



PRODUCT CATALOGUE

To enhance the quality of all human life, and build lifetime relationships with our global family.



Life Enhancing Nutrition

Founded in Queensland, Australia by Bernadette Eriksen, for over 28 years, Flavour Creations has been developing science-backed targeted health and medical nutrition solutions. Driven by Bernadette's passion for food and a desire to help people with specific nutritional needs, Flavour Creations provides life-enhancing nutrition.

A leading provider of nutrition for people living with dysphagia, Flavour Creations now also specialises in solutions for malnutrition, wound care and healthy living. Today, Flavour Creations is expanding globally. Its range of high-quality, great tasting nutrition solutions are supplied to hospitals, aged care homes, pharmacies and direct-to-homes.

Flavour Creations is committed to delivering sustainable nutrition through locally sourced ingredients that support Australian jobs. All our products are scientifically formulated by our team of food scientists, speech pathologists and dietitians, and are subject to rigorous quality and safety processes.

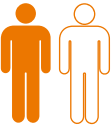
Flavour Creations is distinguished by its proactive innovation, care and unwavering support provided to customers, helping to restore dignity and quality of life.

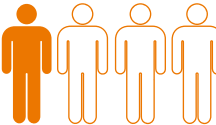
Flavour Creations makes nutrition easy, enjoyable and accessible.

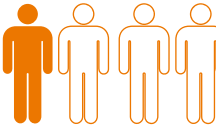


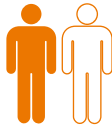
about Dysphagia

Dysphagia (difficulty swallowing) is common among children and adults with certain neurological disorders and acquired brain injuries, people with head and neck cancer, and older adults. Many people living with dysphagia can endure malnutrition, dehydration, social isolation and are at risk of aspiration pneumonia.


Up to 50% of aged care residents have dysphagia^{1,2}


Up to 25% of acute hospital patients have dysphagia²


Up to 22% of Australians have dysphagia¹


Up to 50% of post-stroke patients have dysphagia¹

Amylase Resistant™ Range

Using patented technology, Flavour Creations Amylase Resistant™ formula maintains a stable consistency of foods and drinks during the entire swallowing process, unlike starch-based thickened products. Our formula assists to improve the safety, quality, and taste of our products and supports better hydration and nutrition for people living with dysphagia.

- Largest Amylase Resistant range – drinks, powders, snacks and desserts
- Formulated to International Dysphagia Diet Standardisation Initiative (IDDSI)
- Supports better safety, quality and taste

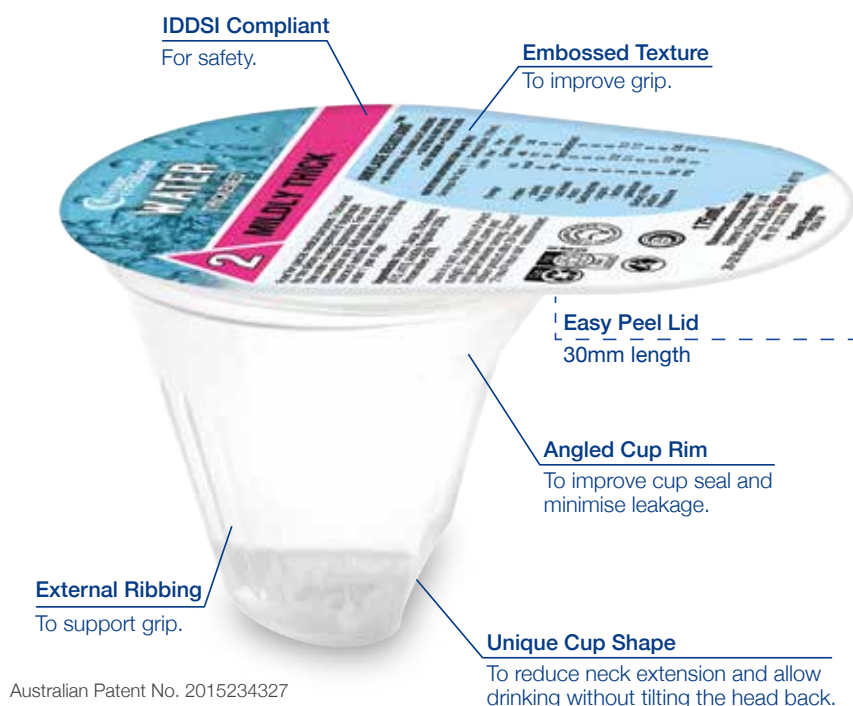


WATCH VIDEO



Dysphagia Cup and Holder

After seven years of rigorous research and development, in 2016 Flavour Creations launched its award-winning Dysphagia Cup. Designed to Arthritis Australia's Packaging Design Accessibility Guidelines, the Flavour Creations Dysphagia Cup has six key features that empowers individuals to hold their own cup to drink independently.



DYSPHAGIA CUP HOLDER



Dysphagia Cup Awards



GOLD AWARD
QLD Urban Utilities Award
for Product Innovation



1. Australian and New Zealand Society for Geriatric Medicine. Position Statement – Dysphagia and aspiration in older people. Australas J Ageing. 2011; 30: 98-103.
2. Cichero JA, Heaton S, Bassett L. Triaging dysphagia: nurse screening for dysphagia in an acute hospital. J Clin Nurs. 2009; 11:1649-59.

WORLD'S LARGEST RANGE

22 FLAVOURS • 8 CATEGORIES • 4 IDDSI LEVELS

Boasting the largest range of Thickened Ready-to-Drink products, our drinks are available in all four IDDSI levels to be enjoyed by everyone dining with dysphagia.



