



# Foodlink Complete™

## DATA SHEET

### UK/IRELAND

Foodlink Complete is a Food for Special Medical Purposes for use under medical supervision. It can be used for the dietary management of patients with or at risk from disease related malnutrition as determined by appropriate nutritional screening. Foodlink Complete is designed to supplement a patient's dietary intake and is not suitable as a sole source of nutrition.

This product is packaged in a protective atmosphere.

Available in Vanilla, Strawberry, Chocolate, Banana and Natural flavours.

#### Gluten free

**Allergens: Contains Milk & Soya**

#### STORAGE

Foodlink Complete should be stored in a cool, dry place. Foodlink Complete can be consumed chilled, at room temperature or gently heated. Once reconstituted Foodlink Complete can be stored in a refrigerator for up to 24 hours. Discard unused contents thereafter.

#### DIRECTIONS FOR USE

##### Mixing Instructions

- You will need a large glass, mug or Nualtra Shaker and 200mls (1/3 pint) of whole milk or water depending on what your Health Care Professional has recommended.
- Add 50mls of liquid to the shaker or glass and one 57g sachet of Foodlink Complete Mix into a smooth paste with a fork or whisk.
- Top up with the remaining 150mls liquid whilst continuing to mix.
- Serve when fully mixed.
- Alternatively if using a Nualtra shaker – Add 200mls milk/water to the shaker along with 57g sachet.
- Close lid and shake vigorously until powder is dissolved.

#### SHELF LIFE

24 months from date of manufacture. See individual sachet and outer packaging for best before date.

#### INDICATIONS

For enteral use only. Must be used under Medical Supervision.

#### CONTRAINDICATIONS

Not suitable for children under 3 years. Not suitable for patients with galactoseamia or an intolerance to soya or milk protein.

#### 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.

### NATURAL

**Fat Filled Milk Powder (Skim Milk Solids, Palm Oil, Dairy Solids, Emulsifier: Soya Lecithin.) Skimmed Milk Powder,** Maltodextrin, Caster Sugar, Vitamin and Mineral Blend [Ascorbic Acid, Potassium Chloride, Sodium Chloride, Nicotinamide, DL-a-Tocopherol Acetate (Vitamin E), Ferric Pyrophosphate, Calcium D-Pantothenate, Zinc Oxide, Pyridoxine Hydrochloride, Thiamine Mononitrate, Manganese Sulphate, Riboflavin, Retinyl Acetate (Vitamin A), Folic Acid, Potassium Iodide, Phytomenadione (Vitamin K1), Copper Gluconate, D-Biotin, Sodium Selenite, Sodium Molybdate, Chromium Chloride, Cyanocobalamin (Vitamin B12)], Magnesium Oxide, Vitamin D3.

