



Enhancing Lives Together

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Products can be ordered directly from Alliance Healthcare
using the following telephone number:

Tel: **0330 100 0448**

Product nutrition queries can be submitted to Vitaflo by using the
'Contact and ordering' tab on **www.vitaflo.co.uk**
and then complete the 'Contact us' form.

Alternatively, you can call Vitaflo on **+44 (0)151 709 9020**



Vitaflo App

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

Find out more about nutrition support and Pro-Cal
by visiting www.yournutritionsupport.co.uk



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Enhancing Lives Together

Nutrition Support Product Compendium

April 2026

Contents

Pro-Cal <i>shot</i> [™]	1
Pro-Cal [™] <i>powder</i>	5
MCTprocal [™]	9
Preload [™]	13
K.Quik	17
FruitiVits	21
Renastep [™]	25

PRO-CAL SHOTTM



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

Preparation Guidelines

Typical single serving



30ml = 100kcal & 2g protein

or



60ml = 200kcal & 4g protein

Typical daily serving



4 x 30ml = 400kcal & 8g protein

or



4 x 60ml = 800kcal & 16g protein

Shake well before use.

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

Serving suggestions for Pro-Cal *shot* are available on www.yournutritionsupport.co.uk 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	

Ingredients

Neutral: Water, Vegetable Oil (Rapeseed Oil), Skimmed **Milk** Powder, Lactose (**Milk**), Sodium Caseinate (**Milk**), Stabiliser (E422), Emulsifier (**Soya** Lecithin), Acidity Regulator (E331), Antioxidant (E306).

Banana: Water, Vegetable Oil (Rapeseed Oil), Skimmed **Milk** Powder, Lactose (**Milk**), Sodium Caseinate (**Milk**), Stabiliser (E422), Emulsifier (**Soya** Lecithin), Sucrose, Flavouring, Acidity Regulator (E331), Colour (E160a) Antioxidant (E306).

Strawberry: Water, Vegetable Oil (Rapeseed Oil), Skimmed **Milk** Powder, Lactose (**Milk**), Sodium Caseinate (**Milk**), Stabiliser (E422), Emulsifier (**Soya** Lecithin), Sucrose, Flavouring, Acidity Regulator (E331), Colour (E120) Antioxidant (E306).

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).



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L0372_DC10_UK_0220

PRO-CALTM
POWDER

Pro-Cal
powder



ACBS ☒ GMS ☒

Description

Food for special medical purposes

Pro-Cal *powder* is a powdered, neutral-tasting oral nutritional supplement that can be added to a variety of foods and drinks to increase the energy and protein content with minimal effect on taste, volume and texture. It is a blend of fat, carbohydrate and protein.

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).

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.

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

Preparation Guidelines

Add Pro-Cal *powder* to food and drinks and stir well until the powder is fully mixed in.

Not suitable for addition to fruit juice or cold water.

Add 1-2 sachets per serving.

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

Discard any unfinished heated product.

Serving suggestions for Pro-Cal *powder* are available on www.yournutritionsupport.co.uk 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

		Per 100g	Per 15g (1 sachet)
Energy	kJ	2744	412
	kcal	662	100
Fat	g	56	8.4
	of which saturates	g	37
Carbohydrate	g	26	3.9
	of which sugars	g	20
Protein	g	13.5	2.0
Salt	g	0.40	0.06
Minerals			
Sodium	mg	167	25
	mmol	7.2	1.1
Potassium	mg	439	66
	mmol	11	1.6
Chloride	mg	245	37
	mmol	6.9	1.0
Calcium	mg	820	123
	mmol	20	3.0
Phosphorus	mg	530	79
	mmol	17	2.6
Magnesium	mg	30	<10
	mmol	1.2	0.18

Osmolality

1 sachet (15g) + 100ml water = 140 mOsm/kg

Ingredients

Vegetable Oil (Palm Oil), Skimmed **Milk** Powder, Glucose Syrup, **Milk** Protein, Anti Caking Agent (E341(iii)).

Allergen Declaration

Contains **Milk** (**Milk** protein, Skimmed **milk** powder).
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.

