

Calshake®



Nutritional Information

Average Content		per 100 g product	per 100 ml ready to serve product* 3.5% milk fat	per 100 ml ready to serve product* 4.0% milk fat
Strawberry², Vanilla² and Banana¹ Flavours • gluten free • low in sodium • fibre free				
Caloric value	kJ/kcal	2100/500	795/190	795/190
Protein	g	4.4	3.8	3.8
Carbohydrates	g	66.1	22.0	21.9
of which sugars	g	35.2	13.5	13.3
of which lactose	g	3.0	4.4	4.3
Fat	g	24.5	9.6	9.8
of which saturated fatty acids	g	17	6.4	6.7
Fibre	g	< 0.5	< 0.1	< 0.1
Osmolarity*	mosmol/l		900/910 ²	900/910 ²
Caloric distribution				
Protein	energy %	3.5	8	8
Fat	energy %	43.9	46	46
Carbohydrates	energy %	52.6	46	46
Fibre	energy %	0	0	0
Minerals and trace elements				
Sodium	mg	90	63	59
Potassium	mg	497	260	259
Calcium	mg	192	147	146
Magnesium	mg	9	12	11
Phosphorus	mg	244	140	140
Chocolate Flavour • gluten free • low in sodium • low in fibre				
Caloric value	kJ/kcal	2100/500	815/194	815/194
Protein	g	4.5	3.9	3.9
Carbohydrates	g	67.7	23.1	22.9
of which sugars	g	34.1	13.5	13.3
of which lactose	g	1.8	4.1	4.0
Fat	g	22.8	9.3	9.6
of which saturated fatty acids	g	15.8	6.2	6.5
Fibre	g	1.8	0.5	0.5
Caloric distribution				
Protein	energy %	4	8	8
Fat	energy %	41	43	44
Carbohydrates	energy %	54	48	47
Fibre	energy %	1	1	1
Osmolarity	mosmol/l		880	880
Minerals and trace elements				
Sodium	mg	75	59	55
Potassium	mg	680	317	316
Calcium	mg	171	143	141
Magnesium	mg	36	20	19
Phosphorus	mg	243	142	142
Neutral Flavour • gluten free • low in sodium • fibre free				
Caloric value	kJ/kcal	2100/500	795/190	795/190
Protein	g	4.6	3.9	3.9
Carbohydrates	g	65.2	21.7	21.6
of which sugars	g	8.3	6.0	5.9
of which lactose	g	3.4	4.5	4.4
Fat	g	24.3	9.5	9.8
of which saturated fatty acids	g	16.8	6.4	6.6
Fibre	g	< 0.5	< 0.1	< 0.1
Caloric distribution				
Protein	energy %	4	8	8
Fat	energy %	44	46	46
Carbohydrates	energy %	52	46	46
Fibre	energy %	0	0	0
Osmolarity	mosmol/l		520	520
Minerals and trace elements				
Sodium	mg	88	62	58
Potassium	mg	509	264	262
Calcium	mg	202	150	148
Magnesium	mg	9	12	11
Phosphorus	mg	250	141	142
Vitamins, other minerals and trace elements are present in clinically irrelevant amounts.				
*Ready to serve product (= 1 serving): 1 sachet à 87 g + 240 ml whole milk (3.5% or 4.0% milk fat)				

Prescribing information

Food for special medical purposes:

A powdered supplement containing protein (milk protein), fat (vegetable oil) and carbohydrates.

Calshake® is an energy-dense nutritional supplement which when mixed with whole milk provides 1.9 kcal/ml. Calshake® is available in a choice of five flavours: Strawberry, Vanilla, Chocolate, Banana and Neutral.

Calshake® is presented in boxes of 7 sachets (7 servings). Each sachet to be mixed with whole milk to produce one serving (approx. 600 kcal) of Calshake®.

Intended use:

For the dietary management of patients with or at risk of malnutrition, especially with increased energy needs such as in:

- cystic fibrosis
- cancer
- COPD

Dosage:

Dosage should be determined by a clinician or dietitian. As a guide: 1 sachet Calshake® + 240 ml whole milk will provide approx. 600 kcal and 12 g protein.

Preparation:

To prepare one serving of Calshake®, add the contents of one sachet to 240 ml whole milk. Mix vigorously with a whisk or fork or use a shaker.