#### Gluten Free.

**Allergens: Contains Milk and Soya.**

| AVERAGE CONTENT              | UNITS | SHAKE PER 57g SACHET |                          |
|------------------------------|-------|----------------------|--------------------------|
|                              |       | PER 100g             | PREPARED WITH 200ml MILK |
| Energy                       | kJ    | 1842                 | 1614                     |
|                              | kcal  | 437                  | 385                      |
| Fat                          | g     | 13.5                 | 15.7                     |
| of which saturates           | g     | 8.1                  | 9.8                      |
| of which monounsaturates     | g     | 4.5                  | 4.6                      |
| of which polyunsaturates     | g     | 0.9                  | 0.7                      |
| Carbohydrate                 | g     | 58.7                 | 43                       |
| of which sugars              | g     | 42.7                 | 33.8                     |
| Fibre                        | g     | 0                    | 0                        |
| Protein                      | g     | 20.3                 | 18.4                     |
| Salt                         | g     | 0.5                  | 0.5                      |
| <b>VITAMINS</b>              |       |                      |                          |
| Vitamin A                    | µgRE  | 666                  | 441                      |
| Vitamin D                    | µg    | 8.8                  | 5                        |
| Vitamin E                    | mgTE  | 8.6                  | 5.1                      |
| Vitamin K                    | µg    | 52                   | 30                       |
| Vitamin C                    | mg    | 61.4                 | 39                       |
| Thiamin (B <sub>1</sub> )    | mg    | 1.4                  | 0.9                      |
| Riboflavin (B <sub>2</sub> ) | mg    | 1.8                  | 1.5                      |
| Niacin                       | mgNE  | 11.3                 | 6.8                      |
| Vitamin B <sub>6</sub>       | mg    | 2                    | 1.3                      |
| Folic Acid                   | µg    | 201                  | 131                      |
| Vitamin B <sub>12</sub>      | µg    | 2                    | 2.9                      |
| Biotin                       | µg    | 30                   | 22.2                     |
| Pantothenic Acid             | mg    | 5.8                  | 4.5                      |
| <b>MINERALS</b>              |       |                      |                          |
| Sodium                       | mmol  | 9.5                  | 9.2                      |
|                              | mg    | 218                  | 211                      |
| Potassium                    | mmol  | 15.9                 | 17.3                     |
|                              | mg    | 621                  | 677                      |
| Chloride                     | mmol  | 9.9                  | 10.8                     |
|                              | mg    | 351                  | 383                      |
| Calcium                      | mmol  | 18.6                 | 16.7                     |
|                              | mg    | 742                  | 666                      |
| Phosphorus                   | mmol  | 10.7                 | 12.5                     |
|                              | mg    | 331                  | 387                      |
| Magnesium                    | mmol  | 4.3                  | 3.4                      |
|                              | mg    | 103                  | 81.4                     |
| Iron                         | mg    | 6.8                  | 4                        |
| Zinc                         | mg    | 5.5                  | 3.9                      |
| Copper                       | mg    | 0.5                  | 0.3                      |
| Manganese                    | mg    | 0.6                  | 0.3                      |
| Selenium                     | µg    | 26                   | 17                       |
| Chromium                     | µg    | 7                    | 4.5                      |
| Molybdenum                   | µg    | 16                   | 16                       |
| Iodine                       | µg    | 119                  | 132                      |

### VANILLA

**Fat Filled Milk Powder (Skim Milk Solids, Palm Oil, Dairy Solids, Emulsifier: Soya Lecithin.) Skimmed Milk Powder,** Maltodextrin, Caster Sugar, Flavouring, Vitamin and Mineral Blend [Ascorbic Acid, Potassium Chloride, Sodium Chloride, Nicotinamide, DL-a-Tocopherol Acetate (Vitamin E), Ferric Pyrophosphate, Calcium D-Pantothenate, Zinc Oxide, Pyridoxine Hydrochloride, Thiamine Mononitrate, Manganese Sulphate, Riboflavin, Retinyl Acetate (Vitamin A), Folic Acid, Potassium Iodide, Phytomenadione (Vitamin K1), Copper Gluconate, D-Biotin, Sodium Selenite, Sodium Molybdate, Chromium Chloride, Cyanocobalamin (Vitamin B12)], Magnesium Oxide, Vitamin D3.