Pack Size / Weight

30 x 15g e sachets - 450g

Starter Pack

8 x 15g e sachets - 120g #

Not GMS approved



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L1140_DC2_UK





ACBS ☒ GMS ☒

Description**Food for special medical purposes.**

MCTprocal is a neutral tasting powder high in medium chain triglycerides (MCT).

Indications

MCTprocal is for the dietary management of disorders of long-chain fatty acid oxidation, fat malabsorption and other disorders requiring a high MCT, low long-chain triglyceride (LCT) diet from 3 years 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.

MCTprocal (16g) = 10g MCT, 112kcal and 2g protein.

Preparation Guidelines

Add MCTprocal to the desired food or drink, stir until the powder is dissolved.

MCTprocal can also be used in cooking and baking.

Not suitable for addition to fruit juice.

Serving suggestions for MCTprocal 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 and onwards.

For enteral use only.

Nutritional Information

		per 100g	per 16g sachet		per 100g	per 16g sachet
Energy	kJ	2907	465	Minerals		
	kcal	703	112			
Fat	g	63.5	10	Sodium	mg	220
of which saturates	g	61.2	10		mmol	9.5
MCT	g	60.7	10	Potassium	mg	610
					mmol	15.3
Carbohydrate	g	20.6	3.3	Calcium	mg	360
of which sugars	g	3.1	0.5		mmol	9
Protein	g	12.2	2.0	Phosphorus	mg	500
Salt	g	0.55	0.09		mmol	16
				Others		
				LCT	g	0.90

Osmolality:

1 sachet + 50ml water = 198mOsm/kg

Ingredients:

Medium Chain Triglyceride (MCT) oil, Dried Glucose Syrup, Sodium Caseinate (**Milk**), Stabilizer (E340), Anti-caking Agent (E341)

Allergen Declaration

Contains **Milk** (milk protein).

Storage

Unopened: Store in a cool, dry place.

Opened: Sachets are designed for single use and should be used once opened. Any unused powder in an open sachet should be kept in an airtight container or sealed with a clipper and used within 24 hours.

Pack Size/Weight

30 x 16g e sachets = 480g

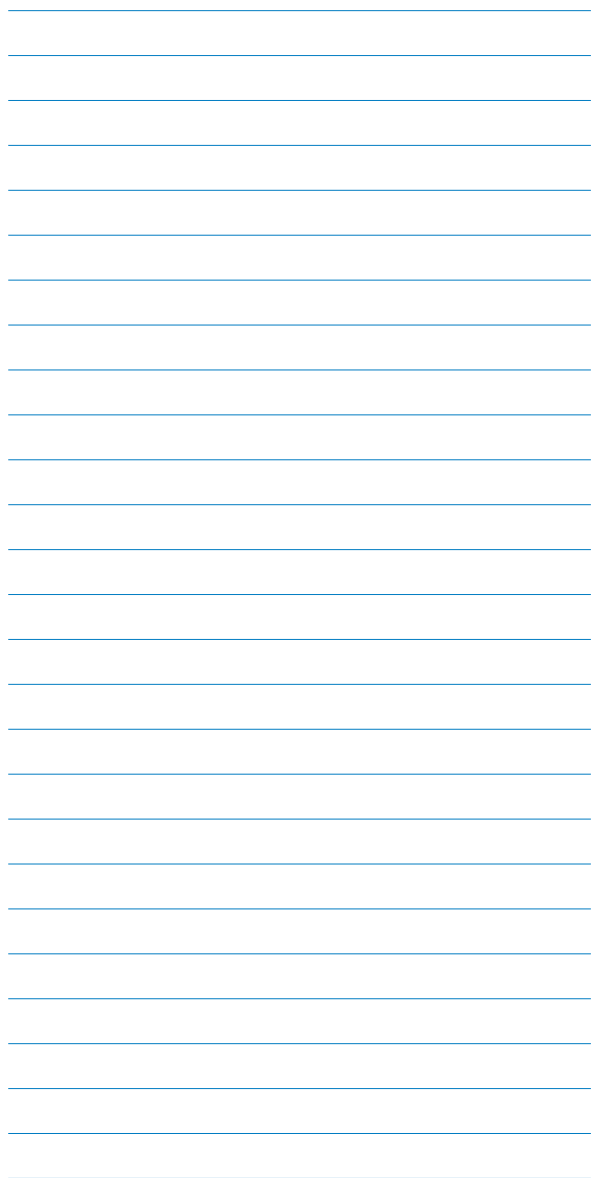
Sample pack

12 x 16g e sachets = 192g



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LT139_DCL_UK_0923





Preload



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	g	0	0
Carbohydrate	g	95	47.5
of which sugars	g	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

Ingredients

Dried Glucose Syrup.

