

Nutilis

Amylase resistant food and fluid thickener for the dietary management of dysphagia.



Nutilis

PRESENTATION

225g can

FEATURES

- Amylase resistant features
- Mixes easily in hot or cold foods and liquids
- Thickened foods retain their consistency after heating, cooling, freezing and thawing
- Does not influence flavour of food or beverage
- Gluten free and clinically lactose free for better patient tolerance
- Scoop included in can for ease and convenience, 1 scoop = 3.4g Nutilis

NUTRIENT SOURCE

Carbohydrate: maltodextrin, tara gum, xanthan gum, guar gum

INDICATIONS

Food and fluid thickener for swallowing disorders associated with conditions such as:

- Stroke
- Motor neurone disease
- Other neurological disease or injury
- Head & neck injury

Table 1: Recommended amounts of Nutilis for standard modified textures for adults

	Volume	Nector Stage 1	Honey Stage 2
	Viscosity range	450 +/- 200m Pa.s	1200 +/- 400mPa.s
Fluids water/clear cold fluids	200ml	Approx. 2 scoops	Approx. 3 scoops
tea and coffee w/o milk	200ml	Approx. 3 scoops	4 scoops
Nutritional Supplements	200ml	2-4 scoops	4-5 scoops
Fortispip			
Forimel			
Fortijuce			
Pureed foods	100g	-	1

*The quality of Nutilis required may vary slightly depending on the temperature or thickness of the liquid.

CONTRAINDICATIONS

Unsuitable for children under 3 years

Must be used only on the advice of a Healthcare Professional

Nutritional Composition Nutilis

	100g
Energy kcal	333
kJ	1415
Protein g	0.3
Fat g	0.1
Carbohydrate g (%E)	82.8 (100%)
Sugars g	1.5
Fibre g	8.6
MINERALS	
Sodium mg (mmol)	154 (6.7%)

Nutilis Mixing Instructions

New Nutilis	x 1 tin
Shaker	x 1
Spoon	x 1
Fork	x 1
Water	160ml
Cordial/squash*	approx 40ml

Procedure :

- 1 Pour approximately 40ml cordial in to the shaker, add the water up to a volume of 200ml.
- 2 Add 1.5 scoops of Nutilis powder
- 3 Screw on the lid and shake vigorously for 20 seconds
- 4 Shake gently for 1-2 minutes
- 5 Unscrew the lid and mix with a fork
- 6 Judge the consistency and give some thickened drink to the patient on a spoon
- 7 Add 0.5 scoops of Nutilis powder to the liquid in the shaker
- 8 Screw on the lid and shake vigorously for 20 seconds
- 9 Unscrew the lid and mix with a fork
- 10 Judge the consistency and give some thickened drink to the patient on a spoon
- 11 Repeat steps 7 to 10 adding a maximum of 1 scoop of Nutilis at a time

*For best results use cordial/squash

INGREDIENTS

modified maize starch (E1442), maltodextrin, tara gum, xanthan gum, guar gum

DIRECTIONS FOR USE

Follow the recommendations in table 1, use the required amount of Nutilis to reach the desired thickened consistency. Shake or stir the drink thoroughly and leave untouched for approximately 3 minutes allowing the fluid to thicken fully. Do not add any additional Nutilis during this time as the product will continue to thicken.

Thickened fluids and foods can be heated, cooled, frozen and thawed without influencing consistency.

STORAGE

Store in a cool dry place

Replace lid firmly after use

Once opened, store can for up to 1 month

SHELF LIFE

24 months

PACKAGING

225g cans 12 cans per carton

PRODUCT CODES

Nut 110222

PHARMA CODES

201 2030

TO ORDER

Contact Biolab 0800 688 747