



REDISCOVER YOUR NUTRITIONAL BALANCE

FEATURES

- A ready-to-drink nutrition supplement which supports better blood sugar control for people with impaired glucose tolerance e.g. diabetes.
- High in calories (200kcal), 9.8g of protein and contains 28 vitamins and minerals with added fibre (4g).
- Can help you meet your daily nutritional needs when your usual diet is not enough.
- High in calories to help improve your body weight when you are unwell or recovering from illness.
- Ready-to-drink 200ml bottle available in vanilla.



INDICATIONS

For use in the dietary management of:

- People with diabetes mellitus, hyperglycaemia or impaired glucose tolerance who have, or are at-risk of, disease related malnutrition or have increased energy and protein requirements.
- Individuals should speak to their healthcare professional about the benefit for them.

IMPORTANT NOTICE

- ✗ Not for parenteral use.
- ✗ Not suitable for people with galactosaemia.
- ✗ Not suitable for people with fructosaemia.
- ✗ Not suitable for people requiring a fibre free diet.
- ✗ Not suitable for people with cow's milk protein allergy.
- ✗ Not suitable for children under the age of 6 years.

DIRECTIONS FOR USE

- Best served chilled.
- Shake well before use.
- Usage to be determined by a health care professional.

STORAGE

- Store in a cool, dry place.
- Once opened, store in the refrigerator.
- Discard unused content after 24 hours.

INGREDIENTS

Diasip Vanilla: Water, isomaltulose, dietary fibres (galacto-oligosaccharides (from **milk**), resistant dextrin, resistant starch, cellulose), vegetable oils (rapeseed oil, sunflower oil), starch (tapioca), lactose (from **milk**), whey protein concentrate (from **milk**), **soy** protein isolate, flavour (vanilla), acidity regulator (citric acid), **fish oil**, potassium citrate, choline chloride, carotenoids (contains **soy**) (β-carotene, lutein, lycopene), magnesium hydroxide, di potassium hydrogen phosphate, potassium hydroxide, sodium L-ascorbate, colour (curcumin), calcium chloride, sodium citrate, tri calcium phosphate, thickener (carrageenan), sweeteners (acesulfame-K, sodium saccharin), ferrous lactate, DL-α-tocopheryl acetate, calcium carbonate, zinc sulphate, nicotinamide, retinyl acetate, copper gluconate, calcium-D-pantothenate, chromium chloride, manganese sulphate, sodium selenite, D-biotin, thiamin hydrochloride, cyanocobalamin, cholecalciferol, pyridoxine hydrochloride, pteroylmonoglutamic acid, riboflavin, sodium molybdate, potassium iodide, sodium fluoride, phytomenadione.

ALLERGEN & CULTURAL INFORMATION

- Contains: cow's **milk** protein, **soy** and **fish oil**.
- Does not contain: wheat, egg, nuts*, lupins.
- Halal certified.
- No Kosher forbidden ingredients.
- No gluten containing ingredients.

How to Purchase

- 📄 Order online at www.nutriciastore.com.au
- ☎ Phone our customer support team on **1800 884 367**
- 🏠 Buy in-store **from your local pharmacy**

NUTRITION INFORMATION		Per 100ml	Per 200ml
Energy	kcal	104	208
	kJ	435	870
Protein	g	4.9 (19% E)	9.8
Whey	g	2.4	4.8
Soy	g	2.4	4.8
Carbohydrate	g	11.7 (45% E)	23.4
Sugars	g	8.3	16.6
as Lactose	g	3.6	7.2
Fat	g	3.8 (33% E)	7.6
Saturates	g	0.5	1.0
Monounsaturates	g	2.2	4.4
Polyunsaturates	g	1.1	2.2
ω6 / ω3 ratio		4:1	4:1
Fibre	g	2.0 (4%E)	4.0
Soluble:Insoluble		85:15	85:15
Water	ml	83	166
Minerals		Per 100ml	Per 200ml
Sodium	mg	55	110
	mmol	2.4	4.8
Potassium	mg	100	200
	mmol	2.6	5.2
Calcium	mg	53	106
Phosphorus	mg	47	94
Magnesium	mg	23	46
Chloride	mg	45	90
Ca:P ratio		1:1	1:1

Vitamins		Per 100ml	Per 200ml
Vitamin A	µg-RE	82	164
Vitamin D	µg	1.2	2.4
Vitamin E	mg α-TE	2.5	5.0
Vitamin K	µg	5.3	10.6
Vitamin C	mg	15	30
Thiamin	mg	0.4	0.8
Riboflavin	mg	0.2	0.4
Niacin	mg NE	1.8	3.6
Vitamin B6	mg	0.3	0.6
Vitamin B12	µg	0.65	1.3
Folic Acid	µg	38	76
Pantothenic Acid	mg	0.8	1.6
Biotin	µg	6.5	13
Trace Elements		Per 100ml	Per 200ml
Iron	mg	1.6	3.2
Zinc	mg	1.2	2.4
Manganese	mg	0.33	0.66
Copper	µg	180	360
Iodine	µg	13	26
Molybdenum	µg	10	20
Selenium	µg	7.5	15
Chromium	µg	12	24
Fluoride	mg	0.1	0.2
Other		Per 100ml	Per 200ml
Carotenoids	mg	0.2	0.4
Choline	mg	50	100
Osmolality	mOsmol/ kgH ₂ O	440	440

RECIPE IDEA

Scrambled Eggs#

Serves: 1



Ingredients

- 1 x 200ml Diasip (Vanilla)
- 3 large eggs
- ¼ brown onion, finely diced
- Salt and pepper, to taste
- 3 teaspoons extra virgin olive oil, for cooking
- 1 teaspoon fresh dill or chopped chives, to serve

Method

1. In a mixing bowl whisk eggs with Diasip (Vanilla). Set aside.
2. In a frying pan heat olive oil. Add chopped onion and sauté for 2-3 minutes or until softened.
3. Pour over egg mixture and stir frequently over low-medium heat until eggs are cooked through.
4. Season to taste with salt and pepper. Garnish with fresh herbs.

For more information visit www.fortisip.com.au or call the Nutricia Careline 1800 438 500.

* Peanut (*Arachis hypogaea*), Almond (*Amygdalus communis* L.), Hazelnut (*Corylus avellana*), Walnut (*Juglans regia*), Cashew (*Anacardium occidentale*), Pecan nut (*Carya illinoensis* (Wangenh.) K. Koch), Brazil nut (*Bertholletia excelsa*), Pistachio nut (*Pistacia vera*), Macadamia nut and Queensland nut (*Macadamia ternifolia*) and products thereof.

Cooking may reduce the nutritional content of Diasip (Vanilla). If you have any concerns, please speak to your healthcare professional for advice.

Oral nutritional supplements must be consumed within 24 hours after opening.

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Diasip is a food for special medical purposes and must be used under medical supervision.