#### Gluten Free.

**Allergens: Contains Milk and Soya.**

| AVERAGE CONTENT              | UNITS | SHAKE PER 57g SACHET |                          |
|------------------------------|-------|----------------------|--------------------------|
|                              |       | PER 100g             | PREPARED WITH 200ml MILK |
| Energy                       | kJ    | 1828                 | 1606                     |
|                              | kcal  | 434                  | 383                      |
| Fat                          | g     | 12.4                 | 15.1                     |
| of which saturates           | g     | 8.0                  | 9.8                      |
| of which monounsaturates     | g     | 4.5                  | 4.6                      |
| of which polyunsaturates     | g     | 0.9                  | 0.7                      |
| Carbohydrate                 | g     | 61.8                 | 41.7                     |
| of which sugars              | g     | 43.4                 | 34.2                     |
| Fibre                        | g     | 0                    | 0                        |
| Protein                      | g     | 18.6                 | 17.4                     |
| Salt                         | g     | 0.5                  | 0.5                      |
| <b>VITAMINS</b>              |       |                      |                          |
| Vitamin A                    | µgRE  | 616                  | 413                      |
| Vitamin D                    | µg    | 8.8                  | 5                        |
| Vitamin E                    | mgTE  | 8.1                  | 4.8                      |
| Vitamin K                    | µg    | 49                   | 28                       |
| Vitamin C                    | mg    | 57.2                 | 36.6                     |
| Thiamin (B <sub>1</sub> )    | mg    | 1.3                  | 0.8                      |
| Riboflavin (B <sub>2</sub> ) | mg    | 1.7                  | 1.4                      |
| Niacin                       | mgNE  | 11.3                 | 6.8                      |
| Vitamin B <sub>6</sub>       | mg    | 1.8                  | 1.2                      |
| Folic Acid                   | µg    | 188                  | 123                      |
| Vitamin B <sub>12</sub>      | µg    | 2                    | 2.9                      |
| Biotin                       | µg    | 30                   | 21.2                     |
| Pantothenic Acid             | mg    | 5.4                  | 4.3                      |
| <b>MINERALS</b>              |       |                      |                          |
| Sodium                       | mmol  | 9.4                  | 9.2                      |
|                              | mg    | 217                  | 211                      |
| Potassium                    | mmol  | 15.8                 | 17.3                     |
|                              | mg    | 618                  | 675                      |
| Chloride                     | mmol  | 9.8                  | 10.8                     |
|                              | mg    | 350                  | 382                      |
| Calcium                      | mmol  | 17                   | 15.8                     |
|                              | mg    | 681                  | 631                      |
| Phosphorus                   | mmol  | 10.6                 | 12.4                     |
|                              | mg    | 330                  | 386                      |
| Magnesium                    | mmol  | 4.3                  | 3.4                      |
|                              | mg    | 103                  | 81                       |
| Iron                         | mg    | 6.4                  | 3.7                      |
| Zinc                         | mg    | 5.1                  | 3.7                      |
| Copper                       | mg    | 0.5                  | 0.3                      |
| Manganese                    | mg    | 0.6                  | 0.3                      |
| Selenium                     | µg    | 24                   | 14                       |
| Chromium                     | µg    | 7                    | 4                        |
| Molybdenum                   | µg    | 15                   | 16                       |
| Iodine                       | µg    | 111                  | 127                      |

## STRAWBERRY

**Fat Filled Milk Powder (Skim Milk Solids, Palm Oil, Dairy Solids, Emulsifier; Soya Lecithin.) Skimmed Milk Powder,** Maltodextrin, Caster Sugar, Natural Colour (Beetroot Red), Flavouring, Vitamin and Mineral Blend [Ascorbic Acid, Potassium Chloride, Sodium Chloride, Nicotinamide, DL- $\alpha$ -Tocopherol Acetate (Vitamin E), Ferric Pyrophosphate, Calcium D-Pantothenate, Zinc Oxide, Pyridoxine Hydrochloride, Thiamine Mononitrate, Manganese Sulphate, Riboflavin, Retinyl Acetate (Vitamin A), Folic Acid, Potassium Iodide, Phytomenadione (Vitamin K1), Copper Gluconate, D-Biotin, Sodium Selenite, Sodium Molybdate, Chromium Chloride, Cyanocobalamin (Vitamin B12)] Magnesium Oxide, Vitamin D3.

Gluten Free.

