

# RANGE AT A GLANCE



## Dysphagia

| PRODUCT                         |  | FLAVOUR                      | AVAILABLE IN: |            | ENERGY PER SERVE<br>kJ (kcal) | PROTEIN PER SERVE<br>(g) | AMYLASE<br>RESISTANT | GLUTEN<br>FREE | NUT<br>FREE | SOY<br>FREE | DAIRY<br>FREE | LACTOSE | LOW<br>SODIUM | LOW<br>GI | NUTRITIONALLY<br>COMPLETE | HALAL<br>CERTIFIED | KOSHER<br>CERTIFIED | VEGETARIAN<br>SUITABLE | VEGAN<br>SUITABLE |
|---------------------------------|--|------------------------------|---------------|------------|-------------------------------|--------------------------|----------------------|----------------|-------------|-------------|---------------|---------|---------------|-----------|---------------------------|--------------------|---------------------|------------------------|-------------------|
| THICKENED READY-TO-DRINKS       |  |                              |               |            |                               |                          |                      |                |             |             |               |         |               |           |                           |                    |                     |                        |                   |
| Waters                          |  | Water                        | AVAILABLE IN: | 53 (13)    | 0                             |                          |                      |                |             |             |               |         | -             | -         |                           |                    |                     |                        |                   |
|                                 |  | Watermelon Flavoured         |               | 138 (33)   | 0.1                           |                          |                      |                |             |             |               |         | -             | -         |                           |                    |                     |                        |                   |
| Diet Drink                      |  | Lemon                        |               | 116 (28)   | 0.1                           |                          |                      |                |             |             |               |         | -             | -         |                           |                    |                     |                        |                   |
| Cordial Drinks                  |  | Citrus Flavoured             |               | 389 (93)   | 0                             |                          |                      |                |             |             |               |         | -             | -         |                           |                    |                     |                        |                   |
|                                 |  | Lime Flavoured               |               | 429 (103)  | 0                             |                          |                      |                |             |             |               |         | -             | -         |                           |                    |                     |                        |                   |
|                                 |  | Raspberry Flavoured          |               | 430 (103)  | 0                             |                          |                      |                |             |             |               |         | -             | -         |                           |                    |                     |                        |                   |
| Real Fruit Juices               |  | Apple                        | AVAILABLE IN: | 363 (87)   | 0.3                           |                          |                      |                |             |             |               |         | -             | -         |                           |                    |                     |                        |                   |
|                                 |  | Orange                       |               | 352 (84)   | 0.9                           |                          |                      |                |             |             |               |         | -             | -         |                           |                    |                     |                        |                   |
|                                 |  | Sun                          |               | 458 (110)  | 0.5                           |                          |                      |                |             |             |               |         | -             | -         |                           |                    |                     |                        |                   |
| Functional Drinks               |  | Cranberry                    | AVAILABLE IN: | 453 (109)  | 0.1                           |                          |                      |                |             |             |               | -       | -             | -         |                           |                    |                     |                        |                   |
|                                 |  | Pear Juice                   |               | 330 (79)   | 0.2                           |                          |                      |                |             |             |               |         | -             | -         |                           |                    |                     |                        |                   |
| Hot Drinks                      |  | White Tea                    |               | 84 (20)    | 0.2                           |                          |                      |                |             |             |               |         | -             | -         |                           |                    |                     |                        |                   |
|                                 |  | White Coffee                 | AVAILABLE IN: | 169 (41)   | 1.5                           |                          |                      |                |             | -           |               |         | -             | -         |                           |                    |                     |                        | -                 |
| THICKENED SUPPLEMENTS           |  |                              |               |            |                               |                          |                      |                |             |             |               |         |               |           |                           |                    |                     |                        |                   |
| Creamy Drinks                   |  | Chocolate                    |               | 560 (134)  | 5.4                           |                          |                      |                |             | -           | -             |         | -             | -         |                           |                    |                     |                        | -                 |
|                                 |  | Dairy                        |               | 489 (117)  | 7.0                           |                          |                      |                |             | -           | -             |         | -             | -         |                           |                    |                     |                        | -                 |
|                                 |  | Strawberry Flavoured         |               | 616 (148)  | 6.3                           |                          |                      |                |             | -           | -             |         | -             | -         |                           |                    | -                   | -                      | -                 |
| Protein Fortified               |  | Caramel Flavoured            | AVAILABLE IN: | 1100 (264) | 15.0                          |                          |                      |                |             |             |               | -       | -             | -         |                           |                    | -                   | -                      | -                 |
|                                 |  | Lemon Lime Flavoured         |               | 711 (171)  | 15.2                          |                          |                      |                |             |             |               | -       | -             | -         |                           |                    | -                   | -                      | -                 |
| Nutritionally Complete          |  | Apple Berry Flavoured        | AVAILABLE IN: | 1120 (269) | 15.2                          |                          |                      |                |             |             |               | -       | -             |           |                           |                    | -                   | -                      | -                 |
|                                 |  | Chocolate                    |               | 1120 (269) | 15.0                          |                          |                      |                |             | -           |               | -       | -             |           |                           |                    | -                   | -                      | -                 |
|                                 |  | Iced Coffee Flavoured        | AVAILABLE IN: | 1110 (266) | 15.2                          |                          |                      |                |             |             |               | -       | -             |           |                           |                    | -                   | -                      | -                 |
|                                 |  | Lactose Free Vanilla Flavour | AVAILABLE IN: | 1100 (264) | 15.0                          |                          |                      |                |             | -           |               | -       | -             |           |                           |                    | -                   | -                      | -                 |
| THICKENERS                      |  |                              |               |            |                               |                          |                      |                |             |             |               |         |               |           |                           |                    |                     |                        |                   |
| instant THICK Liquid            |  | Neutral                      | AVAILABLE IN: | 78 (19)    | 0.1                           |                          |                      |                |             |             |               |         | -             | -         |                           |                    |                     |                        |                   |
| instant THICK Powder            |  | Neutral                      | AVAILABLE IN: | 47 (11)    | 0                             |                          |                      |                |             |             |               | -       | -             | -         |                           |                    |                     |                        |                   |
| thickplus Powder                |  | Neutral                      | AVAILABLE IN: | 81 (20)    | 0.2                           |                          |                      |                |             |             |               | -       | -             | -         |                           |                    |                     |                        |                   |
| TEXTURE MODIFIED FOOD           |  |                              |               |            |                               |                          |                      |                |             |             |               |         |               |           |                           |                    |                     |                        |                   |
| Shape It Instant Shaping Powder |  | Neutral                      |               | 12 (3)     | 0                             |                          |                      |                |             |             |               | -       | -             | -         |                           |                    |                     |                        |                   |
| HIGH ENERGY POWDERS             |  |                              |               |            |                               |                          |                      |                |             |             |               |         |               |           |                           |                    |                     |                        |                   |
| Carb Plus Energy Supplement     |  | Neutral                      |               | 163 (39)   | 0                             |                          |                      |                |             |             |               |         | -             | -         |                           |                    |                     |                        |                   |

