



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**

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.



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

March 2024

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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

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

Preparation Guidelines

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

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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PRO-CAL™
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 or 1-2 level scoops 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/scoop)
Energy	kJ	2744	412
	kcal	662	100
Fat of which saturates	g	56	8.4
	g	37	5.6
Carbohydrate of which sugars	g	26	3.9
	g	20	3.0
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: Sachets are designed to be taken as a single dose and should be used once opened.

Tubs: Once tub is opened, use within 4 weeks.

Pack Sizes / Weight

30 x 15g e sachets - 450g

510g e tub

1.5kg e tub #

12.5kg e tub #

Starter Pack

8 x 15g e sachets - 120g #

Not GMS approved



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preload™

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

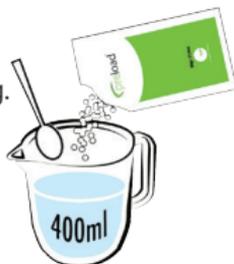
To be determined by the healthcare professional and is dependent on the age, body weight and medical condition of the patient.

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
Fat	g	0	0
		of which saturates	g
Carbohydrate	g	95	47.5
		of which sugars	g
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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The logo graphic consists of three overlapping circles: a large light green circle at the top, a smaller dark green circle to its left, and a small yellow circle at the bottom. The text 'MCTprocal' is positioned to the right of these circles, with 'MCT' in a light green color and 'procal' in a grey color. A small 'TM' trademark symbol is located at the top right of the word 'procal'.

MCTprocalTM

MCTprocal



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		Sodium	mg
Fat	g	63.5	10		mmol	9.5
	of which saturates	g	61.2	10	Potassium	mg
MCT	g	60.7	10		mmol	15.3
Carbohydrate	g	20.6	3.3	Calcium	mg	360
	of which sugars	g	3.1	0.5		mmol
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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K·Quik[™]

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	kJ	777	1750	Protein	g	0
		189	426	Salt	g	0.13
Fat	g	21	47.3	Minerals		
				Sodium	mg	52
of which				mmol	2.2	
saturates	g	19.8	44.6	Chloride	mg	60
MCT *	g	20	45	mmol	1.7	
LCT **	g	1.0	2.3	Osmolality		
Carbohydrate	g	0	0	50 mOsm/Kg		
of which sugars	g	0	0	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



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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
		40	2.4			mmol	1.9
Fat	g	0	0	Chloride	mg	20	1.2
		0	0			mmol	0.56
Carbohydrate	g	8.3	0.5	Potassium	mg	180	11
		0.5	0			mmol	4.5
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
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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Vitajoule™

Vitajoule

Vitajoule™

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	kJ	1615	194
	kcal	380	46
Fat	g	0	0
	of which saturates	g	0
Carbohydrate	g	95	11.4
	of which sugars	g	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



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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
	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 <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
Pro-Cal <i>powder</i>	10 x 510g	Tub	K47212714
Pro-Cal <i>powder</i>	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 <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
Pro-Cal <i>powder</i>	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