Waters		Juices			Hot Drinks		Cordial Drinks				
1 SLIGHTLY THICK											
	Water	Apple									
2 MILDLY THICK											
	Water	Watermelon	Apple	Orange	Sun	White Tea	White Coffee	Citrus	Diet Lemon	Lime	Raspberry
3 MODERATELY THICK											
	Water	Watermelon	Apple	Orange	Sun	White Tea	White Coffee	Citrus	Diet Lemon	Lime	Raspberry
4 EXTREMELY THICK											
	Water	Watermelon	Apple	Orange	Sun	White Tea		Citrus	Diet Lemon	Lime	Raspberry

Creamy Drinks			Protein Fortified		Nutritionally Complete				Functional Drinks	
										
			Caramel		Apple Berry					
										
Chocolate	Dairy	Strawberry	Lemon Lime	Caramel	Apple Berry	Chocolate	Iced Coffee	Vanilla	Pear Juice	Cranberry
										
Chocolate	Dairy	Strawberry	Lemon Lime	Caramel	Apple Berry	Chocolate	Iced Coffee	Vanilla	Pear Juice	
										
Chocolate	Dairy	Strawberry	Lemon Lime		Apple Berry	Chocolate			Pear Juice	

Waters

175mL

- Amylase Resistant™
- No Artificial Colours & Flavours
- Low Sodium
- Gluten, Nut & Soy Free
- Clear Fluid



NUTRITION INFORMATION (Average Quantity)

Waters | Level 3 - Moderately Thick

Serving Size:	Water		Watermelon Flavoured	
175mL	Units	Per Serve	Per 100mL	Per 100mL
Energy	kJ	53	30	138
	kcal	13	7	33
Protein	g	0	0	0.1
- gluten	mg	Not Detected	Not Detected	Not Detected
Fat, total	g	0	0	0
- saturated	g	0	0	0
- trans	g	0	0	0
Carbohydrate	g	2.5	1.4	7.3
- sugars	g	2.3	1.3	6.2
- lactose	g	0	0	0
- galactose	g	0	0	0
Dietary Fibre	g	1.2	0.7	1.7
Sodium	mg	45	26	85
Potassium	mg	6	3	13

Real Fruit Juices

175mL

- Amylase Resistant™
- Made with Real Fruit Juice
- Low Sodium
- No Artificial Colours & Flavours
- Gluten, Nut & Soy Free

Apple Juice

- Clear Fluid



NUTRITION INFORMATION (Average Quantity)

Juices | Level 3 - Moderately Thick

Serving Size:	Apple Juice		Orange Juice	
175mL	Units	Per Serve	Per 100mL	Per 100mL
Energy	kJ	363	207	352
	kcal	87	50	84
Protein	g	0.3	0.2	0.9
- gluten	mg	Not Detected	Not Detected	Not Detected
Fat, total	g	0.1	0.1	0
- saturated	g	0	0	0
- trans	g	0	0	0
Carbohydrate	g	19.8	11.3	19.7
- sugars	g	19.2	11	17.1
- lactose	g	0	0	0
- galactose	g	0	0	0
Dietary Fibre	g	1.2	0.7	1.5
Sodium	mg	45	26	26
Potassium	mg	244	140	237

NUTRITION INFORMATION (Average Quantity)

Juices | Level 3 - Moderately Thick

Serving Size:	Sun Juice		Pear Juice	
175mL	Units	Per Serve	Per 100mL	Per 100mL
Energy	kJ	458	262	330
	kcal	110	63	79
Protein	g	0.5	0.3	0.2
- gluten	mg	Not Detected	Not Detected	Not Detected
Fat, total	g	0	0	0.1
- saturated	g	0	0	0
- trans	g	0	0	0
Carbohydrate	g	25.8	14.8	17.1
- sugars	g	24.6	14.0	15.9
- lactose	g	0	0	0
- galactose	g	0	0	0
Dietary Fibre	g	1.3	0.7	3.8
Sodium	mg	28	16	60
Potassium	mg	194	111	162

Hot Drinks

175mL

- Amylase Resistant™
- No Artificial Colours & Flavours
- Gluten, Nut & Soy Free
- Low Sodium

White Tea

- Dairy Free

White Coffee

- Low Lactose



NUTRITION INFORMATION (Average Quantity)

Hot Drinks | Level 3 - Moderately Thick

Serving Size:	White Tea		White Coffee	
175mL	Units	Per Serve	Per 100mL	Per 100mL
Energy	kJ	84	48	169
	kcal	20	12	41
Protein	g	0.2	0.1	1.5
- gluten	mg	Not Detected	Not Detected	Not Detected
Fat, total	g	0	0	1.0
- saturated	g	0	0	0.8
- trans	g	0	0	0
Carbohydrate	g	4.9	2.8	6.4
- sugars	g	3.1	1.8	3.3
- lactose	g	0	0	1.5
- galactose	g	0	0	0
Dietary Fibre	g	1.4	0.8	2
Sodium	mg	8	4	204
Potassium	mg	2	1	238

Cordial Drinks

175mL

- Amylase Resistant™
- No Artificial Colours & Flavours
- Low Sodium
- Gluten, Nut & Soy Free
- Clear Fluid



Diet when compared to other Flavour Creations cordial drinks.



NUTRITION INFORMATION (Average Quantity)

Cordial Drinks | Level 3 - Moderately Thick

Serving Size: 175mL		Citrus Flavoured		Diet Lemon	
	Units	Per Serve	Per 100mL	Per Serve	Per 100mL
Energy					
	kJ	389	222	116	66
	kcal	93	53	28	16
Protein	g	0	0	0.1	0.1
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	0	0	0	0
- saturated	g	0	0	0	0
- trans	g	0	0	0	0
Carbohydrate	g	22.2	12.7	4.9	2.8
- sugars	g	22	12.6	4.8	2.7
- lactose	g	0	0	0	0
- galactose	g	0	0	0	0
Dietary Fibre	g	1.2	0.7	1.5	0.8
Sodium	mg	92	52	96	55
Potassium	mg	27	16	23	13

NUTRITION INFORMATION (Average Quantity)

Waters | Level 3 - Moderately Thick

Serving Size: 175mL		Lime Flavoured		Raspberry Flavoured	
	Units	Per Serve	Per 100mL	Per Serve	Per 100mL
Energy					
	kJ	429	245	430	246
	kcal	103	59	103	59
Protein	g	0	0	0	0
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	0	0	0	0
- saturated	g	0	0	0	0
- trans	g	0	0	0	0
Carbohydrate	g	24.7	14.1	24.9	14.2
- sugars	g	24	13.7	24	13.7
- lactose	g	0	0	0	0
- galactose	g	0	0	0	0
Dietary Fibre	g	1.3	0.7	1	0.6
Sodium	mg	67	39	66	38
Potassium	mg	25	14	24	13