^Only IDDSI levels 2 and 3

# RANGE AT A GLANCE

## Nutrition

| PRODUCT                               | FLAVOUR              | ENERGY PER SERVE<br>kJ (kcal) | PROTEIN PER SERVE<br>(g) | AMYLASE<br>RESISTANT | GLUTEN<br>FREE | NUT<br>FREE | SOY<br>FREE | DAIRY<br>FREE | LACTOSE | LOW<br>SODIUM | LOW<br>GI | NUTRITIONALLY<br>COMPLETE | TEXTURE<br>MODIFIED | HALAL<br>CERTIFIED | KOSHER<br>CERTIFIED | VEGETARIAN<br>SUITABLE | VEGAN<br>SUITABLE |
|---------------------------------------|----------------------|-------------------------------|--------------------------|----------------------|----------------|-------------|-------------|---------------|---------|---------------|-----------|---------------------------|---------------------|--------------------|---------------------|------------------------|-------------------|
| NUTRITIONALLY COMPLETE                |                      |                               |                          |                      |                |             |             |               |         |               |           |                           |                     |                    |                     |                        |                   |
| AdVital Nutritionally Complete Powder | Neutral              | 420 (101)                     | 15.1                     | AR                   | GF             | NF          | SF          | -             | L+L     | -             | †GI       | NC                        | -                   | HL                 | KD                  | VE                     | -                 |
|                                       | Chocolate            | 420 (101)                     | 15.5                     | AR                   | GF             | NF          | SF          | -             | L+L     | -             | †GI       | NC                        | -                   | HL                 | KD                  | VE                     | -                 |
|                                       | Vanilla              | 420 (101)                     | 15.1                     | AR                   | GF             | NF          | SF          | -             | L+L     | -             | †GI       | NC                        | -                   | HL                 | KD                  | VE                     | -                 |
| AdVital Hospital Strength Powder      | Neutral              | 1000 (240)                    | 14.6                     | AR                   | GF             | NF          | SF          | -             | -       | -             | -         | NC                        | -                   | HL                 | KD                  | VE                     | -                 |
| AdVital Mousse                        | Chocolate            | 647 (155)                     | 8.1                      | AR                   | GF             | NF          | SF          | -             | -       | -             | -         | NC                        | 4                   | HL                 | KD                  | VE                     | -                 |
| AdVital Smooth Fruits                 | Apple & Plum         | 748 (180)                     | 15.1                     | AR                   | GF             | NF          | SF          | DF            | LF      | -             | -         | NC                        | 4                   | HL                 | -                   | -                      | -                 |
|                                       | Banana & Mango       | 748 (180)                     | 15.1                     | AR                   | GF             | NF          | SF          | DF            | LF      | -             | -         | NC                        | 4                   | HL                 | -                   | -                      | -                 |
| HIGH PROTEIN                          |                      |                               |                          |                      |                |             |             |               |         |               |           |                           |                     |                    |                     |                        |                   |
| Argie Wound Care                      | Orange Flavour       | 1270 (305)                    | 15.0                     | AR                   | GF             | NF          | SF          | DF            | LF      | L+S           | -         | -                         | -                   | HL                 | -                   | -                      | -                 |
|                                       | Green Apple Flavour  | 1270 (305)                    | 15.0                     | AR                   | GF             | NF          | SF          | DF            | LF      | L+S           | †GI       | -                         | -                   | HL                 | -                   | -                      | -                 |
| 2.5kcal Nutritionally Complete        | Vanilla Flavour      | 1820 (437)                    | 20.2                     | AR                   | GF             | NF          | SF          | DF            | LF      | -             | -         | NC                        | -                   | HL                 | -                   | -                      | -                 |
| ProKick Protein Drink                 | Watermelon           | 656 (157)                     | 20.0                     | AR                   | GF             | NF          | SF          | DF            | LF      | L+S           | -         | -                         | -                   | HL                 | -                   | -                      | -                 |
|                                       | Lemon Lime           | 589 (141)                     | 20.0                     | AR                   | GF             | NF          | SF          | DF            | LF      | L+S           | -         | -                         | -                   | HL                 | -                   | -                      | -                 |
|                                       | Mango Passionfruit   | 651 (156)                     | 20.0                     | AR                   | GF             | NF          | SF          | DF            | LF      | L+S           | -         | -                         | -                   | HL                 | -                   | -                      | -                 |
