



Enhancing Lives Together
A Nestlé Health Science Company

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Products can be ordered directly from Alliance Healthcare
using the following telephone number:
Tel: **0330 100 0448**



Nutritional Helpline
Tel: **+44 (0)151 702 4937**

Our dedicated team of dietitians are here to help with any enquiries
on the product range from technical support to practical advice
on how best to use our product range.



Vitaflo App

Access up-to-date product information, anytime, anywhere.
Free to download for iOS and Android devices
from the App or Play Store.

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Enhancing Lives Together

Nutrition Support Product Compendium

August 2022

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ACBS ☒ GMS ☒

Description

Food for special medical purposes

Pro-Cal shot is a low volume, energy dense liquid supplement, available in neutral, strawberry and banana flavours, providing milk protein, fat and carbohydrate.

Indications

Pro-Cal shot is for the dietary management of disease related malnutrition, malabsorption states and other conditions requiring fortification with a fat/ carbohydrate supplement (with protein).

Dosage and Administration

To be determined by the clinician or dietitian and is dependent on the age, body weight and medical condition of the patient.

30ml of Pro-Cal shot = 100kcal and 2g protein
60ml of Pro-Cal shot = 200kcal and 4g protein

Typical single dose



30ml = 100kcal & 2g protein

or



60ml = 200kcal & 4g protein

Typical daily dose



4 x 30ml = 400kcal & 8g protein

or



4 x 60ml = 800kcal & 16g protein

Preparation Guidelines

Shake well before use.

Pro-Cal shot can be taken in 30ml or 60ml doses or combined with food or drink.

Serving suggestions are available online or on request.

IMPORTANT NOTICE

Use under medical supervision.

Not suitable for use as a sole source of nutrition.

Suitable from 3 years of age onwards.

For enteral use only.

Nutritional Information

		Neutral		Strawberry		Banana	
		Per 100ml	Per 30ml	Per 100ml	Per 30ml	Per 100ml	Per 30ml
Energy	kJ	1385	416	1385	416	1385	416
	kcal	334	100	334	100	334	100
Fat	g	28.2	8.5	28.2	8.5	28.2	8.5
of which saturates	g	2.2	0.66	2.2	0.66	2.2	0.66
of which monounsaturates	g	16	4.8	16	4.8	16	4.8
of which polyunsaturates	g	8	2.4	8	2.4	8	2.4
Carbohydrate	g	13.4	4.0	13.4	4.0	13.4	4.0
of which sugars	g	13.3	4.0	13.3	4.0	13.3	4.0
Lactose	g	13.3	4.0	12.3	3.7	12.3	3.7
Protein	g	6.7	2.0	6.7	2.0	6.7	2.0
Salt	g	0.27	0.08	0.27	0.08	0.27	0.08
Minerals							
Sodium	mg	109	32.7	109	32.7	109	32.7
	mmol	4.7	1.4	4.7	1.4	4.7	1.4
Chloride	mg	125	37.5	125	37.5	125	37.5
	mmol	3.5	1.1	3.5	1.1	3.5	1.1
Potassium	mg	210	63	217	65.1	210	63
	mmol	5.3	1.6	5.4	1.6	5.3	1.6
Calcium	mg	127	38.1	127	38.1	127	38.1
	mmol	3.2	1.0	3.2	1.0	3.2	1.0
Phosphorus	mg	182	54.6	182	54.6	182	54.6
	mmol	5.8	1.7	5.8	1.7	5.8	1.7
Magnesium	mg	16	4.8	16	4.8	16	4.8
	mmol	0.7	0.2	0.7	0.2	0.7	0.2
Water content	ml	52	16	52	16	52	16
Osmolality	mOsm/kg	1900		1900		1900	

Allergen Declaration

Contains **Milk** (Milk Protein, Lactose).

Contains **Soya** (Soya Lecithin).

Gluten free.

Pack Sizes / Volume

6 x 120ml e - 720ml

Storage

Unopened bottles should be stored in a cool, dry place.

Once opened keep refrigerated for up to 24 hours.

Always replace the lid after use.

Packaged in a protective atmosphere.



Starter Pack

3 x 120ml e - 360ml (1 x 120ml of each flavour).





ACBS ☒ GMS ☒

Description

Food for special medical purposes

Pro-Cal powder is a powdered, neutral-tasting food fortifier. A blend of protein, fat and carbohydrate, which can be added to a variety of food and drink to enhance the energy and protein content with minimal effect on taste, volume and texture.

Indications

Pro-Cal powder is for the dietary management of disease related malnutrition, malabsorption states and other conditions requiring fortification with a fat/ carbohydrate supplement (with protein).