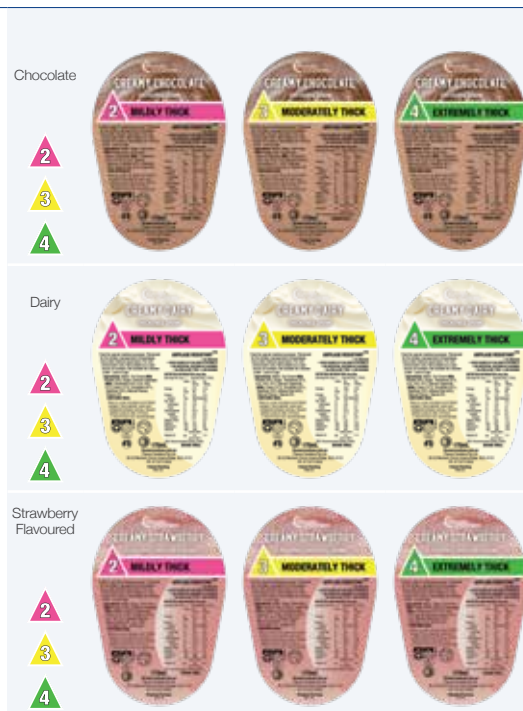
Creamy Drinks

175mL

- Amylase Resistant™
- Source of Protein
- Gluten, Nut & Soy Free
- Low Sodium
- No Artificial Colours & Flavours



*Strawberry Flavoured is not Kosher Dairy certified



NUTRITION INFORMATION (Average Quantity)

Creamy Drinks | Level 3 - Moderately Thick

Serving Size: 175mL		Chocolate		Dairy		Strawberry Flavoured	
	Units	Per Serve	Per 100mL	Per Serve	Per 100mL	Per Serve	Per 100mL
Energy							
	kJ	560	320	489	279	616	352
	kcal	134	77	117	67	148	84
Protein	g	5.4	3.1	7.0	4.0	6.3	3.6
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	3.2	1.8	4.3	2.4	4.7	2.7
- saturated	g	2.2	1.3	2.9	1.7	3.6	2.1
- trans	g	0.1	0.1	0.2	0.1	0.1	0.1
Carbohydrate	g	20.8	11.9	13.3	7.6	20.3	11.6
- sugars	g	18.7	10.7	11.7	6.7	18	10.3
- lactose	g	3.9	2.2	6.1	3.5	4.6	2.6
- galactose	g	0	0	0	0	0	0
Dietary Fibre	g	2.3	1.3	1.9	1.1	1.3	0.7
Sodium	mg	169	97	182	104	125	71
Potassium	mg	262	150	184	105	132	76
Calcium	mg	250	143	301	172	300	172
Vitamin D	µg	2.5	1.5	2.5	1.4	2.5	1.4

Nutritionally Complete Drinks

175mL

- Amylase Resistant™
- 15g Protein
- 27 Vitamins & Minerals
- No Artificial Colours & Flavours
- Source of Calcium & Vitamin D
- Gluten, Nut & Soy Free

Vanilla Flavour

- Lactose Free



NUTRITION INFORMATION (Average Quantity)

Nutritionally Complete | Level 3 - Moderately Thick

Serving Size:	Apple Berry Flavoured		Chocolate	
175mL	Units	Per Serve	Per 100mL	Per 100mL
Energy	kJ	1120	641	1120
	kcal	269	154	269
Protein	g	15.2	8.7	15.0
- gluten	mg	Not Detected	Not Detected	Not Detected
Fat, total	g	0.1	0	0.6
- saturated	g	0.1	0	0.37
- trans	g	0	0	0
Carbohydrate	g	47.7	27.3	48.1
- sugars	g	24.5	14	23.8
- lactose	g	0	0	0.3
- galactose	g	0	0	0
Dietary Fibre	g	6.5	3.7	5.6
Sodium	mg	153	87	234
Potassium	mg	220	126	329
Calcium	mg	138	79	316
Vitamin D	µg	2.2	1.3	6.1

NUTRITION INFORMATION (Average Quantity)

Nutritionally Complete | Level 3 - Moderately Thick

Serving Size:	Iced Coffee Flavoured		Vanilla Flavour	
175mL	Units	Per Serve	Per 100mL	Per 100mL
Energy	kJ	1120	641	1110
	kcal	269	154	264
Protein	g	15.2	8.7	15
- gluten	mg	Not Detected	Not Detected	Not Detected
Fat, total	g	0.1	0	6.1
- saturated	g	0.1	0	0
- trans	g	0	0	0
Carbohydrate	g	49.1	28.1	34.7
- sugars	g	12.4	7.1	11
- lactose	g	0	0	0
- galactose	g	0	0	0
Dietary Fibre	g	5.4	3.1	4.7
Sodium	mg	420	240	337
Potassium	mg	299	171	292

Protein Fortified Drink

175mL

- Amylase Resistant™
- 15g Protein
- Source of Fibre
- Lactose Free
- Dairy Free
- Gluten, Nut & Soy Free
- No Artificial Colours & Flavours



NUTRITION INFORMATION (Average Quantity)

Nutritionally Complete | Level 3 - Moderately Thick

Serving Size:	Lemon Lime Flavoured		Caramel Flavoured	
175mL	Units	Per Serve	Per 100mL	Per 100mL
Energy	kJ	711	406	1100
	kcal	171	97	264
Protein	g	15.2	8.7	15.0
- gluten	mg	Not Detected	Not Detected	Not Detected
Fat, total	g	0	0	0
- saturated	g	0	0	0
- trans	g	0	0	0
Carbohydrate	g	23.4	13.4	48.9
- sugars	g	21.3	12.2	13.1
- lactose	g	0	0	0
- galactose	g	0	0	0
Dietary Fibre	g	6.8	3.9	4.0
Sodium	mg	446	255	231
Potassium	mg	25	14	4

Functional Drinks

175mL

- No Artificial Colours & Flavours
- Gluten, Nut & Soy Free

Cranberry Drink Thickened

- UTI Management
- Made with Real Fruit Juice
- Amylase Resistant™

Pear Juice Thickened

- Made with Real Fruit Juice
- Good Source of Fibre
- Amylase Resistant™



NUTRITION INFORMATION (Average Quantity)