Important notes:

To be used under medical supervision. Not suitable as a sole source of nutrition. Neutral flavour: Not suitable for infants < 1 year. Vanilla, Banana, Strawberry and Chocolate flavour: Not suitable for children < 3 years.

Handling and storage:

Store unopened sachets in a cool, dry place. Once prepared, Calshake® can be stored for up to 24 hours in a refrigerator.

Contraindications:

Not suitable where enteral nutrition is not permitted, such as in acute gastrointestinal bleeding, gut atonia, ileus and others. Not suitable for patients with severe forms of malabsorption. Not suitable for patients with congenital inability to metabolise nutrients contained in Calshake®. In patients with severe forms of organ failure such as severe liver or kidney insufficiency, Calshake® should be used with caution depending on the patient's tolerance of nitrogen.

Shelf life:

18 months from date of manufacture.



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When normal food alone is not sufficient...

Choose 

In many patient groups it is difficult for the patients to cover their energy needs due to the underlying disease or its treatment:

Malnutrition

Malnutrition is a highly prevalent condition, e.g. in

- cystic fibrosis: ca. 30 %¹
- cancer: ca. 40 %²
- chronic obstructive pulmonary diseases: ca. 30 %²

Effects of Oral Nutritional Supplements (ONS)

ONS have been shown to prevent and reverse the detrimental effects of malnutrition:

- ONS lead to nutritional, functional, clinical and economical benefits.³
- In the community as well as in hospitalised patients, numerous positive effects have been shown, e.g. on Quality of Life.^{4,5}

Compliance

A good taste ensures compliance which is essential for the effectiveness of nutritional supplementation.⁶

When additional energy is needed

When an excellent tasting supplement is required

1 Gozdzik J et al. Relationship between nutritional status and pulmonary function in adult cystic fibrosis patients. J Physiol Pharmacol 2008; 59: 253-260.

2 Meijers JM et al. Malnutrition prevalence in The Netherlands: results of the Annual Dutch National Prevalence Measurement of Care Problems. Br J Nutr 2009; 101: 417-423.

3 Stratton RJ et al. Disease-related malnutrition: an evidence based approach to treatment. Wallingford: CABI Publishing 2003.

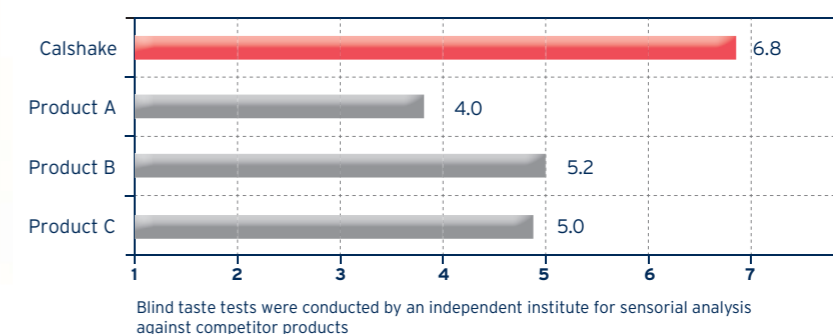
4 Gariballa S et al. Dietary supplementation and Quality of Life of older patients: A randomized, double-blind, placebo-controlled trial. JAGS 2007; 55: 2030-2034

5 Norman K et al. Cost-effectiveness of a 3-month intervention with oral nutritional supplements in disease-related malnutrition: a randomised controlled pilot study. Eur J Clin Nutr 2011; 65: 735-742

6 Bauer J et al. Compliance with nutrition prescription improves outcomes in patients with unresectable pancreatic cancer. Clin Nutr 2005; 24: 998-1004.

Calshake®

- High-energy, low-volume nutritional supplement
- Outstanding taste compared to similar powdered supplements



- One serving in 240 ml whole milk supplies approximately:
 - 600 kcal
 - 12 g protein
- Five delicious flavours for good compliance and variety: Strawberry, Vanilla, Banana, Chocolate, Neutral
- Calshake® is very versatile:
 - a variety of appealing shakes, flips and drinks can be prepared
 - Calshake® powder can be used to fortify foods or milk based beverages
- Easy to mix
- Easy to store with a long shelf life of 18 months



IT'S WHAT MILK'S BEEN WAITING FOR!