Dosage and Administration

To be determined by the clinician or dietitian and is dependent on the age, body weight and medical condition of the patient.

15g of Pro-Cal powder = 100kcal and 2g protein

Preparation Guidelines

Sprinkle Pro-Cal powder onto food or drink, stir until the powder is dissolved.

Not suitable for addition to fruit juice or cold water.

Add 1 - 2 scoops or sachets per serving.

The product should be freshly prepared and consumed immediately. If this is not possible, all prepared products must be tightly covered and consumed within 6 hours at room temperature or within 24 hours if refrigerated.

Discard any unfinished heated product.

Serving suggestions for Pro-Cal powder are available on request.

IMPORTANT NOTICE

Use under medical supervision.

Not suitable for use as a sole source of nutrition.

Suitable from 3 years of age onwards.

For enteral use only.

Allergen Declaration

Contains **Milk** (Milk Protein, Lactose)

Gluten free.

Storage

Store in a cool, dry place. Sachets are designed to be taken as a single dose and should be used once opened.

Once tub is opened use within 1 month.

Nutritional Information

		Per 100g	Per 15g (1 sachet/scoop)
Energy	kJ	2764	415
	kcal	667	100
Fat	g	55.5	8.3
	of which saturates	g	37
Carbohydrate	g	28.2	4.2
	of which sugars	g	16
Protein	g	13.6	2.0
Salt	g	0.53	0.08
Minerals			
Sodium	mg	210	31.5
	mmol	9.0	1.4
Chloride	mg	250	37.5
	mmol	7.0	1.1
Potassium	mg	510	76.5
	mmol	12.8	1.9
Calcium	mg	385	57.8
	mmol	9.6	1.4
Phosphorus	mg	350	52.5
	mmol	11.2	1.7
Magnesium	mg	35	5.3
	mmol	1.4	0.2

Osmolality

1 sachet (15g) + 100ml water = 145 mOsm/kg

1 sachet (15g) + 150ml water = 101 mOsm/kg

Pack Sizes / Weight

30 x 15g e sachets - 450g

200 x 15g e sachets - 3kg #

510g e tub

1.5kg e tub #

12.5kg e tub #

Starter Pack

8 x 15g e sachets - 120g #



Not GMS approved



Description

Food for special medical purposes

Preload is a powdered neutral-tasting carbohydrate loading drink mix for the pre-operative dietary management of patients undergoing surgery.

Indications

Preload is for use in the pre-operative dietary management of patients undergoing surgery.

Dosage and Administration

To be determined by the healthcare professional and is dependent on the age, body weight and medical condition of the patient.

Preparation Guidelines

Step 1 Measure out 400ml of water using a measuring jug.

Step 2 Add the contents of 1 sachet of preload into the measuring jug, stirring continuously until dissolved.

Step 3 Pour into a large glass / beaker and drink.



When to take Preload

Each hospital may have their own specific recommended time to take preload.
- please check with your Healthcare Professional.

The following times are a guide only:

Evening before surgery

- Take 2 sachets of preload.

Morning of surgery

- Take 1 sachet of preload.

Can be used up to 2 hours before surgery.



IMPORTANT NOTICE

Must only be used under strict medical supervision.

Not for use as a sole source of nutrition. Not suitable for children under 3 years of age.

For enteral use only.

PRECAUTIONS

Use with caution in the following:

- Children
- Patients with Diabetes Mellitus
- Patients with delayed gastric emptying.

Nutritional Information		Per 100g	Per 50g (1 sachet)
Energy	kJ	1615	808
	kcal	380	190
Fat	g	0	0
	of which saturates	0	0
Carbohydrate	g	95	47.5
	of which sugars	9.0	4.5
Protein	g	0	0
Salt	g	<0.05	<0.03
Sodium	mg	<20	<10
	mmol	<0.9	<0.4

Osmolality

1 sachet (50g) + 400ml water
(standard dilution) = 135 mOsm/kg

Storage

Store in a cool, dry place.

Each sachet is intended as a single dose and should be mixed with water once opened. Reconstituted powder that is not intended for immediate consumption should be refrigerated and used within 24 hours.

Pack Size / Weight

Home patient pack -

3 x 50g e sachets - 150g

Hospital pack -

90 x 50g e sachets - 4.5kg



Handwriting practice lines consisting of 20 horizontal blue lines on a white background.







K·QuikTM

K·Quik



ACBS ☒ GMS ☒ PBS ☒

Description

Food for Special Medical Purposes

K-Quik is a ready to use, liquid emulsion of medium chain triglycerides (MCT). With sweetener.