Thickened Functional Drinks

Serving Size:		Cranberry Level 2		Pear Juice Level 3	
175mL		Units	Per Serve	Per 100mL	Per 100mL
Energy					
	kcal	109	62	79	45
Protein	g	0.1	0.1	0.2	0.1
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	0	0	0.1	0
- saturated	g	0	0	0	0
- trans	g	0	0	0	0
Carbohydrate	g	26.1	14.9	17.1	9.8
- sugars	g	23.9	13.7	15.9	9.1
- lactose	g	0	0	0	0
- galactose	g	0	0	0	0
Dietary Fibre	g	0.9	0.5	3.8	2.2
Sodium	mg	223	127	60	35
Potassium	mg	84	48	162	92

functional Ready-To-Drink

Pear Juice

175mL

- No Artificial Colours & Flavours
- Gluten, Nut & Soy Free
- Made with Real Fruit Juice
- Good Source of Fibre



Pear Juice

NUTRITION INFORMATION (Average Quantity)

Pear Juice

Serving Size:		Pear Juice	
175mL		Units	Per 100mL
Energy			
	kJ	324	185
	kcal	78	44
Protein	g	0.1	0.1
- gluten	mg	Not Detected	Not Detected
Fat, total	g	0.1	0
- saturated	g	0	0
- trans	g	0	0
Carbohydrate	g	16.8	9.6
- sugars	g	15.7	8.9
- lactose	g	0	0
- galactose	g	0	0
Dietary Fibre	g	4.0	2.3
Sodium	mg	11	6
Potassium	mg	156	89

Accessories

Flavour Creations Dysphagia Cup Holder

Pack Size: 12



- Large Easy-Grip Handles
- Suitable for Ready-to-Drink Cup
- Reusable
- Dishwasher Safe

Round Cup Lid with Spoon

Pack Size: 36



- Reseal Opened Snacks, Desserts & Drinks
- On-the-Go Convenience
- Suitable for Flavour Creations Round Cups

Flavour Creations Dysphagia Cup Lid

Pack Size: 50



- Reseal Ready-to-Drink Cup
- Designed for Dysphagia Cup
- Reusable

Flavour Creations Dysphagia Cup Lid Sticker

Pack Size: 200 Per Roll



- Designed for Dysphagia Cup Lid
- Promote Food Safety
- IDDSI Compliant
- Label with Dysphagia Cup Lid Sticker

thickener Liquid

instant THICK Liquid

Single Serve 950mL Bottle,
Bulk Single Serve 2.75L Bottle,
Bulk Serve 2.75L Bottle

- Amylase Resistant™
- Accurate Dosing
- Ready in 30 seconds
- Hygienic Seal
- Stable for 24 hours, once thickened
- Taste-Free for use in Food & Drinks
- Gluten, Nut & Soy Free

NEW



Neutral



NUTRITION INFORMATION (Average Quantity)

instant THICK Liquid

	Units	Per Serve (1 Pump)	Per 100mL
Serving Size:		4.6mL	-
Servings Per Pack:		206	-
Energy	kJ	20	423
	kcal	5	102
Protein	g	<0.1	0.4
- gluten	mg	Not Detected	Not Detected
Fat, total	g	0	0
- saturated	g	0	0
- trans	g	0	0
Carbohydrate	g	0.8	17.2
- sugars	g	0	0
- lactose	g	0	0
- galactose	g	0	0
Dietary Fibre	g	0.7	14.5
Sodium	mg	4	92
Potassium	mg	7	146
Phosphorus	mg	<0.1	0.8

thickener Powder

instant THICK Powder

Single Serve Sachet, 100g Can,
675g Can, 1.75kg Pail

- Amylase Resistant™
- One Scoop or Sachet Per Serve
- Dissolves Clear
- Taste-Free to Improve Hydration
- No Added Colours, Flavours or Preservatives
- Gluten, Nut & Soy Free



Neutral



NUTRITION INFORMATION (Average Quantity)

instant THICK Powder

		Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick	Average Quantity Per 100g
Serving Size:	Units	1g	1.9g	3.7g	7.2g	
Energy	kJ	13	24	47	91	1260
	kcal	3	6	11	22	302
Protein	g	0	0	0	0.1	0.9
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	0	0	0	0	0
- saturated	g	0	0	0	0	0
- trans	g	0	0	0	0	0
Carbohydrate	g	0.6	1.1	2.3	4.4	61
- sugars	g	0	0.1	0.1	0.2	3
- lactose	g	0	0	0	0	0
- galactose	g	0	0	0	0	0
Dietary Fibre	g	0	0	0	0	0
Sodium	mg	16	30	59	115	1600
Potassium	mg	2	4	8	16	216
Phosphorus	mg	1	3	5	10	133

thickplus Powder

1kg Can

- Amylase Resistant™
- Bulk Thickener
- Blends Easily for a Smooth Texture
- Gluten, Nut & Soy Free
- Dairy Free
- No Added Sugar, Flavours or Colours



Neutral



NUTRITION INFORMATION (Average Quantity)

thickplus Powder

		Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick	Average Quantity Per 100g
Serving Size:	Units	2.5g	5.1g	10.2g	30g	
Energy	kJ	20	41	81	239	798
	kcal	5	10	20	57	191
Protein	g	0.1	0.1	0.2	0.6	2.1
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	0	0	0	0	0.1
- saturated	g	0	0	0	0	0.1
- trans	g	0	0	0	0	0.1
Carbohydrate	g	0.3	0.5	1	3	10.1
- sugars	g	0	0	0	0	0.1
- lactose	g	0	0	0	0	0
- galactose	g	0	0	0	0	0
Dietary Fibre	g	1.8	3.8	7.5	22.1	73.8
Sodium	mg	54	105	207	600	1990
Potassium	mg	7	14	27	79	264

texture modified foods

Powder

Shape It Instant Powder

200g Cans, 3kg Pail

- Easily Shapes Food to Any Shape, Size & Texture
- Heat & Freeze-Thaw Stable
- Does Not Alter Taste or Colour
- Vegan & Vegetarian Suitable
- Gluten, Nut & Soy Free
- No Added Preservatives
- Amylase Resistant™



Neutral

NUTRITION INFORMATION (Average Quantity)

Shape It Instant Powder

	Units	Per Serve	Per 100g
Energy			
	kJ	12	1150
	kcal	3	276
Protein	g	0	0.2
- gluten	mg	Not Detected	Not Detected
Fat, total	g	0	0.2
- saturated	g	0	0.2
Carbohydrate	g	0.4	44.2
- sugars	g	0.1	7.1
Dietary Fibre	g	0.5	47.5
Sodium	mg	5	503



Shape It Moulds Make Assembling Texture Modified Food Easy



Cook & Puree Food



Activate Shape It Powder



Pour into Mould + Set



Store or Serve

Shape It Food Moulds

Designed for texture-modified food, Shape it Food Moulds help to create texture-modified cuisine: food that looks like food. With Shape It Powder and Moulds texture-modified meals look as good as they taste, with the same colour, layering, height and shape as regular food.

