

**11g**  
Protein  
per 110mL

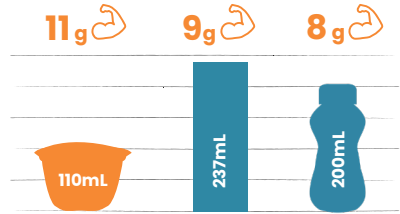
# RECOVER SMALL & MIGHTY PROTEIN-ENERGY DRINK



## Highest Protein. Smallest Volume.

Recover is a fruity protein drink, available in watermelon and wildberry, made in Australia. Recover provides twice the protein, per 100mL, of other fruit-flavoured oral nutrition supplements.

## Protein Per Serve



## Nutrition Information

Fruit-flavoured Oral Nutrition Supplements

Average per Serve	Units	Recover Watermelon	Resource Fruit Flavoured Beverage (Orange Flavour)	Nutricia Fortijuice (Apple Flavour)
Serving Size	mL	110	237	200
Energy	kcal/mL	1.3	1.05	1.5
	kJ	625	1055	1270
	kcal	150	251	300
Protein	g	11.0	9.0	7.8
Fat	g	0	0	0
Carbohydrate	g	26.0	54	67.2
- sugars	g	6.7	33.9	28.8
- Lactose	g	0	<0.5	<0.05
Dietary fibre	g	0.2	0	0
Sodium	mg	38	71	17

## Protein Per 100 mL

Recover

vvvvvvvvvvvvvvvv

Resource Fruit

Flavoured Beverage

vvvv

Nutricia Fortijuice

vvvv



\*Recover compared to Resource Fruit Flavoured Beverage

11g  
Protein  
per 110mL

# RECOVER

## SMALL & MIGHTY PROTEIN-ENERGY DRINK



### The Recover Difference

Recover was specifically formulated to assist individuals to gain and maintain a healthy weight, and to support wound healing.

Low Sodium



High Energy



7.3 kcal/mL

High Protein



11g/serve

Compact Size



110mL/serve

Dairy & Lactose Free



Contains L-Arginine



Fat Free



Gluten Free



Clear Fluid



Certified Halal



### Clinical Indications

- ✓ Malnutrition
- ✓ Wound Healing
- ✓ Sarcopenia
- ✓ Poor Appetite / Anorexia
- ✓ Pre and Post-Operative
- ✓ Geriatric Nutrition
- ✓ High Protein Diets
- ✓ Fluid Restrictions
- ✓ Cachexia
- ✓ Liquid Diets
- ✓ Renal Disease

Contact your Flavour Creations Representative to Order & Learn More Now!  
07 3373 3000 | [Sales@FlavourCreations.com.au](mailto:Sales@FlavourCreations.com.au)



Always read the label. Use only as directed. Must be used under medical supervision. Not suitable as a sole source of nutrition. For oral consumption only. Flavour Creations is a gluten and nut free manufacturing environment. Fruits are a pictorial representation of Recover flavours only. All information is correct at time of printing and subject to change without notice. © Flavour Creations M-RE002-02