

SUSTAGEN® Everyday - Vanilla

nestlehealthconnect.com.au/products/sustagen-everyday-vanilla



SIZE: 550g Can (Carton contains 6 x 550g Cans)

Available in 2 flavours - Vanilla flavour - Dutch Chocolate flavour

Note: SUSTAGEN® Everyday Vanilla is only option within this range that does not contain soy ingredients. For product information on SUSTAGEN® Everyday - Dutch Chocolate, please [click here](#).

Add an everyday nutrition top-up into your diet for extra sustenance. A great tasting nutritional supplement that provides your body with 14 key vitamins and minerals to support healthy, active lifestyles with the added benefit of low GI for sustained energy. Nourishing and delicious to drink - make it your staple for an added nutritional boost to sustain you throughout the day.

SUSTAGEN® Everyday is a formulated supplementary food which can be of assistance where dietary intakes of nutrients and energy may not be adequate.

Not to be used as the principal or only source of diet except under medical supervision.

Energy Density = 0.75 kcal/ml = 3.1 kJ/ml when made up with milk.

Energy Distribution - Protein 27% (Non fat milk solids) - Carbohydrate 57% - Fat 16%

Glycaemic index = 35 Low GI

Features & Clinical Indications

- No Gluten Containing Ingredients
- No Egg Containing Ingredients
- No Fish Containing Ingredients
- Vegetarian
- Contain Dairy
- Does not contain Soy
- When made up with reduced fat milk: Low in fat
- 14 Vitamins & Minerals

Usage

To open, remove cap and foil seal.

Mix 3 teaspoons* with 150ml reduced fat milk or whole milk (depending on taste).

* 1 x teaspoon of SUSTAGEN = 5g.

Stir before serving. Great chilled or served warm.

All prepared products should be tightly covered and consumed within 4 hours at room temperature or within 24 hours if refrigerated.

Note: Follow feeding instructions or recommended daily consumption.

Storage: Store in a cool dry place and use within 4 weeks after opening.

Ingredients

Vanilla Flavour: Non Fat Milk Solids (58%), Sugar, Maltodextrin, Flavours, Vitamins (Sodium Ascorbate, Tocopheryl Acetate, Niacinamide, Thiamine Hydrochloride, Retinyl Acetate, Folic Acid, Cyanocobalamin), Minerals (Ferrous Sulphate, Zinc Sulphate). Contains Milk.

Nutritional Information

SUSTAGEN® Everyday Vanilla - Servings Per Package: 36 Serving Size: 15g

Nutrient	Units	Average Quantity Per Serving	% Daily Intake* Per Serve + 175mL Reduced Fat Milk	Average Quantity Per 100g	Average Quantity Per Serve + 175mL Reduced Fat Milk
Energy	kJ	232	7%	1540	578
Energy	kcal	55		369	138
Protein	g	3	19%	20	9.5
Fat-total	g	0.1	3%	0.6	2.4
- Saturated	g	0.05	6%	0.3	1.5
Carbohydrate	g	10.7	6%	71	20
- Sugars	g	8.3	20%	55	17.6
Sodium	mg	30	4%	200	97
Vitamin A	µgRE	114	19% RDI†	760	140
Thiamin	mg	0.24	23% RDI†	1.6	0.26
Riboflavin	mg	0.15	30% RDI†	1	0.52
Niacin	mg	3	40% RDI†	20	4
Folate	µg	100	50% RDI†	670	100
Vitamin B12	µg	1	50% RDI†	6.6	1
Vitamin C	mg	9	23% RDI†	60	9
Vitamin E	mgTE	2.7	28% RDI†	18	2.8
Calcium	mg	90	38% RDI†	600	300
Iron	mg	3.3	28% RDI†	22	3.3
Phosphorus	mg	75	25% RDI†	500	250
Zinc	mg	2.2	24% RDI†	14.5	2.9
Potassium	mg	120		800	410

*Percentage Daily Intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.
†RDI: Recommended Dietary Intake.

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