- 100% Food Grade Silicone
- Dishwasher Safe
- Freezer Safe
- Microwave Safe
- Oven Safe
- Stackable Safe

Hot Chips Mould + Lid



Portion: 9
Portion Size: 8.5 x 6.0 x 2.5 cm
Portion Capacity: 75mL

Red Meat Mould + Lid



Portion: 8
Portion Size: 9.7 x 5.9 x 2.5 cm
Portion Capacity: 100mL

Sausage Mould + Lid



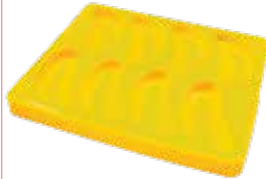
Portion: 6
Portion Size: 8.7 x 6.2 x 2.5 cm
Portion Capacity: 100mL

Fish Mould + Lid



Portion: 6
Portion Size: 8.9 x 7.0 x 2.0 cm
Portion Capacity: 100mL

Poultry Mould + Lid



Portion: 8
Portion Size: 11.2 x 5.0 cm
Portion Capacity: 100mL

Florets Mould + Lid



Portion: 12
Portion Size: 6.6 x 5.5 x 2.5 cm
Portion Capacity: 50mL

Green Beans Mould + Lid



Portion: 9
Portion Size: 7.4 x 4.8 x 2.2 cm
Portion Capacity: 50mL

Peas/ Corn Mould + Lid



Portion: 9
Portion Size: 6.8 x 2.5 cm
Portion Capacity: 50mL

Carrots Mould + Lid



Portion: 12
Portion Size: 6.5 x 2.5 cm
Portion Capacity: 50mL

Sliced Fruit Mould + Lid



Portion: 24
Portion Size: 7 x 2 cm
Portion Capacity: 20mL

Melon / Pumpkin Mould + Lid



Portion: 12
Portion Size: 6.9 x 4.0 x 2.5 cm
Portion Capacity: 50mL

Half Sphere Mould 12mL + Lid



Portion: 30
Portion Size: 3.5 x 1.8 cm
Portion Capacity: 12mL

Half Sphere Mould 5mL + Lid



Portion: 48
Portion Size: 2.5 x 1.6 cm
Portion Capacity: 5mL

nutritional supplement

Nutritionally Complete

AdVital Nutritionally Complete Powder

500g Can, 4.4kg Pail (Neutral)

- 27 Vitamins & Minerals
- 15g Protein Per Serve
- 1 Scoop Per Serve (25g)
- Low Glycemic Index
- Low Lactose
- No Artificial Colours & Flavours
- Gluten, Nut & Soy Free



Monash University Low FODMAP Certified trademarks used under licence in Australia and New Zealand by Flavour Creations. Monash University has assessed this product as being low in FODMAPs only. One serving of this products low in FODMAPs.



AdVital Hospital Strength Powder

728g Can, 5.2kg Pail (Neutral)

- High Energy (239kcal Per Serve)
- High Protein (14.6g Per Serve)
- Formulated Meal Replacement
- 27 Vitamins & Minerals
- 1 Scoop Per Serve (52g)
- No Artificial Colours & Flavours
- Gluten, Nut & Soy Free



NEW



AdVital Snack

Smooth Fruits 120g, Mousse 110g

- 27 Vitamins & Minerals
- Gluten, Nut & Soy Free
- No Artificial Colours & Flavours
- Amylase Resistant™



Smooth Fruits Mousse

- 15g Protein
- 8g Protein
- 1.5 kcal/g
- 1.4 kcal/g

NUTRITION INFORMATION (Average Quantity)

AdVital Powder

Serving Size: 25g	Neutral		Vanilla		Chocolate	
	Units	Per Serve	Per 100g	Per Serve	Per 100g	Per 100g
Energy						
Protein	g	15.1	60.4	15.1	60.4	15.5
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	1.1	4.4	1.1	4.4	1.6
- saturated	g	0.4	1.6	0.4	1.6	0.5
- trans	g	<0.1	<0.1	<0.1	<0.1	<0.1
Cholesterol	mg	16.5	66	16.5	66	16.5
Carbohydrate	g	6.8	27.2	7	28	5.5
- sugars	g	1.1	4.4	2.4	9.6	3.6
- lactose	g	0.4	1.6	0.4	1.6	0.4
- galactose	g	0	0	0	0	0
Dietary Fibre	g	<0.1	0.1	<0.1	0.1	0.5
Sodium	mg	66	264	67	268	94
Potassium	mg	80	320	80	320	89
Vitamin A	µg	167	668	167	668	169
Thiamine (Vit B1)	mg	0.3	1.2	0.3	1.2	0.3
Riboflavin (Vit B2)	mg	0.3	1.2	0.3	1.2	0.3
Niacin (Vit B3)	mg	2.6	10.4	2.6	10.4	2.6
Folate	µg	33.5	134	33.5	134	33.5
Vitamin B6	mg	0.4	1.6	0.4	1.6	0.4
Vitamin B12	µg	0.4	1.6	0.4	1.6	0.4
Vitamin C	mg	16.1	64.4	16.1	64.4	16.1
Vitamin D	µg	2.7	10.8	2.7	10.8	2.7
Vitamin E	mg	3.1	12.4	3.1	12.4	3.1
Vitamin K	µg	14.5	58	14.5	58	14.5
Biotin	µg	4.4	17.6	4.4	17.6	4.4
Pantothenic Acid	mg	1	4	1	4	1.1
Calcium	mg	172	688	172	688	175
Chloride	mg	43	172	43	172	43
Chromium	µg	8.8	35.2	8.8	35.2	8.8
Copper	µg	0.26	1.04	0.26	1.04	0.26
Iodine	µg	25	100	25	100	25
Iron	mg	1.7	6.8	1.7	6.8	4.2
Magnesium	mg	11.5	46	11.5	46	21.4
Manganese	mg	0.15	0.6	0.15	0.6	0.15
Molybdenum	µg	11.4	45.6	11.4	45.6	11.4
Phosphorus	mg	99	396	99	396	111
Selenium	µg	10.3	41.2	10.3	41.2	10.3
Zinc	mg	1.2	4.8	1.2	4.8	1.4

