

# Foodlink Complete

**DATASHEET** July 2020

Foodlink Complete 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 should be stored in a cool, dry place. Once reconstituted Foodlink Complete 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:

**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- $\alpha$ -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- $\alpha$ -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- $\alpha$ -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- $\alpha$ -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- $\alpha$ -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).

**Country of origin:** Ireland.

This product is packaged in a protective atmosphere. Foodlink Complete can be consumed chilled, at room temperature or gently heated.

**Directions for use:** You will need a large glass, mug or Nualtra Shaker and 200ml of whole milk, juice or water<sup>1</sup> depending on what your Health Care Professional has recommended.

- ◆ Add 200ml of liquid to the shaker or glass and 1 x 57g sachet of Foodlink Complete.
- ◆ Whisk or mix well with a fork. Serve when fully mixed.
- ◆ Alternatively, if using a Nualtra shaker – Add 200ml liquid to the shaker along with 1 x 57g sachet of Foodlink Complete.
- ◆ Close lid and shake vigorously until powder the is dissolved.

<sup>1</sup>Foodlink Complete can also be mixed with semi-skimmed or skimmed milk, fruit juices or water. If making Foodlink Complete using alternative liquids, please note that the nutritional profile will vary.



Average content	Units	Per 100g powder	Per shake - 57g powder mixed with 200ml whole milk
Energy	KJ Kcal	1869 444	1611 383
Fat (30.5 / 37.5 <sup>2</sup> en%)	g	15	16
of which saturates	g	7.4	8.9
of which monounsaturates	g	5.4	5.2
of which polyunsaturates	g	1.3	0.9
Carbohydrate (50.5 / 42.7 <sup>2</sup> en%)	g	56	41
of which sugars	g	43	34
Fibre (0 <sup>12</sup> en%)	g	0	0
Protein (19 <sup>1</sup> / 19.8 <sup>2</sup> en%)	g	21	19
Salt	g	0.62	0.57
<b>VITAMINS</b>			
Vitamin A	µg-RE	666	454
Vitamin D	µg	8.8	5.0
Vitamin E	mg $\alpha$ -TE	8.6	5.0
Vitamin K	µg	52	30
Vitamin C	mg	61	39
Thiamin (B1)	mg	1.40	0.86
Riboflavin (B2)	mg	1.8	1.5
Niacin	mg NE	11.0	6.7
Vitamin B6	mg	2.0	1.3
Folic Acid	µg	201	124
Vitamin B12	µg	2.4	3.3
Biotin	µg	30	22
Pantothenic Acid	mg	5.8	4.5
<b>MINERALS</b>			
Sodium	mmol mg	11 250	10 230
Potassium	mmol mg	23.1 905	21.4 839
Chloride	mmol mg	17.5 620	15.1 536
Calcium	mmol mg	18.5 743	16.7 671
Phosphorus	mmol mg	16.7 518	15.9 493
Magnesium	mmol mg	4.24 103	3.36 81.7
Iron	mg	6.8	3.9
Zinc	mg	5.5	4.1
Copper	mg	0.50	0.29
Manganese	mg	0.60	0.34
Selenium	µg	26	17
Chromium	µg	7.0	4.0
Molybdenum	µg	24	14
Iodine	µg	116	130
Fluoride	mg	0.0	0.0
Osmolarity	mOsm/L		619
Osmolality	mOsmol/kg/H <sub>2</sub> O		900-1150
Lactose content	g	32.6	28.0