



## 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 (5g).
- 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 the dietary management of disease related malnutrition in patients with diabetes mellitus, hyperglycaemia or impaired glucose tolerance.
- 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 infants and children under 3 years of age.
- ✗ Use with caution in children aged 3-6 years of age.
- ✗ Must be used under medical supervision.

### DIRECTIONS FOR USE

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

### STORAGE

- Store in a cool, dry place.
- Once opened, close the bottle and store in a refrigerator for a maximum of 24 hours.
- Discard unused content after 24 hours.

### INGREDIENTS

**Diasip Vanilla:** Water, isomaltulose<sup>†</sup>, dietary fibres (galacto-oligosaccharides (from cow's **milk**), resistant dextrin, cellulose), vegetable oils (rapeseed oil, sunflower oil), starch, lactose (from cow's **milk**), cow's **milk** proteins, **soy** protein isolate, flavouring, acidity regulators (citric acid, potassium hydroxide), **fish oil**, potassium citrate, choline chloride, magnesium hydroxide, dipotassium hydrogen phosphate, tricalcium phosphate, colour (curcumin), calcium chloride, sodium citrate, sodium l-ascorbate, stabiliser (carrageenan), sweetener (acesulfame K, sodium saccharin), ferrous lactate, calcium carbonate, zinc sulphate, DL- $\alpha$  tocopheryl acetate, carotenoids (contains **soy**) ( $\beta$ -carotene, lutein, lycopene oleoresin from tomatoes), copper gluconate, calcium d-pantothenate, chromium chloride, manganese sulphate, sodium selenite, thiamin hydrochloride, pyridoxine hydrochloride, riboflavin, nicotinamide, sodium molybdate, sodium fluoride, retinyl acetate, pteroylmonoglutamic acid, potassium iodide, d-biotin, phytomenadione, cholecalciferol, cyanocobalamin.

<sup>†</sup> Isomaltulose is a source of glucose and fructose

### ALLERGEN & CULTURAL INFORMATION

- Contains: **milk**, **soy** and **fish**.
- Halal certified.
- Nutricia UK and/or Ireland have Kosher approval for this product.
- No gluten containing ingredients. No detectable gluten when tested to a sensitivity level of less than 5 parts per million (<5 ppm i.e. <5mg/kg).

### How to Purchase

- 📄 Order online at [www.nutriciastore.com.au](http://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	438	876
Protein	g	4.9 (19% E)	9.8
Whey	g	2.4	4.8
Soy	g	2.5	5.0
Carbohydrate	g	11.5 (44% E)	23
Sugars	g	8.4	16.8
as Lactose	g	3.54	7.08
Fat	g	3.8 (32% E)	7.6
Saturates	g	0.44	0.88
Monounsaturates	g	2.2	4.4
Polyunsaturates	g	1.2	2.4
$\omega 6 / \omega 3$ ratio		4:1	4:1
Fibre	g	2.5 (5%E)	5.0
Soluble:Insoluble		86:14	86:14
Water	ml	83	166
Minerals		Per 100ml	Per 200ml
Sodium	mg	50.1	100.2
	mmol	2.18	4.36
Potassium	mg	99.6	199.2
	mmol	2.55	5.1
Calcium	mg	53.5	107
Phosphorus	mg	49.6	99.2
Magnesium	mg	22.2	44.4
Chloride	mg	42.8	85.6
Ca:P ratio		1:1	1:1

Vitamins		Per 100ml	Per 200ml
Vitamin A	$\mu\text{g-RE}$	79.1	158.2
Vitamin D	$\mu\text{g}$	1.29	2.58
Vitamin E	$\text{mg } \alpha\text{-TE}$	2.5	5.0
Vitamin K	$\mu\text{g}$	5.52	11.04
Vitamin C	$\text{mg}$	15	30
Thiamin	$\text{mg}$	0.40	0.80
Riboflavin	$\text{mg}$	0.26	0.52
Niacin	$\text{mg NE}$	1.90	3.80
Vitamin B6	$\text{mg}$	0.34	0.68
Vitamin B12	$\mu\text{g}$	0.55	1.10
Folic Acid	$\mu\text{g}$	38.0	76.0
Pantothenic Acid	$\text{mg}$	0.91	1.82
Biotin	$\mu\text{g}$	6.38	12.76
Trace Elements		Per 100ml	Per 200ml
Iron	$\text{mg}$	1.65	3.3
Zinc	$\text{mg}$	1.27	2.54
Manganese	$\text{mg}$	0.33	0.66
Copper	$\text{mg}$	0.20	0.40
Iodine	$\mu\text{g}$	15.7	31.4
Molybdenum	$\mu\text{g}$	10.0	20.0
Selenium	$\mu\text{g}$	7.50	15.00
Chromium	$\mu\text{g}$	12.0	24.0
Fluoride	$\text{mg}$	0.10	0.20
Other		Per 100ml	Per 200ml
Carotenoids	$\text{mg}$	0.16	0.32
Choline	$\text{mg}$	49.8	99.6
Osmolality	$\text{mOsmol/ kgH}_2\text{O}$	440	440

## RECIPE IDEA

### Scrambled Eggs<sup>#</sup>

Serves: 1



#### Ingredients

- 1 x 200ml Diasip (Vanilla)
- 3 large eggs
- 1/4 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](http://www.fortisip.com.au) or call the Nutricia Careline 1800 438 500.

<sup>#</sup> 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.

**NUTRICIA**  
LIFE-TRANSFORMING NUTRITION