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



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This image shows a full page of blank handwriting practice paper. It features approximately 20 evenly spaced, horizontal light blue lines across the entire page. The background is a solid off-white color, providing a clean surface for writing practice. There are no margins, text, or other markings present.



K·QuikTM

K.Quik



ACBS ☒ GMS ☒

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	kJ	777	1750	Protein	g	0	0
	kcal	189	426	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

Ingredients

Water, Medium Chain Triglyceride (MCT) Oil, Emulsifiers (E472c, E471), Sodium Chloride, Antioxidant (E307), Artificial Sweetener (Sucralose).

Storage

Unopened: Store in a cool dry place.

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

Packaged in a protective atmosphere.

Pack Size/Weight

15 x 225ml e bottles = 3.37 L

Flavour

Unflavoured

Sample Box

2 x 225ml = 450ml

1 measuring cup



Enhancing Lives Together

L1007_DC2_UK

FruitiVits®

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.

Ingredients

Tricalcium Phosphate, Magnesium Sulphate, Magnesium Phosphate, Choline Bitartrate, Flavourings, Acidity Regulator (E330), Thickener (E415), Colour (E160a), L-Ascorbic Acid, Ferrous Sulphate, Artificial Sweeteners (Acesulfame K, Sucralose), DL-Alpha-Tocopherol Acetate, Zinc Sulphate, Nicotinamide, D-Biotin, Vitamin D3 (Cholecalciferol), Calcium D Pantothenate, Retinyl Acetate, Manganese Sulphate, Sodium Selenite, Vitamin B12 (Cyanocobalamin), Copper Sulphate, Potassium Iodide, Pyridoxine Hydrochloride, Thiamin Hydrochloride, Riboflavin, Vitamin K (Phylloquinone), Folic Acid (Pteroylmonoglutamic Acid), Chromium Chloride, Sodium Molybdate.

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
					mmol	268	16
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 e sachets = 180g

Starter pack

10 x 6g e sachets = 60g

1 measuring beaker

Flavour

Orange.



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ACBS ☒

GMS ☒

Description

FOOD FOR SPECIAL MEDICAL PURPOSES

Renastep is a ready to use high energy, low volume liquid feed containing protein, carbohydrate, fat, vitamins, minerals, trace elements and docosahexaenoic acid (DHA), with low levels of potassium, phosphorus, calcium, chloride and vitamin A. Renastep has a vanilla flavour.

Indication

Renastep is for the dietary management of kidney disease 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

Suitable to be taken orally or via an enteral feeding tube as determined by the clinician or dietitian. Shake before use. If taken orally it is best served chilled.

Important Notice

Use under medical supervision.

Not suitable for use as a sole source of nutrition.

Suitable from 3 years of age onwards.

Regular monitoring of nutritional status and electrolyte levels is required.

For enteral use only.

Ingredients

Water, Glucose Syrup, Vegetable Oil (High Oleic Sunflower, Sunflower, Rapeseed), **Milk** Proteins, Emulsifier (E472c), Refined Tuna Oil (**Fish**), Stabilisers (E460, E466), Flavouring, Magnesium Citrate, Calcium Lactate, Choline Chloride, Sodium Chloride, Acidity Regulators (E525, E524), Trisodium Citrate, L-Ascorbic Acid, Ferric Pyrophosphate, Tripotassium Citrate, L-Carnitine L-Tartrate, Zinc Sulphate, Sodium Molybdate, Nicotinamide, Sodium Selenite, Copper Gluconate, Calcium D-Pantothenate, Vitamin D3 (Cholecalciferol), Manganese Sulphate, Vitamin A Acetate, D-Biotin, Vitamin B12 (Cyanocobalamin), Folic Acid, Pyridoxine Hydrochloride, Chromium Chloride, Potassium Iodide, Riboflavin, Thiamin Mononitrate, Vitamin K1.