| Recover Protein Drink                 | Watermelon Flavoured | 633 (152)                     | 11.0                     | AR                   | GF             | NF          | SF          | DF            | LF      | L+S           | -         | -                         | -                   | HL                 | -                   | -                      | -                 |
|                                       | Wildberry Flavoured  | 628 (151)                     | 11.0                     | AR                   | GF             | NF          | SF          | DF            | LF      | L+S           | -         | -                         | -                   | HL                 | -                   | -                      | -                 |
| Fruits with Attitude Fruit Purees     | Apple & Apricot      | 501 (120)                     | 8.0                      | AR                   | GF             | NF          | SF          | DF            | LF      | L+S           | -         | -                         | 4                   | HL                 | -                   | -                      | -                 |
|                                       | Banana & Mango       | 501 (120)                     | 8.0                      | AR                   | GF             | NF          | SF          | DF            | LF      | L+S           | -         | -                         | 4                   | HL                 | -                   | -                      | -                 |
| Protein Fortified Pudding             | Lemon Lime Flavoured | 752 (180)                     | 15.1                     | AR                   | GF             | NF          | SF          | DF            | LF      | -             | -         | -                         | 4                   | HL                 | -                   | -                      | -                 |
| SCREAMIES Proteins No-Melt Sorbet     | Mango                | 1250 (300)                    | 8.0                      | AR                   | GF             | NF          | -           | DF            | LF      | -             | -         | -                         | 4                   | HL                 | KO                  | VE                     | VG                |
|                                       | Lemon                | 1250 (300)                    | 8.0                      | AR                   | GF             | NF          | -           | DF            | LF      | -             | -         | -                         | 4                   | HL                 | KO                  | VE                     | VG                |
| SCREAMIES Protein No-Melt Ice-Scream  | Salted Caramel       | 1200 (288)                    | 8.1                      | AR                   | GF             | NF          | SF          | -             | -       | -             | -         | -                         | 4                   | HL                 | KD                  | VE                     | -                 |
|                                       | Chocolate            | 1200 (288)                    | 8.1                      | AR                   | GF             | NF          | SF          | -             | -       | L+S           | -         | -                         | 4                   | HL                 | KD                  | VE                     | -                 |
| DRINKS, SNACKS & DESSERTS             |                      |                               |                          |                      |                |             |             |               |         |               |           |                           |                     |                    |                     |                        |                   |
| Juice                                 | Pear                 | 324 (78)                      | 0.1                      | AR                   | GF             | NF          | SF          | DF            | LF      | L+S           | -         | -                         | -                   | HL                 | KO                  | VE                     | VG                |
| SCREAMIES No-Melt Ice-Scream          | Vanilla Flavour      | 1210 (290)                    | 2.5                      | AR                   | GF             | NF          | SF          | -             | -       | L+S           | -         | -                         | 4                   | HL                 | KD                  | VE                     | -                 |
|                                       | Strawberry           | 1210 (290)                    | 2.4                      | AR                   | GF             | NF          | SF          | -             | -       | L+S           | -         | -                         | 4                   | HL                 | -                   | -                      | -                 |
|                                       | Chocolate            | 1250 (300)                    | 2.8                      | AR                   | GF             | NF          | SF          | -             | -       | L+S           | -         | -                         | 4                   | HL                 | KD                  | VE                     | -                 |
| Flavour Creations Custards            | Vanilla Flavoured    | 385 (92)                      | 2.0                      | AR                   | GF             | NF          | SF          | -             | -       | L+S           | -         | -                         | 4                   | HL                 | KD                  | VE                     | -                 |
|                                       | Chocolate            | 396 (95)                      | 2.2                      | AR                   | GF             | NF          | SF          | -             | -       | L+S           | -         | -                         | 4                   | HL                 | KD                  | VE                     | -                 |
|                                       | Banana Flavoured     | 390 (94)                      | 2.0                      | AR                   | GF             | NF          | SF          | -             | -       | L+S           | -         | -                         | 4                   | HL                 | KD                  | VE                     | -                 |