NUTRITION INFORMATION (Average Quantity)

AdVital Hospital Strength Powder

Serving Size: 52g	Neutral	
	Units	Per 100g
Energy		
Protein	g	14.6
- gluten	mg	Not Detected
Fat, total	g	8.5
- saturated	g	7.6
- trans	g	0.1
Cholesterol	mg	21
Carbohydrate	g	25.4
- sugars	g	6.2
- lactose	g	3.7
- galactose	g	0
Dietary Fibre	g	0
Sodium	mg	122
Potassium	mg	212
Vitamin A	µg	296
Thiamine (Vit B1)	mg	0.6
Riboflavin (Vit B2)	mg	0.6
Niacin (Vit B3)	mg	5
Folate	µg	69.7
Vitamin B6	mg	0.8
Vitamin B12	µg	0.8
Vitamin C	mg	33.5
Vitamin D	µg	5
Vitamin E	mg	6.5
Vitamin K	µg	30.1
Biotin	µg	5
Pantothenic Acid	mg	0.8
Calcium	mg	297
Chloride	mg	81.3
Chromium	µg	27
Copper	µg	0.5
Iodine	µg	39.9
Iron	mg	3.3
Magnesium	mg	79.7
Manganese	mg	0.6
Molybdenum	µg	30
Phosphorus	mg	247
Selenium	µg	17.4
Zinc	mg	3

NUTRITION INFORMATION (Average Quantity)

AdVital Smooth Fruits

Serving Size: 120g	Apple & Plum		Banana & Mango	
	Units	Per 100g	Per 100g	Per 100g
Energy				
Protein	g	15.1	12.5	15.1
- gluten	mg	Not Detected	Not Detected	Not Detected
Fat, total	g	0.1	0.1	0.1
- saturated	g	0.1	0.1	0.1
- trans	g	0	0	0
Cholesterol	mg	0	0	0
Carbohydrate	g	26	21.7	26.2
- sugars	g	17.7	14.8	20.6
- lactose	g	0	0	0
- galactose	g	0	0	0
Dietary Fibre	g	5.6	4.6	4.7
Sodium	mg	170	142	179
Potassium	mg	151	126	200
Vitamin A	µg	250	210	250
Thiamine (Vit B1)	mg	0.48	0.40	0.48
Riboflavin (Vit B2)	mg	0.36	0.30	0.36
Niacin (Vit B3)	mg	4.3	3.6	4.3
Folate	µg	70	58	70
Vitamin B6	mg	0.84	0.70	0.84
Vitamin B12	µg	0.35	0.29	0.35
Vitamin C	mg	26	22	26
Vitamin D	µg	2.2	1.8	2.2
Vitamin E	mg	1.5	1.3	1.5
Vitamin K	µg	16	13	16
Biotin	µg	8.5	7.1	8.5
Pantothenic Acid	mg	0.90	0.75	0.90
Calcium	mg	149	124	148
Chloride	mg	265	221	265
Chromium	µg	32	27	32
Copper	µg	0.25	0.21	0.25
Iodine	µg	22	18	22
Iron	mg	2.3	1.9	2.3
Magnesium	mg	60	50	60
Manganese	mg	0.80	0.67	0.80
Molybdenum	µg	20	17	20
Phosphorus	mg	140	120	140
Selenium	µg	18	15	18
Zinc	mg	2.0	1.7	2.0

NUTRITION INFORMATION (Average Quantity)

AdVital Mousse

Serving Size: 110g	Chocolate	
	Units	Per 100g
Energy		
Protein	g	8.1
- gluten	mg	Not Detected
Fat, total	g	3.7
- saturated	g	2.4
- trans	g	0.1
Cholesterol	mg	12.0
Carbohydrate	g	20.7
- sugars	g	17.8
- lactose	g	5.7
- galactose	g	0
Dietary Fibre	g	3.6
Sodium	mg	182
Potassium	mg	203
Vitamin A	µg	106
Thiamine (Vit B1)	mg	0.28
Riboflavin (Vit B2)	mg	0.13
Niacin (Vit B3)	mg	1.9
Folate	µg	32
Vitamin B6	mg	0.26
Vitamin B12	µg	0.11
Vitamin C	mg	3.5
Vitamin D	µg	4.2
Vitamin E	mg	1.9
Vitamin K	µg	12
Biotin	µg	4.8
Pantothenic Acid	mg	0.7
Calcium	mg	259
Chloride	mg	47
Chromium	µg	7
Copper	µg	0.25
Iodine	µg	10
Iron	mg	2.4
Magnesium	mg	24
Manganese	mg	0.33
Molybdenum	µg	10
Phosphorus	mg	169
Selenium	µg	4.8
Zinc	mg	1.2

Wound Care

Argie Wound Care

150mL

- 2.0 kcal/mL
- 15g Protein Per Serve
- 4.5g L-Arginine
- High in Vitamin C & Zinc
- Dairy & Lactose Free
- Low Sodium & Potassium
- No Artificial Colours & Flavours
- Gluten, Nut & Soy Free
- Clear Fluid



NEW



GI = 60

Orange



GI = 50

Green Apple

NUTRITION INFORMATION (Average Quantity)

Argie

Serving Size:
150mL

		Orange Flavour		Green Apple Flavour	
	Units	Per Serve	Per 100mL	Per Serve	Per 100mL
Energy					
	kJ	1270	844	1270	845
	kcal	305	203	305	203
Protein	g	15.0	10.0	15.0	10.0
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	0	0	0	0
- saturated	g	0	0	0	0
Carbohydrate	g	60.1	40.1	57.2	38.1
- sugars	g	47.6	31.7	47.2	31.5
- lactose	g	0	0	0	0
- galactose	g	0	0	0	0
Sodium	mg	28	19	28	18
Potassium	mg	58	39	58	39
Vitamin C	mg	250	167	250	167
Zinc	mg	9	6	9	6
L-Arginine	g	4.5	3.0	4.5	3.0



