

Nutlis Complete Stage 1

Description

Nutlis Complete Stage 1 is a Food for Special Medical Purposes for use under medical supervision. Nutlis Complete Stage 1 is a pre-thickened, nutritionally complete, 2.4kcal/ml, ready to drink, milkshake style nutritional supplement, containing 4g fibre per bottle, for the dietary management of disease related malnutrition and dysphagia.

Nutlis Complete Stage 1 is suitable for patients with swallowing difficulties requiring a stage 1 (syrup) consistency. It can be used to supplement the diet of patients unable to meet their nutritional requirements from other foods, or used as a sole source of nutrition*.

Nutlis Complete Stage 1 is available in 125ml plastic bottles in two flavours: vanilla and strawberry.

Indications

For enteral use only. ACBS approved, prescribable on Form FP10 (GP10 in Scotland) for the following indications: dysphagia and disease related malnutrition.

Contraindications

Not for intravenous use. Not suitable for children under 3 years of age. Not suitable for patients with galactosaemia. Not suitable for patients requiring a fibre-free diet. Not suitable for a lactose-free diet.

Precautions

Use with caution children aged 3-6 years. Not suitable as a sole source of nutrition in children under 6 years of age. Monitor fluid intake to ensure adequate hydration status.

Directions for use

Nutlis Complete Stage 1 is best served chilled. Shake well before opening.

Storage

Store in a dry, cool place (5-25°C). Shake well before use.

Once opened Nutlis Complete Stage 1 should be consumed within 4 hours.

Shelf life

12 months. Best before date: see side of bottle.

Ingredients (Vanilla flavour)**

Skimmed milk concentrate, water, maltodextrin, vegetable oils, milk proteins, dietary fibres (inulin, oligofructose, arabic gum, soy polysaccharides, cellulose, resistant starch), sugar, tri sodium citrate, flavours, emulsifier (soy lecithin), potassium hydroxide, potassium di-hydrogen phosphate, magnesium chloride, choline chloride, magnesium citrate, colours (beta-carotene, paprika extract), tri potassium citrate, ascorbic acid, magnesium hydrogen phosphate, stabiliser (carrageenan), ferric pyrophosphate, calcium hydrogen phosphate, zinc sulphate, nicotinamide, DL- α -tocopheryl acetate, manganese sulphate monohydrate, sodium selenite, copper sulphate, calcium D-pantothenate, sodium fluoride, pyridoxine hydrochloride, riboflavin, thiamin hydrochloride, retinyl acetate, chromium chloride, pteroylmonoglutamic acid, sodium molybdate, potassium iodide, phytomenadione, D-biotin, cholecalciferol, cyanocobalamin.

*A sole source of nutrition in 5 bottles (using 19-49 year old male EAR and RNI for comparator (excluding Na, K, Cl, Mg)).

**For all other flavours please see individual packaging.

NUTLIS COMPLETE IS GLUTEN FREE.

AVERAGE CONTENTS**	UNIT	per 100ml	per 100kcal
Energy:	kcal	245	100
	kJ	1030	420
Protein:	g	9.6	3.9
nitrogen	g	1.5	0.6
NPC:N		134:1	134:1
% of total energy	%	16	16
Carbohydrate:	g	29.1	11.9
polysaccharides	g	23.3	9.5
sugars	g	5.4	2.2
lactose	g	0.2	0.08
% of total energy	%	47	47
Fat:	g	9.3	3.8
saturates	g	1.0	0.4
monounsaturates	g	5.7	2.3
polyunsaturates	g	2.7	1.1
% of total energy	%	34	34
Dietary Fibre:	g	3.2	1.3
% of total energy	%	3	3
Minerals:			
sodium	mg (mmol)	90 (3.9)	37 (1.6)
potassium	mg (mmol)	260 (6.7)	106 (2.7)
chloride	mg (mmol)	99 (2.8)	40 (1.1)
calcium	mg (mmol)	180 (4.5)	74 (1.9)
phosphorus	mg (mmol)	165 (5.3)	68 (2.2)
magnesium	mg (mmol)	40 (1.7)	16 (0.7)
iron	mg	3.8	1.6
zinc	mg	2.9	1.2
copper	µg	432	176
manganese	mg	0.82	0.34
fluoride	mg	0.25	0.10
molybdenum	µg	24	10
selenium	µg	14	5.8
chromium	µg	16	6.5
iodine	µg	32	13
Vitamins:			
vitamin A	µg RE	240	98
vitamin D3	µg	1.7	0.7
vitamin E	mg α-TE	3.0	1.2
vitamin K	µg	13	5.2
thiamin	mg	0.36	0.15
riboflavin	mg	0.40	0.16
niacin	mg NE	4.3	1.8
pantothenic acid	mg	1.3	0.5
vitamin B6	mg	0.42	0.17
folic acid	µg	64	26
vitamin B12	µg	0.50	0.20
biotin	µg	9.6	3.9
vitamin C	mg	24	10
Others:			
choline	mg	88	36
Water:	g	62	25
osmolarity	mOsmol/l	495	495
osmolality	mOsmol/kg H ₂ O	800	800
potential renal solute load	mOsmol/l	735	735