

Pro 40

High Protein Supplement enriched with vitamins and minerals

- ✓ Pro40 is a high protein supplement with a natural source of **calcium** and enriched with 19 added **vitamins and minerals**.
- ✓ Pro40 is made from **heat stable whey protein** with a **neutral flavour**, allowing it to be added as an ingredient in all types of recipes without compromising the consistency or altering the flavour of the food.
- ✓ Pro40 is **gluten free** with locally sourced ingredients
- ✓ Nutreat Pro40 supports **Aged Care** nutrition; benefitting **bone strength** and reducing **muscle loss (sarcopenia)**
- ✓ Nutreat products can benefit people who are at **nutritional risk**, on modified diets, experiencing **involuntary weight loss**, recovering from **illness** or **surgery**
- ✓ Nutreat products are manufactured in a HACCP accredited commercial premises in Australia. This ensures Nutreat products are prepared in a Food Safe environment where necessary hygiene practices are maintained.
- ✓ All Nutreat products are proudly **made & owned in Australia**

For further information please visit www.nutreat.com.au

Constituents	Nutreat PRO 40 Supplement Powder		Ensure Supplement Powder		Enprocal Supplement Powder		AdVital Supplement Powder		Sustagen Hospital Formula Supplement Powder		Nutricia Fortisip (Neutral) Supplement Powder		Enrich Plus Protein Powder		
	Ave Qty Per 100g	Ave Qty Per Serve 40g with water	Ave Qty Per 100g	Ave Qty Per Serve 53.8g with water	Ave Qty Per 100g	Ave Qty Per Serve 35g with water	Ave Qty Per 100g	Ave Qty Per Serve 40g with water	Ave Qty Per 100g	Ave Qty Per Serve 60g with water	Ave Qty Per 100g	Ave Qty Per Serve 45.6g with water	Ave Qty Per 100g	Ave Qty Per Serve 30g with water	
Serve Size															
Energy	kJ	1,590	636	1,788	962	1,746	611	1,600	640	1,570	940	1,830	835	1,570	471
Protein	g	40	16.0	15.9	8.6	43	15.1	38	15.1	23	13.8	21.8	9.9	89	26.7
Fat - Total	g	2.0	0.8	13.9	7.5	12.9	4.5	3.3	1.3	2.5	1.5	14.4	6.6	1.0	0.3
Carb - Total	g	48.6	19	57	31	29.4	10.3	49.4	19.7	65	39	53.4	24	1.2	0.4
Calcium	mg	730	292	450	242	1120	392	720	290	670	400	519	237	414	124
Zinc	mg	9.0	3.5	4.6	2.5	8.6	3.0	4.3	1.7	6.0	3.6	5.2	2.4	0	0.0
Iron	mg	6.0	2.4	4.1	2.2	4.3	1.5	7.7	3.1	6.0	3.6	7.0	3.2	0	0.0
Vitamin D	ug	10.0	4.0	4.8	2.6	8.6	3.0	20.0	8.0	6.0	3.6	6.5	3.00	0.0	0.00
Vitamins & Minerals (% RDI)			16 Vitamin & mineral > 25% of RDI		9 Vitamin & mineral > 25% of RDI		11 Vitamin & mineral > 25% of RDI		15 Vitamin & mineral > 25% of RDI		13 Vitamin & mineral > 25% of RDI		4 Vitamin & mineral > 25% of RDI		0 Vitamin & mineral > 25% of RDI

Please note:

The Recommended Dietary Intake (RDI) is defined by the National Health and Medical Council of Australia for males over 50 years of age.

Analysis data obtained from relevant company websites as of 15 September 2017



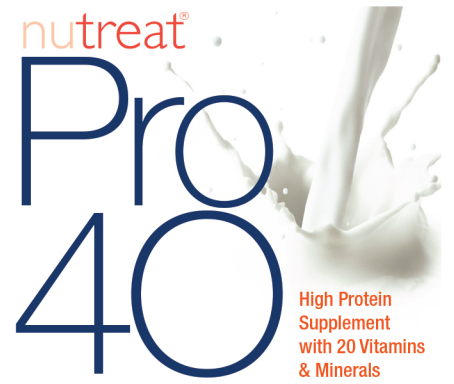
Who benefits from Nutreat Nutrition Products?

People who are at **nutritional risk**, on modified diets, experiencing **involuntary weight loss**, increased risk of **sarcopenia** due to ageing process, recovering from **illness** or **surgery** or require wound management support.

Nutreat products are recommended for nutritional support in Aged Care, Sarcopenia, Oncology, Post Surgery and Wound Management.