Allergens: Milk Protein and Soya.

| AVERAGE CONTENT              | UNITS     | SHAKE PER 57g SACHET |                          |
|------------------------------|-----------|----------------------|--------------------------|
|                              |           | PER 100g             | PREPARED WITH 200ml MILK |
| Energy                       | kJ        | 1839                 | 1612                     |
|                              | kcal      | 437                  | 385                      |
| Fat                          | g         | 13.5                 | 15.7                     |
| of which saturates           | g         | 8.0                  | 9.8                      |
| of which monounsaturates     | g         | 4.5                  | 4.6                      |
| of which polyunsaturates     | g         | 0.9                  | 0.7                      |
| Carbohydrate                 | g         | 58.8                 | 43                       |
| of which sugars              | g         | 42                   | 33.4                     |
| Fibre                        | g         | 0                    | 0                        |
| Protein                      | g         | 20.1                 | 18.3                     |
| Salt                         | g         | 0.5                  | 0.5                      |
| VITAMINS                     |           |                      |                          |
| Vitamin A                    | $\mu$ gRE | 665                  | 441                      |
| Vitamin D                    | $\mu$ g   | 8.8                  | 5                        |
| Vitamin E                    | mgTE      | 8.6                  | 5.1                      |
| Vitamin K                    | $\mu$ g   | 52                   | 30                       |
| Vitamin C                    | mg        | 61.4                 | 39                       |
| Thiamin (B <sub>1</sub> )    | mg        | 1.4                  | 0.9                      |
| Riboflavin (B <sub>2</sub> ) | mg        | 1.8                  | 1.5                      |
| Niacin                       | mgNE      | 11.3                 | 6.8                      |
| Vitamin B <sub>6</sub>       | mg        | 2                    | 1.3                      |
| Folic Acid                   | $\mu$ g   | 201                  | 131                      |
| Vitamin B <sub>12</sub>      | $\mu$ g   | 2                    | 2.9                      |
| Biotin                       | $\mu$ g   | 30                   | 22.2                     |
| Pantothenic Acid             | mg        | 5.8                  | 4.5                      |
| MINERALS                     |           |                      |                          |
| Sodium                       | mmol      | 9.5                  | 9.2                      |
|                              | mg        | 218                  | 211                      |
| Potassium                    | mmol      | 15.9                 | 17.3                     |
|                              | mg        | 620                  | 676                      |
| Chloride                     | mmol      | 9.8                  | 10.8                     |
|                              | mg        | 350                  | 382                      |
| Calcium                      | mmol      | 18.3                 | 16.5                     |
|                              | mg        | 735                  | 662                      |
| Phosphorus                   | mmol      | 10.7                 | 12.5                     |
|                              | mg        | 331                  | 387                      |
| Magnesium                    | mmol      | 4                    | 3.3                      |
|                              | mg        | 96.5                 | 78                       |
| Iron                         | mg        | 6.8                  | 4                        |
| Zinc                         | mg        | 5.4                  | 3.9                      |
| Copper                       | mg        | 0.5                  | 0.3                      |
| Manganese                    | mg        | 0.6                  | 0.3                      |
| Selenium                     | $\mu$ g   | 26                   | 17                       |
| Chromium                     | $\mu$ g   | 7                    | 4.5                      |
| Molybdenum                   | $\mu$ g   | 16                   | 16                       |
| Iodine                       | $\mu$ g   | 119                  | 132                      |

## BANANA

**Fat Filled Milk Powder (Skim Milk Solids, Palm Oil, Dairy Solids, Emulsifier; Soya Lecithin.) Skimmed Milk Powder,** Maltodextrin, Caster Sugar, Flavouring, Vitamin and Mineral Blend [Ascorbic Acid, Potassium Chloride, Sodium Chloride, Nicotinamide, DL- $\alpha$ -Tocopherol Acetate (Vitamin E), Ferric Pyrophosphate, Calcium D-Pantothenate, Zinc Oxide, Pyridoxine Hydrochloride, Thiamine Mononitrate, Manganese Sulphate, Riboflavin, Retinyl Acetate (Vitamin A), Folic Acid, Potassium Iodide, Phytomenadione (Vitamin K1), Copper Gluconate, D-Biotin, Sodium Selenite, Sodium Molybdate, Chromium Chloride, Cyanocobalamin (Vitamin B12)], Magnesium Oxide, Natural Colour (Mixed Carotenes), Vitamin D3.

