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.

Features & Clinical Benefits

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

Nutritional Information

- Energy Density = 0.98 kcal/ml = 4.1 kJ/ml
- Energy Distribution- Protein 20% (Non fat milk solids, Milk protein concentrate)
- Energy Distribution- Carbohydrate 68%
- Energy Distribution- 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

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.

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Ingredients

Dutch Chocolate Water, Non Fat **Milk** Solids (12%), Sugar, Dried Glucose Syrup, Maltodextrin, Low Erucic Acid Rapeseed Oil, **Milk** Protein Concentrate, Cocoa (0.5%), Flavour, Stabilisers(452, 460, 331, 407, 466), Minerals (Magnesium Carbonate, Potassium Phosphate, Ferrous Sulphate, Zinc Sulphate), Emulsifier (**Soy** Lecithin), Vitamins (C, E, Niacinamide, B6, A, B1, Folic Acid, B2, B12). **Contains Milk, Soy. Gluten Free.*** GI Value = 43

Vanilla Water, Non Fat **Milk** Solids (12%), Dried Glucose Syrup, Maltodextrin, Sugar, Low Erucic Acid Rapeseed Oil, **Milk** Protein Concentrate, Stabilisers(452, 460, 331, 402, 466), Minerals (Magnesium Carbonate, Potassium Phosphate, Ferrous Sulphate, Zinc Sulphate), Emulsifier (**Soy** Lecithin), Vitamins (C, E, Niacinamide, B6, A, B1, Folic Acid, B2, B12), Flavour. **Contains Milk, Soy. Gluten Free.*** GI Value = 47

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Nutritional Information

SUSTAGEN® Ready to Drink Vanilla

Servings Per Pack: 1 Serving Size: 250ml (Tetra)	Average Quantityper Serving	%DI*per Serving	Average Quantityper 100ml
Energy	1030 kJ	12%	410 kJ
	247 kcal		99 kcal
Protein	12.5 g	25%	5 g
Fat-total	3.3 g	5%	1.3 g
- Saturated	Less than 1 g	2%	Less than 1 g
Carbohydrate	41.3 g	13%	16.5 g
- Sugars	25 g	28%	10 g
- Lactose	17.5 g		7 g
- Added Sugars	7.5 g		3 g
Sodium	240 mg	10%	95 mg
Potassium	550 mg		220 mg
Vitamin A	200 µgRE	27% RDI*	80 µgRE
Vitamin E	5 mgTE	50% RDI*	2 mgTE
Vitamin C	20 mg	50% RDI*	8 mg

SUSTAGEN® Ready to Drink Vanilla

Servings Per Pack: 1 Serving Size: 250ml (Tetra)	Average Quantityper Serving	%DI*per Serving	Average Quantityper 100ml
Thiamin	0.38 mg	34% RDI*	0.15 mg
Riboflavin	0.62 mg	38% RDI*	0.25 mg
Niacin	4 mg	40% RDI*	1.6 mg
Vitamin B6	0.5 mg	31% RDI*	0.2 mg
Vitamin B12	0.7 µg	35% RDI*	0.3 µg
Folate	88 µg	44% RDI*	35 µg
Calcium	400 mg	50% RDI*	160 mg
Phosphorus	420 mg	43% RDI*	170 mg
Iron	3.5 mg	29% RDI*	1.4 mg
Magnesium	110 mg	35% RDI*	45 mg
Zinc	3 mg	25% RDI*	1.2 mg
Gluten			Nil Detected

*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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