### Legend

|    |                   |     |                                                          |   |                                         |    |                        |
|----|-------------------|-----|----------------------------------------------------------|---|-----------------------------------------|----|------------------------|
| GF | Gluten Free       | LF  | Lactose Free                                             | 1 | IDDSI Level 1 - Slightly Thick Drinks   | HL | Halal Certified        |
| NF | Nut Free          | L+L | Low Lactose: no more than 2g of lactose per 100g of food | 2 | IDDSI Level 2 - Mildly Thick Drinks     | KO | Kosher Certified       |
| DF | Dairy Free        | L+S | Low Sodium                                               | 3 | IDDSI Level 3 - Moderately Thick Drinks | KD | Kosher Dairy Certified |
| SF | Soy Free          | NC  | Nutritionally Complete                                   | 4 | IDDSI Level 4 - Extremely Thick Drinks  | VE | Vegetarian Suitable    |
| AR | Amylase Resistant | †GI | Low Glycemic Index                                       | 4 | IDDSI Level 4 - Pureed Food             | VG | Vegan Suitable         |

Flavour Creations products are manufactured in a facility that does not process gluten, tree nuts, peanuts, eggs, sesame seeds, lupins, fish, molluscs or crustaceans. The information provided in this flyer was correct at time of printing. Please refer to [FlavourCreations.com.au](http://FlavourCreations.com.au) for the full product information.