

Souvenaid®

A food for special medical purposes that nutritionally supports memory function during the early stages of Alzheimer's disease^{1,2}



Ingredients[^]

Souvenaid Vanilla: Water, maltodextrin, sugar, fish oil, milk proteins, flavouring (vanilla), uridine 5'-monophosphate disodium salt, choline chloride, acidity regulator (citric acid), stabilisers (microcrystalline cellulose and sodium carboxymethylcellulose), potassium citrate, soy lecithin, calcium hydroxide, sodium L-ascorbate, DL- α tocopheryl acetate, magnesium hydroxide, potassium hydroxide, sodium chloride, sodium selenite, ferrous lactate, sodium citrate, colour (curcumin), pteroylmonoglutamic acid, cyanocobalamin, zinc sulphate, retinyl acetate, nicotinamide, pyridoxine hydrochloride, copper gluconate, manganese sulphate, chromium chloride, calcium D-pantothenate, D-biotin, cholecalciferol, thiamin hydrochloride, sodium molybdate, riboflavin, potassium iodide, phytomenadione

[^]Please note the ingredients list is for Vanilla flavour only. There are minor variations in the ingredients list between different flavours. For the full ingredients list, please contact the Nutricia Clinical Care Line on 1800 060 051.

Ordering Information

- Order online www.nutriciastore.com.au
- Phone Nutricia Customer Service 1800 884 367
- Buy in-store from pharmacy

| Souvenaid | Code | Units per carton |
|------------|--------|------------------|
| Vanilla | 127781 | 24 x 125ml |
| Strawberry | 127789 | 24 x 125ml |
| Cappuccino | 127802 | 24 x 125ml |



Souvenaid Connections is an exclusive support programme for patients with early Alzheimer's disease who have been recommended to take Souvenaid.

To become a member, please register at www.souvenaid.com.au For further information please call **1800 884 367**.

Features

- Souvenaid is a food for special medical purposes that nutritionally supports memory function during the early stages of Alzheimer's disease
- Souvenaid contains a unique combination of nutrients, called Fortasyn™ Connect, designed to meet the specific nutritional needs of people in the early stages of Alzheimer's disease. These include: **Omega 3 Fatty Acids (DHA* EPA*), UMP#, choline, B vitamins, selenium, phospholipids**
- Available in three flavours: vanilla, strawberry and cappuccino
- Gluten and lactose free
- Low Glycaemic Index of 50 for Strawberry and Vanilla flavours only

Indications

- For the dietary management of early Alzheimer's disease
- To be used as a supplement to the normal dietary intake (not suitable as sole source of nutrition).

Contraindications

- Not for intravenous use
- Not suitable for patients with allergies to fish oil, milk or soy
- Not suitable for patients with Galactosaemia

Precautions

- Souvenaid does contain carbohydrate and as with other foods containing carbohydrate, it is advisable for people with diabetes to monitor their blood glucose levels as per normal.

Directions for use

- Souvenaid is designed to be taken as one bottle (125ml) once a day, in addition to the normal dietary intake
- The length of use of Souvenaid by an individual should be determined by their healthcare professional
- Shake well before use
- Ready to drink and best served chilled

Storage

- Store in a cool, dry place
- Once opened, store in the refrigerator
- Discard unused contents after 24 hours

References: 1. Scheltens P, et al. Alzheimers Dement. 2010 Jan;6(1):1-10. 2. Scheltens P, et al. J Alzheimer's Dis. 2012;31:225-236
A Food for Special Medical Purposes; intended to be used under medical supervision.

