

CALSHAKE® POWDER



DESCRIPTION

A powdered supplement containing protein (milk protein), fat (vegetable oil) and carbohydrate. Gluten free, contains lactose.

PRESENTATION

Calshake® is an oral nutritional supplement powder to be reconstituted with milk providing a high calorie (1.9kcal/ml) shake, fibre free.* Calshake® is available in a choice of five flavours: strawberry, vanilla, chocolate, banana and neutral.

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

*Chocolate flavour low in fibre

CONTRA-INDICATIONS

FOR ENTERAL USE ONLY.

NOT SUITABLE WHERE ENTERAL NUTRITION IS NOT PERMITTED

NOT SUITABLE FOR INFANTS UNDER THREE YEARS OF AGE**

NOT SUITABLE AS A SOLE SOURCE OF NUTRITION

NOT SUITABLE FOR PATIENTS WITH GALACTOSAEMIA

**Neutral flavour infants <1year.

PRECAUTIONS

TO BE USED UNDER MEDICAL SUPERVISION

USE WITH CAUTION IN CHILDREN UNDER 6 YEARS

INDICATIONS FOR USE

For the dietary management of patients with or at risk of disease related malnutrition, in particular with high energy needs.

Calshake® is a Food for Special Medical Purposes.

Calshake® is prescribable on FPIO/GPIO for the following indications: For the dietary management of disease related malnutrition, short bowel syndrome, intractable malabsorption, pre-operative preparation of malnourished patient, dysphagia, proven inflammatory bowel disease, following total gastrectomy, bowel fistula.

DOSAGE

Dosage should be calculated by a clinician or dietitian according to individual requirements.

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

*** Chocolate 90g

PREPARATION

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

STORAGE

Store unopened sachets in a cool, dry place.

Once reconstituted, Calshake® can be stored for up to 24 hours in a refrigerator, stir again before use.

Drink slowly. Best served chilled.

SHELF LIFE

2 years from date of manufacture.

ORDER CODES

Strawberry 7951151	Chocolate 7951131
Vanilla 7951161	Neutral 7951171
Banana 7951141	

ENERGY DISTRIBUTION*

Protein 3% Fat 44% Carbohydrate 53% Fibre 0%

* Chocolate flavour - Protein 4% Fat 41% Carbohydrate 54% Fibre 1%
Neutral flavour - Protein 4% Fat 44% Carbohydrate 46% Fibre 0%

* Energy % relates to powder

INGREDIENTS

Strawberry Flavour

Fat powder (palm oil, dried glucose syrup, [milk protein](#)), dextrose, maltodextrin, [skimmed milk powder](#), MCT powder [medium chain triglycerides, (coconut oil, palm oil, rapeseed oil)] [milk protein](#), dried glucose syrup], sucrose, flavouring (with lactose), colouring (E162), calcium carbonate.

Vanilla Flavour

Fat powder (palm oil, dried glucose syrup, [milk protein](#)), dextrose, maltodextrin, [skimmed milk powder](#), sucrose, MCT powder [medium chain triglycerides, (coconut oil, palm oil, rapeseed oil)], [milk protein](#), dried glucose syrup], flavouring (with lactose), calcium carbonate, colouring (β- carotene).

Banana Flavour

Fat powder (palm oil, dried glucose syrup, [milk protein](#)), dextrose, maltodextrin, [skimmed milk powder](#), sucrose, MCT powder [medium chain triglycerides, (coconut oil, palm oil, rapeseed oil)], [milk protein](#), dried glucose syrup], flavouring, calcium carbonate, colouring (β- carotene).

Chocolate Flavour

Fat powder (palm oil, dried glucose syrup, [milk protein](#)), dextrose, maltodextrin, sucrose, fat reduced cocoa powder, [skimmed milk powder](#), MCT powder [medium chain triglycerides, (coconut oil, palm oil, rapeseed oil)], [milk protein](#), dried glucose syrup], flavouring (with colour E150c), calcium carbonate.

