecithin), Tri Magnesium Dicitrate, Colour: (Carotene).

### STRAWBERRY

Skimmed **Milk** Powder, Palm Fat, Glucose Syrup, Maltodextrin, Sugar, Whey Protein Concentrate (**Milk**), Colour: (Beetroot Red), Natural Flavouring, Vitamin Blend: (Sodium Ascorbate, DL-Alpha Tocopheryl, Ferrous Sulphate, Nicotinamide, Zinc Sulphate, Potassium Iodide, Retinyl, Calcium-D-Pantothenate, Cholecalciferol, D-Biotin, Sodium Selenite, Pyridoxin Hydrochloride, Folic Acid, Copper Sulphate, Manganese Sulphate, Thiamine Mononitrate, Vitamin K1, Riboflavin, Cyanocobalamin, Chromium-III-Chloride, Sodium Molybdate), Flavouring (**Milk**), Emulsifier: **Soya** Lecithin, Tri Magnesium Dicitrate, Emulsifier: (**Soya** Lecithin).

### BANANA

Skimmed **Milk** Powder, 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/Tri Magnesium Dicitrate, Emulsifier: **Soya** Lecithin, Colour: Carotenes.

### CHOCOLATE

Skimmed **Milk** Powder, 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/Tri Magnesium Dicitrate.

### GINGER

Skimmed **Milk** Powder, Dried Glucose Syrup, 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.

May contain: **Egg, Celery, Mustard and Sulphites**

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

## OTHER INFORMATION\*

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

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

## NUTRITIONAL INFORMATION

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
Energy	kJ 1871	1618	1850	1607	1851	1607
	kcal 445	385	440	383	440	383
Fat	g 14.8	15.8	14.3	15.6	14.5	15.7
of which: saturates	g 8.8	9.8	7.9	9.3	8.0	9.3
Carbohydrate	g 57.0	42.0	56.6	41.8	56.3	41.6
of which: sugars	g 31.5	27.4	39.3	31.9	39.4	32
Fibre	g 0.2	0.1	0.0	0.0	0.0	0.2
Protein	g 21.0	18.7	21.1	19.0	21.1	19.0
Salt	g 0.70	0.62	0.68	0.60	0.68	0.61
<b>Vitamins</b>						
Vitamin A (RE)	µg 694	475	530	381	530	381
Vitamin D	µg 9.8	5.6	9.0	5.0	9.0	5.0
Vitamin E (α-TE)	mg 8.9	5.2	9.0	5.1	9.0	5.1
Vitamin K	µg 53.0	30.2	53	30.2	53	30.2
Vitamin C	mg 59.0	37.8	58.7	37.5	58.7	37.5
Thiamin	mg 1.4	0.9	1.4	0.84	1.4	0.84
Riboflavin	mg 1.6	1.4	1.5	1.3	1.5	1.3
Vitamin B6	mg 2.0	1.3	2.0	1.3	2.0	1.3
Niacin (NE)	mg 12.5	7.5	12.4	7.5	12.4	7.5
Folic acid	µg 204	133	202	132	202	132
Vitamin B12	µg 2.0	3.0	1.9	2.7	1.9	2.7
Pantothenic acid	mg 5.5	4.4	5.4	4.3	5.4	4.3
Biotin	µg 31.1	22.9	21.7	17.5	21.7	17.5
<b>Minerals</b>						
Sodium	mg 280	250	272	240	272	244
	mmol 12.2	10.9	11.8	10.4	11.8	10.6
Chloride	mg 426	426	736	743	739	745
	mmol 12.0	18.5	18.9	19.1	18.9	19.1
Potassium	mg 779	767	468	450	470	451
	mmol 20.0	19.7	13.2	12.7	13.3	12.7
Calcium	mg 623	602	608	594	610	595
	mmol 15.6	15.1	15.2	14.9	15.3	14.9
Phosphorus	mg 493	479	475	469	477	470
	mmol 15.9	15.0	15.3	15.1	15.4	15.2
Magnesium	mg 83.8	70.4	87.9	74.0	88.1	74.0
	mmol 3.4	2.9	3.6	3.0	3.6	3.0
Iron	mg 6.8	3.9	6.8	3.9	6.8	3.9
Zinc	mg 4.9	3.8	4.8	3.8	4.8	3.8
Copper	µg 530	300	500	300	500	300
Iodine	µg 130	138	90.6	115	90.7	115
Selenium	µg 19.2	13.0	25.9	16.8	26.0	16.8
Manganese	mg 0.61	0.35	0.60	0.41	0.60	0.41
Chromium	µg 7.0	4.0	7.0	4.0	7.0	4.0
Molybdenum	µg 16.0	9.1	16.0	9.1	16.0	9.1