

# Hold on to What matters with Souvenaid



## FEATURES

- Nutritionally supports memory function in early Alzheimer's disease when taken daily for at least 6 months.<sup>1-3</sup>
- Backed by 20 years of evidence based research, supported by an ongoing research program.<sup>1-4</sup>
- Powered by FORTASYN CONNECT®, a unique combination of ingredients formulated to support the growth of brain connections.<sup>5</sup>
- Safe and well tolerated alone or in combination with Alzheimer's disease medication.<sup>1-4</sup>
- Souvenaid® Connections support program available, helping everyone to experience the clinical outcomes of taking Souvenaid®.
- Souvenaid® liquid is free from gluten-containing ingredients and low lactose.

## DIRECTIONS FOR USE

- Souvenaid® liquid 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: **milk, fish and soy**.
- Souvenaid® liquid is free from gluten-containing ingredients (<20mg/kg).
- Souvenaid® liquid 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](http://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.

## IMPORTANT NOTICE

- For enteral use only.
- Must be used under medical supervision.
- Not suitable as a sole source of nutrition.
- Only to be used in addition to a normal diet.
- Not suitable for patients with galactosaemia.

## INGREDIENTS<sup>^</sup> (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, phytemenadione, D-biotin, cyanocobalamin, cholecalciferol.

<sup>^</sup>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**.



**Souvenaid®**  
[www.souvenaid.com.au](http://www.souvenaid.com.au)

## NUTRITIONAL INFORMATION

Nutrition Information		Per 100ml	Per 125mL bottle
Energy	kcal	100	125
	kJ	421	526
Protein	g	2.6 (10%)	3.3
Carbohydrate	g	12.3 (50%)	15.4
Sugars	g	6.4	8.0
as Lactose	g	<0.025	<0.031
as Fructose	g	0	0
Fat	g	4.3 (39%)	5.4
Saturates	g	1.5	1.9
Monounsaturates	g	0.95	1.2
Polyunsaturates	g	1.8	2.3
EPA	mg	240	300
DHA	mg	960	1200
Fibre	g	0.55 (1%)	0.7

Minerals			
Sodium	mg	100	125
	mmol	4.3	
Potassium	mg	100	125
	mmol	2.56	
Calcium	mg	80	100
Phosphorus	mg	70	88
Magnesium	mg	20	25
Chloride	mg	116	145
Ca:P ratio		1.14:1	

Vitamins		Per 100ml	Per 125mL bottle
Vitamin A	µg-RE	160	200
Vitamin D	µg	0.8	1
Vitamin E	mg α-TE	32	40
Vitamin K	µg	6.17	7.71
Vitamin C	mg	64	80
Thiamin (B1)	mg	0.15	0.19
Riboflavin (B2)	mg	0.17	0.21
Niacin (B3)	mg NE	1.8	2.3
Vitamin B6	mg	0.8	1
Vitamin B12	µg	2.4	3
Folic Acid	µg	320	400
Pantothenic Acid (B5)	mg	0.53	0.66
Biotin	µg	4	5

Trace Elements			
Iron	mg	1.6	2
Zinc	mg	1.2	1.5
Manganese	mg	0.33	0.41
Copper	mg	0.18	0.23
Iodine	µg	16	20
Molybdenum	µg	10	13
Selenium	µg	48	60
Chromium	µg	6.8	8.5

Others			
Uridine-5'-monophosphate	mg	500	625
Choline	mg	320	400



### 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](http://www.souvenaid.com.au) or call 1800 060 051.