

SUSTAGEN® Ready to Drink

nestlehealthconnect.com.au/products/sustagen-ready-drink



SIZE: 250ml Tetra (Carton contains 24 x 250ml Tetras)

Available in 2 flavours - Vanilla flavour - Dutch Chocolate flavour

SUSTAGEN® Ready to Drink is a great tasting everyday nutritional drink packed with vitamins and minerals essential for the maintenance of wellbeing. High in protein and calcium this low fat drink is ideal for: Active people - Busy lifestyles - Snack between meals

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

Energy Density = 0.98 kcal/ml = 4.1 kJ/ml

Energy Distribution - Protein 20% (Non fat milk solids, Milk protein concentrate) - Carbohydrate 68% - Fat 12%

Osmolality = 786 mOsm/kg water (Vanilla)

Osmolality = 882 mOsm/kg water (Dutch Chocolate)

Glycaemic index = 47 Low GI (Vanilla)

Glycaemic index = 43 Low GI (Dutch Chocolate)

Water Content = 84gms / 100ml

Features & Clinical Indications

- Halal
- Low GI
- Vegetarian
- Gluten Free
- No egg containing ingredients
- No fish containing ingredients
- Low Fat
- High in protein
- 16 Vitamins and Minerals

Usage

SHAKE WELL. Insert straw to drink.

Once opened, cover, refrigerate and use within 24 hours. All product poured out of pack should be tightly covered and consumed within 6 hours at room temperature.

Storage: Unopened, store in a cool dry place.

Ingredients

Vanilla Flavour: Water, Non Fat Milk Solids (12%), Dried Glucose Syrup, Maltodextrin, Sugar, Low Erucic Acid Rapeseed Oil, Milk Protein Concentrate, Stabilisers (452, 460, 407, 466), Minerals (Magnesium Carbonate, Sodium Citrate, Potassium Phosphate, Ferrous Sulphate, Zinc Sulphate), Emulsifier (Soy Lecithin), Vitamins (C, E, Niacinamide, B6, A, B1, Folic Acid, B2, B12), Flavour. Contains Milk and Soy. Gluten Free.

Dutch Chocolate Flavour: Water, Non Fat Milk Solids (12%), Sugar, Dried Glucose Syrup, Maltodextrin, Low Erucic Acid Rapeseed Oil, Milk Protein Concentrate, Cocoa (0.5%), Stabilisers (452, 460, 407, 466), Minerals (Magnesium Carbonate, Sodium Citrate, Potassium Phosphate, Ferrous Sulphate, Zinc Sulphate), Emulsifier (Soy Lecithin), Vitamins (C, E, Niacinamide, B6, A, B1, Folic Acid, B2, B12), Flavour. Contains Milk and Soy. Gluten Free.

Nutritional Information

SUSTAGEN® Ready to Drink Vanilla - Servings Per Pack: 1 Serving Size: 250ml (Tetra)			
Nutrient	Average Quantity per Serving	%DI* per Serving	Average Quantity per 100ml
Energy	1020 kJ	12%	410 kJ
	244 kcal		98 kcal
Protein	12.5 g	25%	5 g
Fat-total	3.3 g	5%	1.3 g
- Saturated	2.5 g	10%	<1.0 g
Carbohydrate	41.3 g	13%	16.5 g
- Sugars	23.8 g	26%	9.5 g
Sodium	200 mg	9%	80 mg
Gluten	Nil detected mg		Nil detected mg
Vitamin A	188 µgRE	25% RDI**	75 µgRE
Vitamin B1(Thiamin)	0.39 mg	35% RDI**	0.15 mg
Vitamin B2(Riboflavin)	0.6 mg	35% RDI**	0.24 mg
Niacin	3.5 mg	35% RDI**	1.4 mg
Folate	70 µg	35% RDI**	28 µg
Vitamin B6	0.56 mg	35% RDI**	0.22 mg
Vitamin B12	0.7 µg	35% RDI**	0.28 µg
Vitamin C	14 mg	35% RDI**	5.6 mg
Vitamin E	3.5 mgTE	35% RDI**	1.4 mgTE

SUSTAGEN® Ready to Drink Vanilla - Servings Per Pack: 1 Serving Size: 250ml (Tetra)			
Nutrient	Average Quantity per Serving	%DI* per Serving	Average Quantity per 100ml
Zinc	3 mg	25% RDI**	1.2 mg
Calcium	400 mg	50% RDI**	160 mg
Iron	3 mg	25% RDI**	1.2 mg
Magnesium	100 mg	31% RDI**	40 mg
Phosphorus	380 mg	38% RDI**	150 mg
Potassium	525 mg		210 mg

*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.

**Recommended Dietary Intake(Aust/NZ)

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