Indications

For the dietary management of conditions requiring a source of medium chain triglycerides (MCT) including use in the ketogenic diet.

Recommended Intake and Administration

To be determined by the clinician or dietitian and is dependent on the age, body weight and medical condition of the patient.

Preparation Guidelines

Shake well before use.
Best served chilled.

Further serving suggestions and recipes for K-Quik are available on request.

IMPORTANT NOTICE

Use under medical supervision.
Not suitable for use as a sole source of nutrition.
Suitable from 3 years of age onwards.
Not suitable for people with medium chain acyl-CoA dehydrogenase deficiency (MCADD).
For enteral use only.

Nutritional Information

		per 100ml	per 225ml (1 bottle)			per 100ml	per 225ml (1 bottle)
Energy				Protein	g	0	0
				Salt	g	0.13	0.29
Fat	g	21	47.3	Minerals			
of which				Sodium	mg	52	117
saturates	g	19.8	44.6		mmol	2.2	5.0
MCT *	g	20	45	Chloride	mg	60	135
LCT **	g	1.0	2.3		mmol	1.7	3.8
Carbohydrate	g	0	0	Osmolality			
of which sugars	g	0	0	50 mOsm/Kg			
				Osmolarity			
				40 mOsm/L			

*Medium Chain Triglycerides

**Long Chain Triglycerides

Storage

Unopened: Store in a cool dry place.

Once opened: Recap unused portion, refrigerate and use within 48 hours.

Packaged in a protective atmosphere.

Flavour

Unflavoured

Sample Box

2 x 225ml = 450ml
1 measuring cup

Pack Size/Weight

15 x 225ml e bottles = 3.37 L



FruitiVits®

ACBS ☒ GMS ☒ PBS ☒

Description

Food for special medical purposes.

FruitiVits® is a low carbohydrate, orange flavoured, powdered blend of vitamins, minerals and trace elements. With sweeteners.

Indications

FruitiVits is for the dietary management of conditions requiring restricted therapeutic diets, suitable from 3 years of age onwards.

Dosage and Administration

To be determined by the clinician or dietitian and is dependent on the age, body weight and medical condition of the patient.

Preparation Guidelines

Dissolve each 6g sachet of FruitiVits into a minimum of 60ml of water or permitted fluid.

1



Pour a minimum of 60ml of permitted fluid into the beaker.

2



Add the contents of the sachet. Secure the lid and shake well for 10 seconds.

3



Consume immediately.

IMPORTANT NOTICE

Use under medical supervision.

Not suitable for use as a sole source of nutrition.

Suitable from 3 years of age onwards.

For enteral use only.

Nutritional Information

		per 100g	per 6g sachet			per 100g	per 6g sachet
Energy	kJ	168	10	Sodium	mg	45	2.7
	kcal	40	2.4		mmol	1.9	0.12
Fat	g	0	0	Chloride	mg	20	1.2
of which saturates	g	0	0		mmol	0.56	0.03
Carbohydrate	g	8.3	0.5	Potassium	mg	180	11
of which sugars	g	0.5	0		mmol	4.5	0.27
Fibre	g	3.3	0.2	Calcium	mg	13400	804
Protein	g	0	0		mmol	335	20
Salt	g	0.11	0.01	Phosphorus	mg	8367	502
Vitamins and minerals							
Vitamin A (RE)	µg	8333	500	Magnesium	mg	3350	201
Vitamin D	µg	250	15		mmol	137	8.2
Vitamin E (α TE)	mg	155	9.3	Iron	mg	167	10
Vitamin K	µg	1000	60	Zinc	mg	167	10
Vitamin C	mg	667	40	Copper	mg	17	1
Thiamin	mg	20	1.2	Iodine	µg	2817	169
Riboflavin	mg	23	1.4	Selenium	µg	683	41
Vitamin B6	mg	28	1.7	Manganese	mg	25	1.5
Niacin	mg	250	15	Chromium	µg	683	41
Folic acid	µg	4000	240	Molybdenum	µg	1133	68
Vitamin B12	µg	47	2.8	Choline	mg	4167	250
Pantothenic acid	mg	78	4.7				
Biotin	µg	1867	112				

Osmolality:

1 sachet (6g) + 60ml water = 275 mOsmol/Kg

Storage

Store in a cool, dry place.

Sachets are designed for single use and it is recommended that contents are used immediately once opened.

If less than one full sachet is required, any unused powder must be tightly sealed, and used within 24 hours.