Gluten Free.

Allergens: Milk Protein and Soya.

| AVERAGE CONTENT              | UNITS     | SHAKE PER 57g SACHET |                          |
|------------------------------|-----------|----------------------|--------------------------|
|                              |           | PER 100g             | PREPARED WITH 200ml MILK |
| Energy                       | kJ        | 1837                 | 1611                     |
|                              | kcal      | 436                  | 385                      |
| Fat                          | g         | 13.4                 | 15.6                     |
| of which saturates           | g         | 7.9                  | 9.7                      |
| of which monounsaturates     | g         | 4.5                  | 4.6                      |
| of which polyunsaturates     | g         | 0.9                  | 0.7                      |
| Carbohydrate                 | g         | 58.5                 | 42.8                     |
| of which sugars              | g         | 40.8                 | 32.8                     |
| Fibre                        | g         | 0                    | 0                        |
| Protein                      | g         | 20.5                 | 18.5                     |
| Salt                         | g         | 0.5                  | 0.5                      |
| VITAMINS                     |           |                      |                          |
| Vitamin A                    | $\mu$ gRE | 662                  | 439                      |
| Vitamin D                    | $\mu$ g   | 8.8                  | 5                        |
| Vitamin E                    | mgTE      | 8.6                  | 5.1                      |
| Vitamin K                    | $\mu$ g   | 52                   | 30                       |
| Vitamin C                    | mg        | 61                   | 39                       |
| Thiamin (B <sub>1</sub> )    | mg        | 1.4                  | 0.9                      |
| Riboflavin (B <sub>2</sub> ) | mg        | 1.8                  | 1.5                      |
| Niacin                       | mgNE      | 11.3                 | 6.8                      |
| Vitamin B <sub>6</sub>       | mg        | 2                    | 1.3                      |
| Folic Acid                   | $\mu$ g   | 201                  | 131                      |
| Vitamin B <sub>12</sub>      | $\mu$ g   | 2                    | 2.9                      |
| Biotin                       | $\mu$ g   | 30                   | 22.2                     |
| Pantothenic Acid             | mg        | 5.8                  | 4.5                      |
| MINERALS                     |           |                      |                          |
| Sodium                       | mmol      | 9.4                  | 9.1                      |
|                              | mg        | 216                  | 210                      |
| Potassium                    | mmol      | 15.7                 | 17.2                     |
|                              | mg        | 615                  | 673                      |
| Chloride                     | mmol      | 9.7                  | 10.7                     |
|                              | mg        | 347                  | 381                      |
| Calcium                      | mmol      | 18.7                 | 16.8                     |
|                              | mg        | 749                  | 670                      |
| Phosphorus                   | mmol      | 10.6                 | 12.4                     |
|                              | mg        | 328                  | 385                      |
| Magnesium                    | mmol      | 4.3                  | 3.4                      |
|                              | mg        | 103                  | 81.4                     |
| Iron                         | mg        | 6.8                  | 3.9                      |
| Zinc                         | mg        | 5.5                  | 3.9                      |
| Copper                       | mg        | 0.5                  | 0.3                      |
| Manganese                    | mg        | 0.6                  | 0.3                      |
| Selenium                     | $\mu$ g   | 26                   | 17                       |
| Chromium                     | $\mu$ g   | 7                    | 4.5                      |
| Molybdenum                   | $\mu$ g   | 16                   | 16                       |
| Iodine                       | $\mu$ g   | 119                  | 132                      |

## CHOCOLATE

**Fat Filled Milk Powder (Skim Milk Solids, Palm Oil, Dairy Solids, Emulsifier; Soya Lecithin.) Skimmed Milk Powder,** Caster Sugar, Maltodextrin, Cocoa Powder, Flavouring, Vitamin and Mineral Blend [Ascorbic Acid, Potassium Chloride, Sodium Chloride, Nicotinamide, DL- $\alpha$ -Tocopherol Acetate (Vitamin E), Ferric Pyrophosphate, Calcium D-Pantothenate, Zinc Oxide, Pyridoxine Hydrochloride, Thiamine Mononitrate, Manganese Sulphate, Riboflavin, Retinyl Acetate (Vitamin A), Folic Acid, Potassium Iodide, Phytomenadione (Vitamin K1), Copper Gluconate, D-Biotin, Sodium Selenite, Sodium Molybdate, Chromium Chloride, Cyanocobalamin (Vitamin B12)], Magnesium Oxide, Vitamin D3.

