

SUSTAGEN® Optimum

nestlehealthconnect.com.au/products/sustagen-optimum



SIZE: 800g Cans (Carton contains 6 x 800g Cans)

Available in 1 flavour - Vanilla flavour

SUSTAGEN® OPTIMUM™ is a balanced oral supplement that contains pre and probiotics, antioxidant vitamins C and E, high quality protein providing 1 kcal/mL per suggested serving. It is also low in lactose and has a low GI.

SUSTAGEN® OPTIMUM™ tastes great and provides complete nutrition so you can use it as a supplement when you are unable to meet your nutrient requirements through dietary intake alone. This could be due to poor appetite or illness, particularly if you have been taking antibiotics.

It also contains essential vitamins and minerals, including dietary antioxidant vitamins C & E as well as copper, iron, selenium and zinc to support immune function and increased vitamin B6 to meet the needs of older adults. SUSTAGEN® OPTIMUM is also low in lactose and has a low GI.

SUSTAGEN® OPTIMUM™ is a food for special medical purposes and is specifically formulated for medical conditions where nutritional needs cannot be met through diet modification alone. Must be used under the supervision of a healthcare professional.

Energy Density = 1.0 kcal/ml = 4.2 kJ/ml

Energy Distribution - Protein 16% (Non fat milk solids and whey protein concentrates) - Carbohydrate 47%
- Fat 35%

Glycaemic index = 44 Low GI

Features & Clinical Indications

- Halal Certified
- No Gluten Containing Ingredients
- Nutritionally Complete
- Contains fibre
- Source of Vitamin C

- Low Lactose
- Source of protein
- With probiotics
- Source of Zinc
- Contains Dairy
- Contains Soy

Digestive and Immune support

Usage

To open, remove cap and foil seal.

Mix 7 level scoops* with 190ml water or milk (depending on taste).

Stir before serving. Great chilled or served warm.

Use enclosed scoop. * 1 x scoop of SUSTAGEN = approx. 8g.

Note: Do not change proportions. Follow feeding instructions.

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

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

Ingredients

Vanilla Flavour: Maltodextrin, Milk Proteins, (Whey, Potassium Caseinate), Vegetable Oil, Sucrose, Fibres (Fructo-Oligosaccharides, Inulin), Minerals (Calcium Carbonate, Magnesium Chloride, Potassium Hydroxide, Potassium Phosphate, Sodium Hydroxide, Ferrous Sulphate, Zinc Sulphate, Manganese Sulphate, Copper Sulphate, Potassium Iodide, Chromium Chloride, Sodium Selenate, Sodium Molybdate), Food Acid (330,338), Emulsifier (Soy Lecithin), Choline, Vitamins (E, C, Niacin, Pantothenic Acid, B6, B1, B2, A, Folic Acid, D, K, B12, Biotin), Probiotic Culture (Lactobacillus Paracasei), Flavour, L-Carnitine, Taurine, Sweetener (Acesulfame Potassium). Contains Milk and Soy.

Nutritional Information

SUSTAGEN® OPTIMUM™ - Servings Per Pack: 14 Serving Size: 55g (Ave Qty Per serve + 190ml water)		
Nutrient	Average Quantity per Serving	Average Quantity per 100g
Energy	1050 kJ	1900 kJ
	251 Cal	455 Cal
Protein	10.2 g	18.5 g
Fat-total	9.6 g	17.5 g
- Saturated	1 g	1.8 g
- Polyunsaturated	1.9 g	3.4 g
- Monounsaturated	6.2 g	11.2 g
Carbohydrate	29.3 g	53.2 g
- Sugars	7.5 g	13.6 g

SUSTAGEN® OPTIMUM™ - Servings Per Pack: 14 Serving Size: 55g (Ave Qty Per serve + 190ml water)		
Nutrient	Average Quantity per Serving	Average Quantity per 100g
- lactose	0.28 g	0.5 g
- galactose	0.17 g	0.3 g
Dietary Fibre	3.1 g	5.6 g
- Inulin	0.9 g	1.7 g
- Fructo-Oligosaccharide	2.2 g	3.9 g
Sodium	115 mg	210 mg
Gluten		
Vitamin A	215 µgRE	390 µgRE
Vitamin B1(Thiamin)	0.24 mg	0.44 mg
Vitamin B2(Riboflavin)	0.27 mg	0.5 mg
Niacin	5.6 mgNE	10.1 mgNE
Folate	80 µg	146 µg
Vitamin B6	1.0 mg	1.9 mg
Vitamin B12	1.4 µg	2.6 µg
Biotin	6.1 µg	11 µg
Pantothenic Acid	1.3 mg	2.4 mg
Vitamin C	26 mg	48 mg
Vitamin D	4.4 µg	8 µg
Vitamin E	41.2 mgTE	75 mgTE
Vitamin K	25.3 µg	46 µg
Zinc	2.6 mg	4.7 mg
Calcium	270 mg	490 mg
Iron	4 mg	7.3 mg
Iodine	33.0 µg	60 µg
Magnesium	62 mg	113 mg
Manganese	0.46 mg	0.84 mg
Molybdenum	19.3 µg	35 µg
Phosphorus	147 mg	267 mg
Selenium	18 µg	33 µg
Copper	0.33 mg	0.59 mg
Chloride	175 mg	320 mg
Potassium	375 mg	685 mg
Chromium	10.5 µg	19 µg
Probiotics	550million cfu	1 billion cfu

*cfu = Colony-forming units

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