Nutritional Information

		Per 100ml	Per bottle (125ml)			Per 100ml	Per bottle (125ml)
Energy	kJ	836	1045	Minerals			
	kcal	200	250	Sodium	mg	84	105
Fat	g	11.1	14		mmol	3.6	4.5
of which saturates	g	1.7	2.1	Potassium	mg	35	44
monounsaturates	g	7.8	9.8		mmol	0.9	1.1
polyunsaturates	g	1.1	1.4	Chloride	mg	60	75
Alpha linolenic acid	mg	125	156		mmol	1.7	2.1
Docosahexaenoic acid (DHA)	mg	40	50	Calcium	mg	47	59
Linoleic acid	mg	1000	1250		mmol	1.2	1.5
Carbohydrate	g	21.0	26	Phosphorus	mg	35	44
of which sugars	g	3.4	4.3		mmol	1.1	1.4
Protein	g	4.0	5.0	Magnesium	mg	15	19
Salt	g	0.21	0.26		mmol	0.6	0.8
Vitamins				Trace Elements			
Vitamin A (RE)	µg	39	49	Iron	mg	2.0	2.5
Vitamin D	µg	1.6	2.0	Zinc	mg	1.2	1.5
Vitamin E (αTE)	mg	3.6	4.5	Copper	mg	0.12	0.15
Vitamin K	µg	7.0	8.8	Manganese	mg	0.20	0.25
Vitamin C	mg	8.0	10.0	Selenium	µg	5.0	6.3
Thiamin	mg	0.12	0.15	Chromium	µg	2.5	3.1
Riboflavin	mg	0.16	0.20	Molybdenum	µg	7.0	8.8
Niacin	mg	1.37	1.7	Iodine	µg	18	23
(Niacin Eq)	mg	(2.2)	(2.8)	Others			
Vitamin B6	mg	0.21	0.26	L-Carnitine	mg	4.0	5.0
Folic acid	µg	25	31	Choline	mg	40	50
Vitamin B12	µg	0.4	0.50	Osmolality		600mOsm/kg	
Biotin	µg	4.0	5.0				
Pantothenic acid	mg	0.6	0.75				

Allergen Declaration

Contains **Milk** (milk protein)

Contains **Fish** (tuna oil)

Storage

Renastep should be stored in a cool dry place.

Opened: Once opened recap and refrigerate.

Discard any feed after 24 hours.

Pack Size/Weight

24 x 125ml e 3.0 L



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100942_DQC_UK

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
	Starter Pack:	394-3883	N/A
	30 x 16g:	369 8669	81411
	10 x 3 x 50g:	N/A	N/A
	90 x 50g:	N/A	N/A
K·Quik™	15 x 225ml:	421-3930	85107
FruitiVits™	30 x 6g:	371-5067	83106
	24 x 125ml :	409-5832	81313

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 wholesaler Alliance Healthcare (see below for the telephone number).

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

Description	Configuration	Presentation	List
Pro-Cal <i>shot</i> Strawberry	1 x 6 x 120ml	Bottle	K47710614
Pro-Cal <i>shot</i> Neutral	1 x 6 x 120ml	Bottle	K46810614
Pro-Cal <i>shot</i> Banana	1 x 6 x 120ml	Bottle	K47810614
Pro-Cal <i>powder</i>	30 x 15g	Sachet	20033522
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 <i>shot</i> Starter Pack	3 x 120ml (1 x 120ml of each flavour)	Bottle
Pro-Cal <i>powder</i> Starter Pack	8 x 15g	Sachet
Preload	90 x 50g	Sachet

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

PRODUCTS CAN BE ORDERED DIRECTLY FROM ALLIANCE HEALTHCARE USING
THE FOLLOWING TELEPHONE NUMBER: 0330 100 0448

ABBOTT NUTRITION ORDERLINE (UK ONLY) : 0333 600 1795