For more information call the
Nutricia Clinical Care Line **1800 060 051**

| Nutrition Information | | Per 100ml | Per 125ml bottle |
|-----------------------|------|---------------|------------------|
| Energy | kcal | 100 | 125 |
| | kJ | 420 | 525 |
| Protein | g | 3 (12%) | 3.75 |
| Carbohydrate | g | 13.2 (52%) | 16.5 |
| Sugars | g | 6.4 | 8 |
| as Lactose | g | Nil detected | Nil detected |
| as Fructose | g | 0 | 0 |
| Fat | g | 3.9 (36%) | 4.9 |
| Saturates | g | 1.2 | 1.6 |
| Monounsaturates | g | 0.7 | 0.9 |
| Polyunsaturates | g | 1.5 | 1.9 |
| EPA* | mg | 240 (238) | 300 (298) |
| DHA* | mg | 960 (951) | 1200 (1189) |
| ω6 / ω3 ratio | | 0.18:1 | 0.18:1 |
| Fibre | g | 0 (0%E) | 0 |
| Water | g | 84 | 105 |

| Minerals | | | |
|------------|------|-------|-----|
| Sodium | mg | 100 | 125 |
| | mmol | 4.3 | 5.4 |
| Potassium | mg | 150 | 188 |
| | Mmol | 3.8 | 4.8 |
| Calcium | mg | 80 | 100 |
| Phosphorus | mg | 70 | 88 |
| Magnesium | mg | 20 | 25 |
| Chloride | mg | 125 | 156 |
| Ca:P ratio | | 1.1:1 | |

| Other | | | |
|---------------------------|----------|-------------------|-----|
| Uridine 5'-monophosphate# | mg | 500 | 625 |
| Choline | mg | 320 | 400 |
| Osmolarity | mOsmol/l | 465 490 495 | |

*DHA: docosahexaenoic acid, EPA: eicosapentaenoic acid (DHA & EPA are omega-3 polyunsaturated fatty acids)

#UMP: uridine monophosphate

| Vitamins | | Per 100ml | Per 125ml bottle |
|------------------|-----------|-----------|------------------|
| Vitamin A | µg-RE | 160 | 200 |
| Vitamin D | µg | 0.7 | 0.9 |
| Vitamin E | mg-α-T.E. | 32 | 40 |
| Vitamin K | µg | 5.3 | 6.6 |
| Vitamin C | mg | 64 | 80 |
| Thiamin | mg | 0.15 | 0.2 |
| Riboflavin | mg | 0.16 | 0.2 |
| Niacin | mgNE | 1.8 | 2.3 |
| Vitamin B6 | mg | 0.8 | 1 |
| Vitamin B12 | µg | 2.4 | 3 |
| Folic Acid | µg | 320 | 400 |
| Pantothenic Acid | mg | 0.53 | 0.7 |
| Biotin | µg | 4 | 5 |

| Trace Elements | | | |
|----------------|----|------|------|
| Iron | mg | 1.6 | 2 |
| Zinc | mg | 1.2 | 1.5 |
| Manganese | mg | 0.33 | 0.4 |
| Copper | µg | 180 | 225 |
| Iodine | µg | 13 | 16.2 |
| Molybdenum | µg | 10 | 12.5 |
| Selenium | µg | 48 | 60 |
| Chromium | µg | 6.7 | 8.4 |
| Fluoride | mg | 0 | 0 |

Nutritional Needs in early Alzheimer's disease

This is the amount of food you need to consume on top of your daily intake to achieve the same level of key nutrients in one bottle of Souvenaid.



| Trace Elements | Souvenaid Amount | Dietary Equivalent |
|----------------|------------------|-----------------------------|
| DHA | 1200mg | 4 tins tuna/100g Fresh Tuna |
| EPA | 300mg | 4 tins tuna/100g Fresh Tuna |
| UMP | 625mg | 1kg tomatoes |
| Choline | 400mg | 100g minced beef |
| Phospholipids | 106mg | 4 eggs |
| Folic Acid | 400µg | 1.2kg broccoli |
| Vitamin B6 | 1mg | 710g Spinach |
| Vitamin B12 | 3µg | Contained in tuna |
| Vitamin C | 80mg | 1 orange |
| Vitamin E | 40mg | Contained in tuna portion |
| Selenium | 60µg | Handful of brazil nuts |