

CALSHAKE® POWDER



DESCRIPTION

A powdered oral nutritional supplement containing protein (milk protein), fat (palm oil, MCT oil) and carbohydrate (dextrose, maltodextrin, glucose syrup, sucrose).

PRESENTATION

Calshake® Powder is an oral nutritional supplement powder to be prepared with milk providing a 1.9kcal/ml energy density shake, fibre free*. Calshake® Powder is available in a choice of five flavours: strawberry, vanilla, chocolate, banana and neutral. With lactose, gluten free.

Calshake® Powder is presented in boxes of 7 sachets (7 servings). Each sachet is reconstituted with 240ml whole milk to produce one serving (approx. 600kcal).

*Chocolate flavour contains 0.5% energy from fibre (from cocoa powder)

CONTRA-INDICATIONS

FOR ENTERAL USE ONLY.

NOT SUITABLE FOR CHILDREN UNDER 3 YEARS OF AGE

PRECAUTIONS

TO BE USED UNDER MEDICAL SUPERVISION

USE WITH CAUTION IN CHILDREN UNDER 6 YEARS

NOT SUITABLE AS A SOLE SOURCE OF NUTRITION

INDICATIONS FOR USE

Calshake® Powder is intended for the dietary management of patients with or at risk of disease related malnutrition, in particular with increased energy needs.

Calshake® Powder is a Food for Special Medical Purposes.

Calshake® Powder is prescribable on FP10/GP10 for the following indications: For the dietary management of disease related malnutrition, malabsorption states or other conditions requiring fortification with a fat/carbohydrate supplement.

DOSAGE

Dosage should be determined by a healthcare professional according to patients' needs.

Recommendation for supplementary nutrition 1 sachet/day = 87g** powder plus 240ml whole milk providing approximately 600kcal.

**Chocolate 90g

PREPARATION

To prepare one serving of Calshake® Powder, add the contents of one sachet to 240ml whole milk. Mix vigorously with a whisk, fork or a shaker.

STORAGE

Store dry and at room temperature. Once reconstituted use promptly or refrigerate and use within 24 hours. Stir again before use. Best served chilled.

SHELF LIFE

24 months from date of manufacture.

ORDER CODES

Strawberry 8951151	Banana 8951141	Neutral 8951171
Vanilla 8951161	Chocolate 8951131	

ENERGY DISTRIBUTION

Protein 7% Fat 44% Carbohydrate 49% Fibre 0%

Chocolate flavour - Protein 7% Fat 46% Carbohydrate 46.5% Fibre 0.5%

Neutral flavour - Protein 7% Fat 43% Carbohydrate 50%

Fibre 0%

INGREDIENTS

Strawberry Flavour

Fat powder (palm oil, glucose syrup, milk protein, stabilisers (E 452, E 340)), dextrose, maltodextrin, medium chain triglycerides powder (vegetable oils (coconut, palm, rapeseed), glucose syrup, milk protein, emulsifier (E 472c)), skimmed milk powder, flavouring (containing milk), sugar, colour (E 162), acidity regulator (E 170), magnesium oxide, potassium chloride.

May also contain egg, celery, mustard and soya

Vanilla Flavour

Fat powder (palm oil, glucose syrup, milk protein, stabilisers (E 452, E 340)), dextrose, maltodextrin, sugar, skimmed milk powder, medium chain triglycerides powder (vegetable oils (coconut, palm, rapeseed), glucose syrup, milk protein, emulsifier (E 472c)), flavourings (containing lactose), acidity regulator (E 170), magnesium oxide, potassium chloride, colour (E 160a).

May also contain egg, celery, mustard and soya

Banana Flavour

Fat powder (palm oil, glucose syrup, milk protein, stabilisers (E 452, E 340)), dextrose, maltodextrin, sugar, medium chain triglycerides powder (vegetable oils (coconut, palm, rapeseed), glucose syrup, milk protein, emulsifier (E 472c)), skimmed milk powder, flavouring, acidity regulator (E 170), colour (E 160a), magnesium oxide, potassium chloride.