Neutral Flavour

Fat powder (palm oil, dried glucose syrup, [milk protein](#)), maltodextrin, [skimmed milk powder](#), MCT powder [medium chain triglycerides (coconut oil, palm oil, rapeseed oil)], [milk protein](#), dried glucose syrup,] calcium carbonate.

Date of Preparation:
September 2019 EN/Gen/014.19

NUTRITIONAL COMPOSITION STRAWBERRY, VANILLA & BANANA FLAVOURS	Per 100g powder	Per 100ml*	Per serving* (315ml)
ENERGY kcal (kJ)	500 (2100)	190 (795)	598.5 (2504)
PROTEIN g	4.1	3.8	12.0
CARBOHYDRATE g	65.5	21.7	68.4
Of which sugars g	37.8	14	44.1
Of which lactose g	2.2	4.1	12.9
FAT g	24.4	9.5	29.9
Of which saturated fat g	16.7	6.3	19.8
FIBRE g	<0.5	<0.15	<0.47
SALT g (Na x 2.5)	0.45	0.21	0.66
SODIUM mg (mmol)	180 (7.8)	83 (3.6)	261 (11.3)
POTASSIUM mg (mmol)	94 (2.4)	148 (3.8)	466 (12)
CALCIUM mg (mmol)	87 (2.2)	117 (2.9)	369 (9.1)
MAGNESIUM mg (mmol)	8 (0.3)	11 (0.5)	34.7 (1.6)
PHOSPHORUS mg (mmol)	58 (1.9)	89 (2.9)	280 (9.1)
OSMOLARITY mosmol/l		900	
OSMOLALITY mosmol/kg H ₂ O		1250	

*Reconstituted 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)	500 (2100)	194 (815)	611 (2567)
PROTEIN g	4.3	3.8	12.0
CARBOHYDRATE g	64.7	22.1	69.6
Of which sugars g	36.6	14.1	44.4
Of which lactose g	1.4	3.8	12
FAT g	22.7	9.5	29.9
Of which saturated fat g	15.5	6.4	20.16
FIBRE g	1.8	0.5	1.58
SALT g (Na x 2.5)	0.4	0.20	0.63
SODIUM mg (mmol)	160 (7.0)	79 (3.4)	248.9 (10.7)
POTASSIUM mg (mmol)	338 (8.6)	218 (5.6)	686.7 (17.6)
CALCIUM mg (mmol)	66 (1.7)	111 (2.8)	349.7 (8.8)
MAGNESIUM mg (mmol)	36 (1.5)	19 (0.8)	59.9 (2.5)
PHOSPHORUS mg (mmol)	75 (2.4)	94 (3.0)	296 (9.5)
OSMOLARITY mosmol/l		860	
OSMOLALITY mosmol/kg H ₂ O		1245	

*One sachet (90g) plus 240ml whole milk, 315ml total volume

NUTRITIONAL COMPOSITION NEUTRAL FLAVOUR	Per 100g powder	Per 100ml*	Per serving* (315ml)
ENERGY kcal (kJ)	500 (2100)	190 (795)	598.5 (2504)
PROTEIN g	4.3	3.8	12
CARBOHYDRATE g	67.3	22.2	70
Of which sugars g	12.2	7	22.1
Of which lactose g	2.6	4.2	13.2
FAT g	24.1	9.5	29.9
Of which saturated fat g	16.5	6.3	19.8
FIBRE g	<0.5	<0.15	<0.47
SALT g (Na x 2.5)	0.45	0.21	0.66
SODIUM mg (mmol)	180 (7.8)	83 (3.6)	261.5 (11.3)
POTASSIUM mg (mmol)	107 (2.7)	151 (3.9)	475.7 (12.3)
CALCIUM mg (mmol)	98 (2.5)	120 (3.0)	378 (9.5)
MAGNESIUM mg (mmol)	9 (0.4)	11 (0.5)	34.7 (1.6)
PHOSPHORUS mg (mmol)	66 (2.1)	91 (2.9)	286.7 (9.1)
OSMOLARITY mosmol/l		540	
OSMOLALITY mosmol/kg H ₂ O		745	

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