Argie™



High Protein High Energy

2.5 kcal Nutritionally Complete Drink

175mL

- 2.5 kcal/mL
- 20g Protein
- Lactose Free
- Dairy Free
- 27 Vitamins & Minerals
- No Artificial Colours & Flavours
- Gluten & Nut Free



Vanilla

NUTRITION INFORMATION (Average Quantity)

2.5kcal Nutritionally Complete Drink

Serving Size:
175mL

		2.5 kcal Vanilla Flavour	
	Units	Per Serve	Per 100mL
Energy			
	kJ	1820	1040
	kcal	437	250
Protein	g	20.2	11.5
- gluten	mg	Not Detected	Not Detected
Fat, total	g	6.2	3.5
- saturated	g	4.6	2.6
- trans	g	0	0
Carbohydrate	g	72.3	41.3
- sugars	g	55.9	31.9
- lactose	g	0	0
- galactose	g	0	0
Dietary Fibre	g	0.1	0
Sodium	mg	469	268
Potassium	mg	384	219
Calcium	mg	431	246
Vitamin D	µg	10.5	6.0

Recover Protein Drink

110mL

- 11g Protein
- 1.3 kcal/mL
- Gluten, Nut & Soy Free
- Dairy and Lactose Free
- Low Sodium
- Clear Fluid
- Contains L-Arginine



Wildberry Flavoured



Watermelon Flavoured

NUTRITION INFORMATION (Average Quantity)

Recover Protein Drink

Serving Size:
110mL

		Wildberry Flavoured		Watermelon Flavoured	
	Units	Per Serve	Per 100mL	Per Serve	Per 100mL
Energy					
	kJ	628	571	633	575
	kcal	151	137	152	138
Protein	g	11	10.0	11	10.0
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	0	0	0	0
- saturated	g	0	0	0	0
- trans	g	0	0	0	0
Carbohydrate	g	25.4	23.1	26.2	23.8
- sugars	g	5.6	5.1	6.7	6.1
- lactose	g	0	0	0	0
- galactose	g	0	0	0	0
Dietary Fibre	g	0.2	0.2	0.2	0.2
Sodium	mg	31	29	31	28
Potassium	mg	5	5	5	5
L-Arginine	mg	920	830	920	830

High Protein Drinks & Snacks

ProKick Protein Drink

150mL

- 20g Protein
- Hydrolysed Collagen
- BCAA*
- No Added Sugar
- Gluten, Nut & Soy Free
- No Artificial Flavours
- Clear Fluid



CHECK US OUT
ONLINE



Lemon Lime



Watermelon



Mango Passionfruit

NUTRITION INFORMATION (Average Quantity)

Prokick Protein Drink							
Serving Size: 150mL		Lemon Lime		Watermelon		Mango Passionfruit	
	Units	Per Serve	Per 100mL	Per Serve	Per 100mL	Per Serve	Per 100mL
Energy	kJ	589	393	656	437	651	434
	kcal	141	94	157	105	156	104
Protein	g	20.0	13.3	20.0	13.3	20.0	13.3
Fat, total	g	0.2	0.1	0.1	0.1	0.1	0.1
- saturated	g	0.1	<0.1	0.0	0.0	0.1	<0.1
Carbohydrate	g	12.6	8.4	17.0	11.3	16.2	10.8
- sugars	g	9.8	6.5	13.6	9.1	13.6	9.1
- fructose	g	5.0	3.3	7.2	4.8	7.2	4.8
Dietary Fibre	g	0.4	0.3	0	0	0	0
Sodium	mg	111	74	30	20	30	20
BCAA*	g	1.56	1.04	1.57	1.05	1.56	1.04

*Branched Chain Amino Acids (BCAA) is made up of Leucine, Isoleucine and Valine.

Fruits with Attitude

110g

- 8g Protein
- Made with Real Fruits
- Source of Fibre
- No Artificial Colours & Flavours
- Gluten & Nut Free
- Amylase Resistant™

Banana & Mango | Apple & Apricot

- Soy Free
- Low Sodium



Lemon only



Apple & Apricot



Banana & Mango

NUTRITION INFORMATION (Average Quantity)

Fruits With Attitude					
Serving Size: 110g		Apple and Apricot		Banana and Mango	
	Units	Per Serve	Per 100g	Per Serve	Per 100g
Energy	kJ	501	456	501	445
	kcal	120	109	120	109
Protein	g	8.0	7.3	8.0	7.3
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	0.1	0.1	0.1	0.1
- saturated	g	0.1	0.1	0.1	0.1
- trans	g	0	0	0	0
Carbohydrate	g	20.5	18.7	20.3	18.5
- sugars	g	18	16.4	17.9	16.3
- lactose	g	0	0	0	0
- galactose	g	0	0	0	0
Dietary Fibre	g	2.2	2.0	2.2	2.0
Sodium	mg	53	48	53	48
Potassium	mg	12	11	31	28

energy Powder

Carb Plus Powder

1kg Can

- 100% of Energy from Carbohydrates
- Mixes Easily into Food & Drink
- Dissolves Clear Instantly
- No Added Colours, Flavours or Preservatives
- Dairy & Lactose Free
- Gluten, Nut & Soy Free
- Low Sodium
- Glucose Polymer



Neutral

NUTRITION INFORMATION (Average Quantity)

Carb Plus Powder			
Serving Size: 10g		Carb Plus	
	Units	Per Serve	Per 100g
Energy	kJ	163	1630
	kcal	39	390
Protein	g	0	0
- gluten	mg	Not Detected	Not Detected
Fat, total	g	0	0
- saturated	g	0	0
- trans	g	0	0
Carbohydrate	g	9.6	96
- sugars	g	1.1	11
- lactose	g	0	0
- galactose	g	0	0
Dietary Fibre	g	0	0
Sodium	mg	0.1	1
Potassium	mg	0	0

on-the-go Snack Range

SCREAMIES Protein Sorbet

120g

- Shelf Stable (No-Melt)
- 8g Plant-Based Soy Protein
- High Energy 2.5kcal/g
- Made with Real Fruit
- Dairy & Lactose Free
- Vegan & Vegetarian
- Gluten & Nut Free
- No Artificial Colours or Flavours
- Amylase Resistant



NEW



Mango



Lemon

NUTRITION INFORMATION (Average Quantity)