May also contain egg, celery, mustard and soya

Chocolate Flavour

Fat powder (palm oil, glucose syrup, milk protein, stabilisers (E 452, E 340)), dextrose, maltodextrin, sugar, cocoa powder, fat powder (palm fat, lactose (milk), milk protein), medium chain triglycerides powder (vegetable oils (coconut, palm, rapeseed), glucose syrup, milk protein, emulsifier (E 472c)), flavouring (containing colour (E 150c)), acidity regulator (E 170), magnesium oxide.

May also contain egg, celery, mustard and soya

Neutral Flavour

Maltodextrin, fat powder (palm oil, glucose syrup, milk protein, stabilisers (E 452, E 340)), skimmed milk powder, medium chain triglycerides powder (vegetable oils (coconut, palm, rapeseed), glucose syrup, milk protein, emulsifier (E 472c)), acidity regulator (E 170), magnesium oxide, potassium chloride.

May also contain egg, celery, mustard and soya

Date of Preparation:
August 2023

UK-FreONS-2300044

NUTRITIONAL COMPOSITION VANILLA FLAVOUR	Per 100g powder	Per 100ml*	Per serving* (315ml)
ENERGY kcal (kJ)	492(2063)	186 (780)	586(2457)
PROTEIN g	2.5	3.3	10.4
CARBOHYDRATE g	68.9	22.8	71.8
Of which sugars g	36.4	13.8	43.5
Of which lactose g	0.68	3.9	12.3
FAT g	22.9	9.1	28.7
Of which saturated fat g	15.6	6.1	19.2
FIBRE g	0.2	<0.1	<0.3
SALT g	0.38	0.20	0.6
SODIUM mg (mmol)	150 (6.5)	79 (3.4)	249 (10.7)
POTASSIUM mg (mmol)	277 (7.1)	200 (5.1)	630 (16.1)
CHLORIDE mg (mmol)	67 (1.9)	98.5 (2.8)	310(8.8)
CALCIUM mg (mmol)	139 (3.5)	132(3.3)	416 (10.4)
MAGNESIUM mg (mmol)	62.7(2.6)	26.7 (1.1)	84.1(3.5)
PHOSPHORUS mg (mmol)	192 (6.2)	125 (4)	394 (12.6)
OSMOLARITY* mosmol/l		835	

*Ready to use product -one sachet (87g) plus 240ml whole milk, 315ml total volume

NUTRITIONAL COMPOSITION CHOCOLATE FLAVOUR	Per 100g powder	Per 100ml*	Per serving* (315ml)
ENERGY kcal (kJ)	495 (2072)	192 (802)	605 (2526)
PROTEIN g	3.1	3.5	11.0
CARBOHYDRATE g	64.4	22.1	69.6
Of which sugars g	35.5	13.9	43.8
Of which lactose g	0.77	4.0	12.6
FAT g	24.6	9.8	30.9
Of which saturated fat g	16.6	6.5	20.5
FIBRE g	1.8	0.5	1.6
SALT g	0.35	0.20	0.6
SODIUM mg (mmol)	140 (6.1)	78(3.4)	245.7 (10.7)
POTASSIUM mg (mmol)	456 (11.7)	253 (6.5)	797(20.5)
CHLORIDE mg (mmol)	0.57(0.02)	80.2(2.3)	252.6(7.2)
CALCIUM mg (mmol)	124(3.1)	130 (3.2)	409.5 (10.1)
MAGNESIUM mg (mmol)	61.1 (2.5)	26.9 (1.1)	84.7 (3.5)
PHOSPHORUS mg (mmol)	196 (6.3)	128 (4.1)	403.2(12.9)
OSMOLARITY* mosmol/l		850	

*Ready to use product - one sachet (90g) plus 240ml whole milk, 315ml total volume

