



Try adding these flavour combinations to 1 sachet of Glycosade:

Caramel Crème Shake:

- 100ml unsweetened vanilla almond milk
- 2 tbsp Da Vinci® sugar free Caramel syrup

Berry Blush:

- 100ml ice cold water or unsweetened vanilla almond milk
- 1-2 tbsp Teisseire™ sugar free Berry Grenadine OR Berry Squash

Lemon Drizzle:

- 100ml cold water
- A few drops of lemon food flavouring oil or extract

Peanut Butter Cup:

- 100ml unsweetened vanilla soy or almond milk
- 1 tbsp peanut butter or Powdered Peanut Butter
- Optional - a few drops of Stevia Liquid sweetener in chocolate flavour

Strawberry Yoghurt:

- 1 pot suitable low fat strawberry yoghurt
- Optional - try adding Strawberry Watermelon Go Splash™ or a few drops of vanilla extract



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Glycosade is a food for special medical purpose for use in the dietary management of glycogen storage disease, from 2 years of age. Use under medical supervision.

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glycosade®

Mixing Ideas



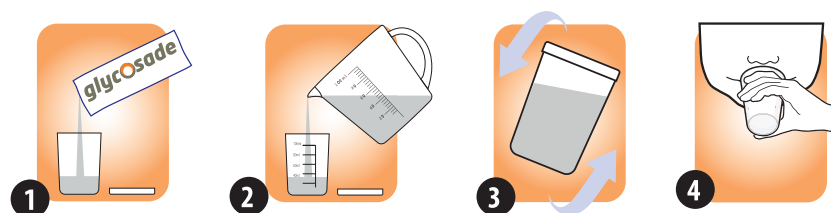
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Glycosade® mixing instructions:

Glycosade taken as a drink:

1. Measure the required amount of Glycosade into the shaker.
2. Add the liquid of your choice. Typically a sachet of Glycosade can be added to 100ml of cold water, milk or other suitable fluids.
3. Close the lid tightly and shake for 10 seconds.
4. Drink your Glycosade straight away.

Remember, do NOT cook, heat or warm your Glycosade!



Glycosade taken with food:

1. Add your required amount of Glycosade to 150-200ml of suitable yoghurt or cold custard/rice pudding.
2. Stir well until smooth with a fork or a small whisk.
3. Eat your Glycosade straight away.

Remember, do NOT cook, heat or warm your Glycosade!



Glycosade flavour creations!

Glycosade can easily be flavoured to meet individual taste preferences. Try mixing Glycosade with some of these ingredients to make your own flavour creation!

Always talk to your dietitian or doctor before making changes to your Glycosade regimen.

○ Shake with:

- Chilled unsweetened vanilla flavoured almond, hazelnut or coconut milk drink
- Chilled unsweetened vanilla flavoured soya or rice milk drink
- Sugar free flavoured waters or squash

○ Stir into:

- Suitable yoghurts and custards
- Suitable soy yoghurts and custards

○ Flavour with:

- Liquid water enhancers such as Go Splash™ and Robinsons® Squash'd™
- Sugar free coffee syrups such as Da Vinci® and Monin®
- Food flavouring oils and extracts
- Liquid sweeteners such as Stevia liquid sweetener drops (sweetener sucralose, available in some supermarkets and online)
- PB2 Powdered Peanut Butter (in original or chocolate flavour; available online)

The Glycosade recipe and mixing suggestions have been trialed using the ingredients/brands mentioned, however other similar products on the market may be used.

Please discuss the suitability of these with your Dietitian or Doctor.