Gluten Free.

Allergens: Milk Protein and Soya.

| AVERAGE CONTENT              | UNITS     | SHAKE PER 57g SACHET |                          |
|------------------------------|-----------|----------------------|--------------------------|
|                              |           | PER 100g             | PREPARED WITH 200ml MILK |
| Energy                       | kJ        | 1791                 | 1585                     |
|                              | kcal      | 425                  | 378                      |
| Fat                          | g         | 13.4                 | 15.6                     |
| of which saturates           | g         | 8                    | 9.8                      |
| of which monounsaturates     | g         | 4.5                  | 4.6                      |
| of which polyunsaturates     | g         | 0.9                  | 0.7                      |
| Carbohydrate                 | g         | 55.7                 | 41.2                     |
| of which sugars              | g         | 43.6                 | 34.4                     |
| Fibre                        | g         | 0.3                  | 0.2                      |
| Protein                      | g         | 20.5                 | 18.5                     |
| Salt                         | g         | 0.5                  | 0.5                      |
| VITAMINS                     |           |                      |                          |
| Vitamin A                    | $\mu$ gRE | 646                  | 430                      |
| Vitamin D                    | $\mu$ g   | 8.8                  | 5                        |
| Vitamin E                    | mgTE      | 8.6                  | 5.1                      |
| Vitamin K                    | $\mu$ g   | 52                   | 29                       |
| Vitamin C                    | mg        | 61                   | 38.8                     |
| Thiamin (B <sub>1</sub> )    | mg        | 1.4                  | 0.9                      |
| Riboflavin (B <sub>2</sub> ) | mg        | 1.8                  | 1.5                      |
| Niacin                       | mgNE      | 11.3                 | 6.8                      |
| Vitamin B <sub>6</sub>       | mg        | 2                    | 1.2                      |
| Folic Acid                   | $\mu$ g   | 201                  | 131                      |
| Vitamin B <sub>12</sub>      | $\mu$ g   | 2                    | 2.9                      |
| Biotin                       | $\mu$ g   | 30                   | 22.2                     |
| Pantothenic Acid             | mg        | 5.7                  | 4.4                      |
| MINERALS                     |           |                      |                          |
| Sodium                       | mmol      | 9                    | 8.9                      |
|                              | mg        | 208                  | 206                      |
| Potassium                    | mmol      | 20.5                 | 19.9                     |
|                              | mg        | 798                  | 778                      |
| Chloride                     | mmol      | 9.3                  | 10.5                     |
|                              | mg        | 331                  | 372                      |
| Calcium                      | mmol      | 16.7                 | 16                       |
|                              | mg        | 670                  | 642                      |
| Phosphorus                   | mmol      | 10                   | 12.1                     |
|                              | mg        | 312                  | 376                      |
| Magnesium                    | mmol      | 4.3                  | 3.4                      |
|                              | mg        | 103                  | 81.4                     |
| Iron                         | mg        | 6.8                  | 3.9                      |
| Zinc                         | mg        | 5.3                  | 3.8                      |
| Copper                       | mg        | 0.5                  | 0.3                      |
| Manganese                    | mg        | 0.6                  | 0.3                      |
| Selenium                     | $\mu$ g   | 26                   | 17                       |
| Chromium                     | $\mu$ g   | 7                    | 4.5                      |
| Molybdenum                   | $\mu$ g   | 16                   | 16                       |
| Iodine                       | $\mu$ g   | 119                  | 132                      |