Screamies Protein Sorbet

Serving Size: 120g	Units	Mango		Lemon	
		Per Serve	Per 100g	Per Serve	Per 100g
Energy	kJ	1250	1040	1250	1040
	kcal	300	250	300	250
Protein	g	8	6.7	8	6.7
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	10.9	9.1	8.9	7.5
- saturated	g	10.6	8.9	9.3	7.7
- trans	g	0.1	0.1	0	0
Cholesterol	mg	0	0	0	0
Carbohydrate	g	36.1	30.1	36.5	30.4
- sugars	g	30.6	25.5	31.2	26
- lactose	g	0	0	0	0
- galactose	g	0	0	0	0
Dietary Fibre	g	0.7	0.6	0.9	0.8
Sodium	mg	171	143	226	189
Potassium	mg	5	4	6	5

SCREAMIES Protein

120g

- Shelf Stable (No-Melt)
- 8g Protein
- 2.4 kcal/g
- Creamy Ice-Cream Taste
- Source of Calcium
- Low Sodium (Chocolate only)
- Gluten, Nut & Soy Free
- No Artificial Colours & Flavours
- Amylase Resistant™



Salted Caramel



Chocolate



Salted Caramel
2 x 120g



Chocolate
2 x 120g

NUTRITION INFORMATION (Average Quantity)

Screamies Protein

Serving Size: 120g	Units	Salted Caramel		Chocolate	
		Per Serve	Per 100g	Per Serve	Per 100g
Energy	kJ	1200	1000	1200	1000
	kcal	288	240	288	240
Protein	g	8.1	6.8	8.2	6.8
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	14.4	12.0	14	11.7
- saturated	g	8.7	7.3	8.5	7.1
- trans	g	0.8	0.7	0.4	0.3
Cholesterol	mg	49	41	38	32
Carbohydrate	g	30.9	25.8	31.9	26.6
- sugars	g	19.7	16.4	19.8	16.5
- lactose	g	3.7	3.1	3.7	3.1
- galactose	g	0	0	0	0
Dietary Fibre	g	0.5	0.4	0.9	0.7
Sodium	mg	151	126	99	83
Potassium	mg	128	107	183	153
Calcium	mg	172	144	165	137

SCREAMIES Classic

120g

- Shelf Stable (No-Melt)
- 2.4 kcal/g
- Creamy Ice-Cream Taste
- Source of Calcium
- Low Sodium
- Gluten, Nut & Soy Free
- No Artificial Colours & Flavours
- Amylase Resistant™



Chocolate



Vanilla Flavour



Strawberry



Chocolate
2 x 120g



Vanilla Flavour
2 x 120g



Strawberry
2 x 120g

NUTRITION INFORMATION (Average Quantity)

SCREAMIES Classic

Serving Size: 120g	Units	Vanilla Flavour		Chocolate		Strawberry	
		Per Serve	Per 100g	Per Serve	Per 100g	Per Serve	Per 100g
Energy	kJ	1210	1010	1250	1040	1210	1010
	kcal	290	242	300	250	290	242
Protein	g	2.5	2.1	2.8	2.4	2.4	2.0
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	15.7	13.1	15.9	13.3	15.6	13.0
- saturated	g	9.5	7.9	9.7	8.0	9.5	7.9
- trans	g	0.8	0.7	0.8	0.7	0.8	0.7
Cholesterol	mg	51	42	51	42	50	42
Carbohydrate	g	34.1	28.4	36.3	30.3	34.5	28.8
- sugars	g	29.9	24.9	30.5	25.4	29.5	24.6
- lactose	g	4.1	3.4	4.1	3.4	3.9	3.3
- galactose	g	0	0	0	0	0	0
Dietary Fibre	g	1.0	0.8	1.4	1.2	1.1	0.9
Sodium	mg	67	56	62	52	66	55
Potassium	mg	120	100	192	160	116	97
Calcium	mg	94.0	78.3	97	80.9	91.2	76.0

*Strawberry is not Kosher Dairy certified

Flavour Creations Custard

115g

- Low Sodium
- 98% Fat Free
- No Artificial Colours & Flavours
- Amylase Resistant™



Vanilla Flavoured



Chocolate



Banana Flavoured

NUTRITION INFORMATION (Average Quantity)

Custard

Serving Size: 115g	Units	Vanilla Flavoured		Chocolate		Banana Flavoured	
		Per Serve	Per 100g	Per Serve	Per 100g	Per Serve	Per 100g
Energy	kJ	385	335	396	344	390	339
	kcal	92	80	95	83	94	81
Protein	g	2.0	1.7	2.2	1.9	2.0	1.7
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	2.2	1.9	2.3	2.0	2.2	1.9
- saturated	g	1.4	1.3	1.5	1.3	1.4	1.3
- trans	g	0.1	0.1	0.1	0.1	0.1	0.1
Cholesterol	mg	7	6	7	6	7	6
Carbohydrate	g	15.2	13.2	16.3	14.1	14.9	13.0
- sugars	g	14.9	12.9	14.9	12.9	14.9	13.0
- lactose	g	3.4	2.9	3.4	2.9	3.4	2.9
- galactose	g	0	0	0	0	0	0
Dietary Fibre	g	1.4	1.2	1.4	1.2	1.4	1.2
Sodium	mg	96	83	57	49	96	83
Potassium	mg	136	119	142	123	136	119
Calcium	mg	72	63	74	65	72	63



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WEBSITE

The Flavour Creations website offers an extensive range of dysphagia, nutrition and food service products. For full product information, videos, mixing guides and recipes visit our website today.

FlavourCreations.com.au

FLAVOUR CREATIONS AT HOME

Flavour Creations At Home is a program developed for healthcare professionals to manage patients nutrition at home and in the community.

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RIMMS

Resident Inventory Management & Monitoring System is an RIMMS inventory and ordering management system that ensures residents meet fluid requirements, provides annual budgets and automatically orders stock.

RIMMS.FlavourCreations.com.au

E-LEARNING

Flavour Creations online resource centre has a range of training modules to help clients continually improve in the quality and level of service provided to their residents and patients when using Flavour Creations products.

eLearning.FlavourCreations.com.au

Shape It

The Shape It website provides online training, videos, recipes, and resources to help healthcare teams prepare safe, appealing texture-modified meals with confidence.

shapeit.flavourcreations.com.au



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