

Your Memories Matter



FEATURES

- Proven to nutritionally support memory function in early Alzheimer's, when taken daily for at least 6 months.^{1,2}
- A unique formula which provide the nutritional building blocks to support growth of brain connections.
- Backed by 20 years of evidence based research, supported by an extensive ongoing research program.¹⁻⁴
- Safe and well tolerated alone or in combination with Alzheimer's disease medication.
- Souvenaid® Connections support program available, helping everyone to experience the best possible outcomes.
- Free from gluten-containing ingredients and low lactose.

DIRECTIONS FOR USE

- Souvenaid® is designed to be taken as one bottle (125ml) once a day, in addition to your normal dietary intake.
- Ready to drink and best served chilled.
- Shake well before use.

PRECAUTIONS

- Souvenaid® contains ingredients obtained from **milk, fish and soy**.
- Souvenaid® is not suitable for people with Galactosaemia.
- Souvenaid® is free from gluten-containing ingredients (<20mg/kg).
- Souvenaid® is low lactose (<300mg/kg).
- People with diabetes can consume Souvenaid®. However, Souvenaid® does contain carbohydrates and, as with other foods containing carbohydrate, it is advisable for people with diabetes to monitor their blood glucose levels in consultation with their diabetes medical team.

PURCHASE SOUVENAID®

- Order online at www.souvenaid.com.au
- Phone Souvenaid® customer care team on **1800 319 420**.
- Buy in-store from your **local pharmacy**.

STORAGE

- Store in a cool, dry place.
- Once opened, store in the refrigerator and discard unused contents after 24 hours.

INGREDIENTS[^] (Vanilla Flavour)

Water, maltodextrin, sugar, fish oil, cow's milk proteins, flavouring (vanilla), uridine 5'-monophosphate sodium salt, thickeners, microcrystalline cellulose, sodium carboxymethylcellulose, choline chloride, calcium citrate, soy lecithin, acidity regulator (citric acid), sodium L-ascorbate, potassium citrate, DL-alpha tocopheryl acetate, magnesium hydroxide, sodium citrate, potassium hydroxide, colour (curcumin), ferrous lactate, zinc sulphate, pyridoxine hydrochloride, copper gluconate, nicotinamide, manganese sulphate, calcium D-pantothenate, pteroylmonoglutamic acid, thiamin hydrochloride, retinyl acetate, riboflavin, sodium selenite, chromium chloride, sodium molybdate, potassium iodide, phytomenadione, D-biotin, cyanocobalamin, cholecalciferol.

[^]Please note the ingredients list is for vanilla flavour only. There are minor variations in the ingredients list between different flavours. For the full ingredients list, please contact the Souvenaid® customer care team on **1800 319 420**.



NUTRITIONAL INFORMATION

Nutrition Information		Per 100ml
Energy	kcal	100
	kJ	421
Protein	g	2.6 (10%)
Carbohydrate	g	12.3 (50%)
Sugars	g	6.4
as Lactose	g	<0.025
as Fructose	g	0
Fat	g	4.3 (39%)
Saturates	g	1.5
Monounsaturates	g	0.95
Polyunsaturates	g	1.8
EPA	mg	240
DHA	mg	960
ω6 / ω3 ratio		0.16:1
Fibre	g	0.55 (1%)

Minerals		
Sodium	mg	100
	mmol	4.3
Potassium	mg	100
	mmol	2.56
Calcium	mg	80
Phosphorus	mg	70
Magnesium	mg	20
Chloride	mg	116
Ca:P ratio		1.14:1

Vitamins		
Vitamin A	µg-RE	160
Vitamin D	µg	0.8
Vitamin E	mg-g.T.E.	32
Vitamin K	µg	6.17
Vitamin C	mg	64
Thiamin	mg	0.15
Riboflavin	mg	0.17
Niacin	mg NE	1.8
Vitamin B6	mg	0.8
Vitamin B12	µg	2.4
Folic Acid	µg	320
Pantothenic Acid	mg	0.53
Biotin	µg	4

Trace Elements		
Choline	mg	320
Iron	mg	1.6
Zinc	mg	1.2
Manganese	mg	0.33
Copper	mg	0.18
Iodine	µg	16
Molybdenum	µg	10
Selenium	µg	48
Chromium	µg	6.8
Fluoride	mg	0



Souvenaid® Strawberry Recipe Idea: Breakfast Delight Smoothie

Ingredients

- 1 Souvenaid® Strawberry 125ml bottle
- ½ cup frozen or fresh blueberries
- 5 almonds
- ¼ cup oats
- ¼ cup natural yoghurt

Method

Add all ingredients into a blender and blend until smooth.

Makes 1 serve.

*TIP

Instead of enjoying as a smoothie, serve it up in a bowl and garnish with granola, shredded coconut and mixed berries for a delicious breakfast treat.

For more information visit www.souvenaid.com.au or call 1800 319 420.