

# High Protein Supplement

## enriched with vitamins and minerals

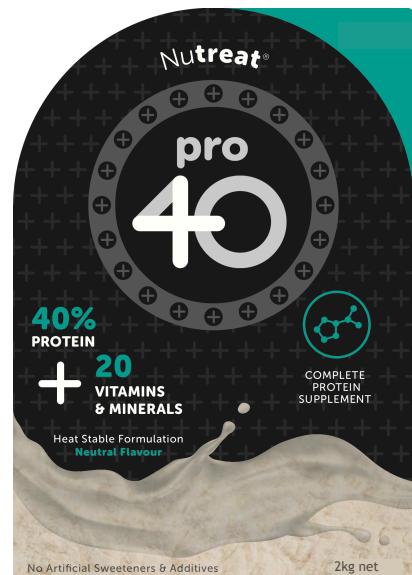
- ✓ Pro4O is a high protein supplement with a natural source of **calcium** and enriched with 20 added **vitamins and minerals**.
- ✓ Pro4O is made from **heat stable whey protein** with a **neutral flavour**, allowing it to be added as an ingredient in all types of recipes without compromising the consistency or altering the flavour of the food.
- ✓ Pro4O is **gluten free** with locally sourced ingredients.
- ✓ Nutreat Pro4O 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](http://www.nutreat.com.au)

INSTRUCTIONS		NUTRITION INFORMATION			
Mix 40g (1 scoop = 1/3 metric cup) of PRO4O into 200ml of water or milk. Stir until dissolved before serving.		SERVINGS PER PACKAGE: 50		SERVING SIZE: 40g	
DESCRIPTION	PER 100g	PER SERVE WITH 100ml WATER	PER SERVE WITH 100ml MILK	PER SERVE WITH 100ml WATER	PER SERVE WITH 100ml MILK
Energy (kJ)	1590	636	25%	917	30%
Protein (g)	40	16	25%	19	3.0
Total Fat (g)	2.0	0.8		4.6	
Saturated Fat (g)	1.3	0.5		3.0	
Total Carbohydrate (g)	48.6	19.4		24	
Sugar (g)	40.9	16		21	
Vitamin A (ug)	863	345	38%	391	43%
Thiamin Vit B1 (mg)	1.0	0.3	25%	0.35	2%
Riboflavin Vit B2 (mg)	1.0	0.4	29%	0.6	44%
Niacin Vit B3 (mg)	10.0	4.0	25%	4.0	25%
Folate (ug)	250	100	25%	100	25%
Vit B6 (mg)	1.0	0.4	25%	0.4	25%
Vit B12 (ug)	4.2	1.7	71%	2.1	89%
Vit C (mg)	29	11	25%	11.4	25%
Vit D (ug)	10	4.0	50%	4.0	50%
Vit E (mg)	6.4	2.6	26%	2.6	26%
Calcium (mg)	730	292	29%	409	41%
Iodine (ug)	150	60	40%	60	40%
Iron (mg)	6.0	2.4	30%	2.4	30%
Magnesium (mg)	263	105	23%	115	27%
Phosphorus (mg)	625	250	25%	250	25%
Zinc (mg)	9	3.5	25%	3.5	25%
Potassium (mg)	1100	440		572	
Copper (mg)	0.05	0.02		0.02	
Selenium (ug)	20	7.9		8	
Sodium (mg)	267	107		148	



**INGREDIENTS:** Skim milk powder, Whey Protein Concentrate, Dextrose (from Corn), Glucose syrup solids (from Corn), Natural Flavours, Vitamins (A, C, B3 (Niacin), E, B6, Folate, D, B12, B2 (Riboflavin), B1 (Thiamin), Minerals (Potassium, Calcium, Phosphorus, Magnesium, Sodium, Zinc, Iron, Copper, Iodine, Selenium). Contains Milk and may contain traces of Soy.  
 \* RDI - Recommended Dietary Intake



## 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.



## 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

### 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 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

### 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

### 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 BANANA SMOOTHIE

1 serve

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

Blend ingredients together with a stick mixer 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

5 serves

5 level scoops Nutreat Pro40  
21/2 cup custard

Mix Nutreat Pro40 into a smooth paste with a small amount (125ml) water.  
Add to 21/2 cups custard. Stir until combined