NUTRITIONAL COMPOSITION STRAWBERRY FLAVOUR	Per 100g powder	Per 100ml*	Per serving* (315ml)
ENERGY kcal (kJ)	493 (2065)	187 (782)	589 (2463)
PROTEIN g	2.3	3.3	10.4
CARBOHYDRATE g	69.3	22.9	72.1
Of which sugars g	35.3	13.5	42.5
Of which lactose g	0.4	3.9	12.3
FAT g	22.9	9.1	28.7
Of which saturated fat g	15.6	6.1	19.2
FIBRE g	0	0	0.0
SALT g	0.35	0.19	0.6
SODIUM mg (mmol)	140 (6.1)	76 (3.3)	239(10.4)
POTASSIUM mg (mmol)	265 (6.8)	196 (5.0)	617(15.8)
CHLORIDE mg (mmol)	59 (1.7)	96.3 (2.7)	303(8.5)
CALCIUM mg (mmol)	129 (3.2)	130 (3.2)	410(10.1)
MAGNESIUM mg (mmol)	61.7 (2.5)	26.5 (1.1)	84(3.5)
PHOSPHORUS mg (mmol)	185 (6.0)	123(4.0)	388(12.6)
OSMOLARITY* mosmol/l		835	

*Ready to use product -one sachet (87g) plus 240ml whole milk, 315ml total volume

NUTRITIONAL COMPOSITION BANANA FLAVOUR	Per 100g powder	Per 100ml*	Per serving* (315ml)
ENERGY kcal (kJ)	492 (2064)	186 (780)	586 (2457)
PROTEIN g	2.2	3.2	10.1
CARBOHYDRATE g	69.3	22.9	72.1
Of which sugars g	36.0	13.6	42.8
Of which lactose g	0.4	3.9	12.3
FAT g	22.9	9.1	28.7
Of which saturated fat g	15.6	6.1	19.2
FIBRE g	0.1	<0.1	<0.3
SALT g	0.38	0.20	0.6
SODIUM mg (mmol)	150 (6.5)	79(3.4)	248.9 (10.7)
POTASSIUM mg (mmol)	265 (6.8)	196 (5.0)	617.4(15.8)
CHLORIDE mg (mmol)	59.3 (1.7)	96.4(2.7)	303.7(8.5)
CALCIUM mg (mmol)	129 (3.2)	130 (3.2)	409.5 (10.1)
MAGNESIUM mg (mmol)	61.7 (2.5)	26.5 (1.1)	83.5(3.5)
PHOSPHORUS mg (mmol)	185 (6.0)	123 (4.0)	387.5(12.6)
OSMOLARITY* mosmol/l		840	

*Ready to use product - one sachet (87g) plus 240ml whole milk, 315ml total volume

NUTRITIONAL COMPOSITION NEUTRAL FLAVOUR	Per 100g powder	Per 100ml*	Per serving* (315ml)
ENERGY kcal (kJ)	497 (2086)	188 (787)	592(2479)
PROTEIN g	2.4	3.3	10.4
CARBOHYDRATE g	71.1	23.4	73.7
Of which sugars g	10.1	6.5	20.5
Of which lactose g	0.65	3.9	12.3
FAT g	22.6	9.0	28.4
Of which saturated fat g	15.4	6.0	18.9
FIBRE g	0	0	0
SALT g	0.35	0.19	0.6
SODIUM mg (mmol)	140 (6.1)	76 (3.3)	239.4 (10.4)
POTASSIUM mg (mmol)	273 (7.0)	199(5.1)	627(16.1)
CHLORIDE mg (mmol)	65.8 (1.9)	98.2 (2.8)	309.3(8.8)
CALCIUM mg (mmol)	137 (3.4)	132(3.3)	415.8 (10.4)
MAGNESIUM mg (mmol)	62.6 (2.6)	26.7(1.1)	84.1 (3.5)
PHOSPHORUS mg (mmol)	189 (6.1)	124 (4.0)	390.6 (12.6)
OSMOLARITY* mosmol/l		475	

*One sachet (87g) plus 240ml whole milk, 315ml total volume