

# 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 FPIO/GPIO 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)
<b>ENERGY</b> kcal (kJ)	492(2063)	186 (780)	586(2457)
<b>PROTEIN</b> g	2.5	3.3	10.4
<b>CARBOHYDRATE</b> 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
<b>FAT</b> g	22.9	9.1	28.7
Of which saturated fat g	15.6	6.1	19.2
<b>FIBRE</b> g	0.2	<0.1	<0.3
<b>SALT</b> g	0.38	0.20	0.6
<b>SODIUM</b> mg (mmol)	150 (6.5)	79 (3.4)	249 (10.7)
<b>POTASSIUM</b> mg (mmol)	277 (7.1)	200 (5.1)	630 (16.1)
<b>CHLORIDE</b> mg (mmol)	67 (1.9)	98.5 (2.8)	310(8.8)
<b>CALCIUM</b> mg (mmol)	139 (3.5)	132(3.3)	416 (10.4)
<b>MAGNESIUM</b> mg (mmol)	62.7(2.6)	26.7 (1.1)	84.1 (3.5)
<b>PHOSPHORUS</b> mg (mmol)	192 (6.2)	125 (4)	394 (12.6)
<b>OSMOLARITY*</b> 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)
<b>ENERGY</b> kcal (kJ)	495 (2072)	192 (802)	605 (2526)
<b>PROTEIN</b> g	3.1	3.5	11.0
<b>CARBOHYDRATE</b> 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
<b>FAT</b> g	24.6	9.8	30.9
Of which saturated fat g	16.6	6.5	20.5
<b>FIBRE</b> g	1.8	0.5	1.6
<b>SALT</b> g	0.35	0.20	0.6
<b>SODIUM</b> mg (mmol)	140 (6.1)	78(3.4)	245.7 (10.7)
<b>POTASSIUM</b> mg (mmol)	456 (11.7)	253 (6.5)	797(20.5)
<b>CHLORIDE</b> mg (mmol)	0.57(0.02)	80.2(2.3)	252.6(7.2)
<b>CALCIUM</b> mg (mmol)	124(3.1)	130 (3.2)	409.5 (10.1)
<b>MAGNESIUM</b> mg (mmol)	61.1 (2.5)	26.9 (1.1)	84.7 (3.5)
<b>PHOSPHORUS</b> mg (mmol)	196 (6.3)	128 (4.1)	403.2(12.9)
<b>OSMOLARITY*</b> 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)
<b>ENERGY</b> kcal (kJ)	493 (2065)	187 (782)	589 (2463)
<b>PROTEIN</b> g	2.3	3.3	10.4
<b>CARBOHYDRATE</b> 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
<b>FAT</b> g	22.9	9.1	28.7
Of which saturated fat g	15.6	6.1	19.2
<b>FIBRE</b> g	0	0	0.0
<b>SALT</b> g	0.35	0.19	0.6
<b>SODIUM</b> mg (mmol)	140 (6.1)	76 (3.3)	239(10.4)
<b>POTASSIUM</b> mg (mmol)	265 (6.8)	196 (5.0)	617(15.8)
<b>CHLORIDE</b> mg (mmol)	59 (1.7)	96.3 (2.7)	303(8.5)
<b>CALCIUM</b> mg (mmol)	129 (3.2)	130 (3.2)	410(10.1)
<b>MAGNESIUM</b> mg (mmol)	61.7 (2.5)	26.5 (1.1)	84(3.5)
<b>PHOSPHORUS</b> mg (mmol)	185 (6.0)	123(4.0)	388(12.6)
<b>OSMOLARITY*</b> 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)
<b>ENERGY</b> kcal (kJ)	492 (2064)	186 (780)	586 (2457)
<b>PROTEIN</b> g	2.2	3.2	10.1
<b>CARBOHYDRATE</b> 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
<b>FAT</b> g	22.9	9.1	28.7
Of which saturated fat g	15.6	6.1	19.2
<b>FIBRE</b> g	0.1	<0.1	<0.3
<b>SALT</b> g	0.38	0.20	0.6
<b>SODIUM</b> mg (mmol)	150 (6.5)	79(3.4)	248.9 (10.7)
<b>POTASSIUM</b> mg (mmol)	265 (6.8)	196 (5.0)	617.4(15.8)
<b>CHLORIDE</b> mg (mmol)	59.3(1.7)	96.4(2.7)	303.7(8.5)
<b>CALCIUM</b> mg (mmol)	129 (3.2)	130 (3.2)	409.5 (10.1)
<b>MAGNESIUM</b> mg (mmol)	61.7 (2.5)	26.5 (1.1)	83.5(3.5)
<b>PHOSPHORUS</b> mg (mmol)	185 (6.0)	123 (4.0)	387.5(12.6)
<b>OSMOLARITY*</b> 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)
<b>ENERGY</b> kcal (kJ)	497 (2086)	188 (787)	592(2479)
<b>PROTEIN</b> g	2.4	3.3	10.4
<b>CARBOHYDRATE</b> 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
<b>FAT</b> g	22.6	9.0	28.4
Of which saturated fat g	15.4	6.0	18.9
<b>FIBRE</b> g	0	0	0
<b>SALT</b> g	0.35	0.19	0.6
<b>SODIUM</b> mg (mmol)	140 (6.1)	76 (3.3)	239.4 (10.4)
<b>POTASSIUM</b> mg (mmol)	273 (7.0)	199(5.1)	627(16.1)
<b>CHLORIDE</b> mg (mmol)	65.8 (1.9)	98.2 (2.8)	309.3(8.8)
<b>CALCIUM</b> mg (mmol)	137 (3.4)	132(3.3)	415.8 (10.4)
<b>MAGNESIUM</b> mg (mmol)	62.6 (2.6)	26.7(1.1)	84.1 (3.5)
<b>PHOSPHORUS</b> mg (mmol)	189 (6.1)	124 (4.0)	390.6 (12.6)
<b>OSMOLARITY*</b> mosmol/l		475	

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