

Hold on to what matters with Souvenaid®

DIRECTIONS FOR USE

STEP 1: Add 3 leveled scoops of powder to a glass.

STEP 2: Add at least 100 ml of cold water or any liquid to the powder and stir with a fork until mixed.

STEP 3: Consume entire serve immediately after preparation.

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**.

IMPORTANT NOTICE

- For oral consumption only.
- Must be used under medical supervision.
- Not suitable as a sole source of nutrition. Only to be used in addition to the normal diet.

STORAGE

Store in a cool dry place. Use before the date on tin bottom. After opening, keep tin airtight & use contents within two weeks.

PRECAUTIONS

- Souvenaid® Powder contains **milk, fish and soy**.
- Souvenaid® is low gluten (free from gluten-containing ingredients)
- 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.

AVAILABLE IN 2 DELICIOUS FLAVOURS:

- Vanilla and Banana
- Lemon and Orange

Please see back for Vanilla and Banana ingredients.

FEATURES

- ✓ Contains the same multinutrient combination as Souvenaid® liquid, that has been shown to nutritionally support memory function in early Alzheimer's disease when taken daily for at least 6 months.¹⁻³
- ✓ Contains a unique combination of nutrients - DHA, EPA, Choline & Phospholipids, B-Vitamins & anti-oxidants, Uridine monophosphate - formulated to nutritionally support the growth of brain connections.⁴
- ✓ Souvenaid® Connections patient support & loyalty program offers expert support and exclusive member discounts. Visit www.souvenaid.com.au to learn more.
- ✓ Convenient format for travel & storage.
- ✓ Souvenaid® is a Food for Special Medical Purposes classed under Food Standards Australia and New Zealand (FSANZ) Standard 2.9.5



NOW AVAILABLE IN POWDER

Souvenaid®
www.souvenaid.com.au

NUTRITIONAL INFORMATION

Serving size: Approximately 122 mL prepared Servings per pack: 12		Average Quantity per Serving
Energy	kcal	133
	kJ	556
Protein	g	3.3
Carbohydrate	g	17.3
- sugars	g	9.4
- lactose	g	3.6
Fat, total	g	5.5
- phospholipids	mg	106
- saturated	g	1.8
- polyunsaturated	g	2.3
- Eicosapentaenoic acid (EPA)	mg	300
- Docosahexaenoic acid (DHA)	mg	1200
- monounsaturated	g	1.2

Minerals

Sodium	mg	200
Potassium	mg	247
Calcium	mg	82
Phosphorus	mg	153
Magnesium	mg	26
Chloride	mg	63

Vitamins

Vitamin A	µg-RE	207
Vitamin D	µg	1.0
Vitamin E	mg α-TE	40
Vitamin K	µg	7.9
Vitamin C	mg	482
Thiamin (B ₁)	mg	0.19
Riboflavin (B ₂)	mg	0.22
Niacin (B ₃)	mg	2.3
Vitamin B ₆	mg	1.0
Vitamin B ₁₂	µg	3.0
Folic acid	µg	400
Pantothenic acid (B ₅)	mg	0.67
Biotin	µg	5.0

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Average
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Trace Elements

Choline	mg	400
Iron	mg	2.0
Zinc	mg	1.5
Manganese	mg	0.43
Copper	mg	0.22
Iodine	µg	20
Molybdenum	µg	12.8
Selenium	µg	60
Chromium	µg	8.4
Uridine 5' monophosphate	mg	625

Ingredients[^] (Vanilla and Banana flavour only)

Dried omega LCPUFAs[#] (tuna **fish** oil, glucose syrup, sodium caseinate (**milk**), antioxidants (sodium ascorbate, mixed tocopherols, ascorbyl palmitate), whey protein (**milk**), dipotassium phosphate, emulsifier (471), anti-caking agent (551), skim **milk** powder, maltodextrin, sugar, flavour (vanilla and banana, contains **soy**), choline bitartrate, uridine 5' monophosphate, **soy** lecithin.

[#]Long Chain Polyunsaturated Fatty Acids.

Minerals

Potassium, sodium, phosphorus, magnesium, iron, zinc, manganese, copper, selenium, iodine, molybdenum, chromium.

Vitamins

Vitamins (A, B₁, B₂, B₃, B₅, B₆, B₁₂, C, D₃, E, K), folic acid, biotin.

Allergen Information

Contains **milk**, **fish**, **soy**.

For more information visit www.souvenaid.com.au or call 1800 060 051.

References: [^]Please note the ingredients list is for vanilla and banana flavour only. 1. Scheltens P et al. *Alzheimers Dement* 2010; 6: 1-10.e1 2. Scheltens P et al. *J Alzheimers Dis* 2012; 31: 225-236 3. Soininen H, et al. *Alzheimer's Dement.* 2021;17:29-40 4. Sijben et al. *OCL* 2011;18:267-270

There are minor variations in the ingredients list between different flavours. For the full ingredients list, please contact the Souvenaid® Careline team on 1800 060 051.

Abbreviations: DHA: docosahexaenoic acid, EPA: eicosapentaenoic acid (DHA & EPA are omega-3 polyunsaturated fatty acids).

Souvenaid® is a food for special medical purposes for the dietary management of early Alzheimer's disease. Souvenaid® must be used under medical supervision.

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