Why Nutreat Pro40 Supplement Powder

- Nutreat Pro40 provides a neutral flavoured Formulated Meal Replacement (40g or 1/3 metric cup in 100ml milk or 53g in water) for people who are at risk of poor or inadequate nutrition.
- Nutreat Pro40 contains **whey protein** and assists in the management of **sarcopenia**. It contains all essential amino acids.
- One serve of Nutreat Pro40 is high in whey protein, provides **20 essential vitamins & minerals** and is soluble in water. Whey is a higher quality protein than fish, chicken, lean beef, nuts and soy.
- Nutreat Pro40 is **Gluten** and **Caffeine Free** and has a Low Glycaemic Index (GI) – suitable for diabetics
- A single serve (40g) of Pro40 provides:
 - 16g of complete (approx. 11g whey, 5g casein) protein per recommended serve compared with an average of 8.6g protein/serve Ensure powder, 13.8g protein/serve Sustagen Neutral, 15.1g protein/serve Enprocal & Advital
 - >15 gram complete protein per serve is recommended to reduce the risk of muscle mass loss (sarcopenia), particularly in older adults (+60) (*Paddon-Jones 2014*)
 - 16 vitamins & minerals >25% of the recommended daily intake compared with an average of 9 in a standard serve of Ensure powder, 12 in a standard serve of Sustagen Neutral, 11 in a standard serve of Enprocal and 15 in a standard serve of Advital
- Pro40 is made with heat stable protein allowing it to be added as an ingredient in all types of recipes without compromising the consistency. Pro40 can be used to fortify all of the following: regenerated cook/chill meals, soups, beverages, eggs, mashed vegetables, casseroles, porridge & desserts.
- 53gram serve of Pro40 complies with the FSANZ Food Standard Code for High Energy & Protein Formulated Meal Replacement to provide a nutritionally complete serving
- Pro40 Supplement Powder has been developed in conjunction with Australian food scientists and dietitians and is an Australia made and owned product. It has a 2 year shelf life.
- It is cost effective due to local production with premium quality ingredients.
- Pro40 is targeted towards the elderly & those at risk of nutritional compromise.



Food fortification with Nutreat Pro40 (NSW Aged Care Sample)

	Jan 2015	Jul 2015	Jan 2016
Total residents (6 facilities)	313	313	319
Significantly underweight & U/weight residents	141	121	107
Significantly underweight & U/weight residents (%)	45%	39%	34%
Reduction in underweight residents from Jan 15		20	34

Why Nutreat Biscuits?

- Nutreat biscuits have been developed to provide nutritional support for people who are at risk of poor or inadequate nutrition.
- The need for Nutreat biscuits was identified after working extensively with many aged care clients.
- To provide a delicious, nutrient rich biscuit snack for between or with meals for people who need extra energy, protein, vitamins and minerals.
- Comply with the FSANZ Food Standard Code for High Energy & High Protein Formulated Supplementary Food
- A single serve of Nutreat biscuits (2 biscuits) provides 9.6 grams protein and 1036kj (247 cal) compared with two standard sweet biscuits 1.6 grams protein, 572kj (136 cal)
- Provide an excellent source of vitamins & minerals
- Provide a rich source of iron, zinc, calcium, magnesium, vitamins C, E, A, D & B group vitamins



Nutritional Supplement/Meal Replacement Recipes

1 scoop (1/3 metric cup) Nutreat Pro40 = 1 serve

SUPPLEMENT DRINK (water)

5 serves

*5 level scoops Nutreat Pro40
850ml water*

Put all ingredients in a blender or a jug and blend or whisk until smooth

MEDICINE ROUNDS (50ml per serve)

10 serves

*10 level scoops Nutreat Pro40
500ml water*

Put all ingredients in a blender or a jug and blend or whisk until smooth

SUPPLEMENT DRINK (Milk smoothie)

5 serves

*5 level scoops Nutreat Pro40
850ml full cream milk
Flavouring (eg Milo) or pureed fruit*

Put all ingredients in a blender or a jug and blend or whisk until smooth

SUPPLEMENT BANANA SMOOTHIE

1 serve

*1 level scoop Nutreat Pro40
1/2 banana
150ml milk*

Blend ingredients together with a stick mixer until smooth

SUPPLEMENT DRINK (Juice OR Cordial)

5 serves

*5 level scoops Nutreat Pro40
850ml juice OR prepared cordial*

Put all ingredients in a blender or a jug and blend or whisk until smooth

SUPPLEMENT BREAKFAST

1 serve

*Breakfast Cereal or porridge
1 level scoop Nutreat Pro40
Additional milk to taste*

Dissolve Nutreat Pro40 in 30ml water and add to cereal.

SUPPLEMENTED CUSTARD

1 serve

*1 level scoop Nutreat Pro40
1/2 cup custard*

Mix Nutreat Pro40 into a smooth paste with a small amount (30ml) water.
Add to 1/2 cup custard. Stir until combined

SUPPLEMENTED CUSTARD

5 serves

*5 level scoops Nutreat Pro40
2 1/2 cup custard*

Mix Nutreat Pro40 into a smooth paste with a small amount (125ml) water.
Add to 2 1/2 cups custard. Stir until combined



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