Pack Size/Weight

30 x 6g ⇔ sachets = 180g

Starter pack

10 x 6g ⇔ sachets = 60g
1 measuring beaker

Flavour

Orange.



vitajouleTM

VitajouleTM

ACBS ☒

Description

Food for special medical purposes

Vitajoule is a neutral-tasting carbohydrate powder supplement.

Indications

Vitajoule is for the dietary management of disease related malnutrition, malabsorption states, other conditions requiring fortification with carbohydrate and as a carbohydrate source in modular feeds.

Dosage and Administration

To be determined by the clinician or dietitian and is dependent on the age, body weight and medical condition of the patient.

1 level scoop of Vitajoule (approx. 12g) = approx. 46kcal.
Scoops provide an approximate measure of a product for the purposes of ease and convenience. If accurate quantities of the product are required, a calibrated gram scale will be required.

Preparation Guidelines

Sprinkle Vitajoule onto hot or cold food or drink.
Stir well with a fork until the powder has dissolved.

IMPORTANT NOTICE

Must only be used under strict medical supervision.
Not for use as a sole source of nutrition.
Suitable from birth.
Children under 12 months: when made into a solution or added to infant formula, use immediately and discard any remaining within 1 hour.
For enteral use only.
Use with caution in Diabetes Mellitus

Nutritional Information

		Per 100g	Per 12g (1 scoop)
Energy	<div>kJ</div> <div>kcal</div>	<div>1615</div> <div>380</div>	<div>194</div> <div>46</div>
Fat	g	0	0
of which saturates	g	0	0
Carbohydrate	g	95	11.4
of which sugars	g	9.0	1.1
Protein	g	0	0
Salt	g	<0.1	<0.01
Minerals			
Sodium	mg	<20	<2.4
	mmol	<0.9	<0.11

Osmolality

12% (12g in a final volume of 100ml) = 141 mOsm/kg

24% (24g in a final volume of 100ml) = 348 mOsm/kg

Ingredients








Dried Glucose Syrup

Storage

Store in a cool, dry place.
Once tub is opened use within 3 weeks.

Pack Sizes / Weight

500g  tub

Product Name		PIP code	GMS code
 120ml	Neutral:	394-3909	81503
	Strawberry:	394-3891	81503
	Banana:	394-3917	81503
	Mixed Starter Pack:	394-5086	81503
	30 x 15g :	410-6993	85091
	200 x 15g:	387-8741	N/A
	510g:	270-1399	81518
	1.5kg:	270-1381	N/A
	12.5kg:	369-9832	N/A
	Starter Pack:	394-3883	N/A
	10 x 3 x 50g:	N/A	N/A
	90 x 50g:	N/A	N/A
	30 x 16g:	369 8669	81411
	15 x 225ml:	421-3930	85107
	30 x 6g:	371-5067	83106
	500g:	092-9299	N/A

VitaFlo Product Range

VitaFlo International Ltd. and Abbott Nutrition are working together in partnership to support you and your patients.

All products in this compendium can be ordered directly through the wholesalers, Alliance Healthcare and Phoenix (see numbers below).

The following products are available for ordering through the Abbott Nutrition Enteral Contract and Abbott Nutrition

Description	Configuration	Presentation	List
Pro-Cal shot Strawberry	1 x 6 x 120ml	Bottle	K47710614
Pro-Cal shot Neutral	1 x 6 x 120ml	Bottle	K46810614
Pro-Cal shot Banana	1 x 6 x 120ml	Bottle	K47810614
Pro-Cal powder	30 x 15g	Sachet	20033522
Pro-Cal powder	10 x 510g	Tub	K47212714
Pro-Cal powder	1 x 12.5kg	Tub	20002868
Vitajoule	10 x 500g	Tub	K47315014
Preload	10 x 3 x 50g	Sachet	K46705014

The following additional pack sizes are also available for ordering through Abbott Nutrition.

Description	Configuration	Presentation
Pro-Cal shot Starter Pack	3 x 120ml (1 x 120ml of each flavour)	Bottle
Pro-Cal powder Starter Pack	8 x 15g	Sachet
Pro-Cal powder	200 x 15g	Sachet
Pro-Cal powder	1 x 1.5kg	Tub
Preload	90 x 50g	Sachet

VITAFLO INTERNATIONAL LTD. HELPLINE - +44 (0)151 709 9020

PRODUCTS CAN BE ORDERED DIRECTLY FROM PHOENIX WHOLESALE AND ALLIANCE HEALTHCARE USING THE FOLLOWING TELEPHONE NUMBERS:

ALLIANCE HEALTHCARE TEL: 0330 100 0448

PHOENIX TEL: 0844 736 2287

ABBOTT NUTRITION ORDERLINE (UK ONLY) - 0333 600 1795