



Supporting your
nutritional needs
every step of the way

Nutritional Supplements

Why do I need a nutritional supplement?

When you are unwell you may find it difficult to eat enough everyday foods and fluids to meet your energy requirements.

Clinutren® and **Resource®** supplements have been prescribed by your health care professional to help increase your energy, protein and nutrient intake, which may also help to stop any unintentional weight loss you may have experienced.



What are Clinutren® and Resource® nutritional supplements?

Clinutren® and **Resource®** nutritional supplements are ready-to-drink milk, juice-style or pudding-like supplements that will provide you with the additional energy, protein and nutrients you need. They are available in different formats and flavours to suit your individual requirements. Your health care professional will decide on the most appropriate format for you but you will be able to choose the flavours you prefer by filling in the table at the back of this booklet and communicating this information with your Dietitian, Doctor and Nurse.

How do I incorporate nutritional supplements into my day?

Nutritional supplements are normally taken in addition to eating and it is generally recommended that you take them between meals. You should follow any dietary advice that was discussed with your health care professional.

How do I obtain a prescription for Clinutren® and Resource® nutritional supplements?

You will need to discuss your requirements for a prescription with your Dietitian, Doctor or Nurse. They will recommend how many packs your need to consume a day. It is important to communicate which flavours your prefer.

What Clinutren® and Resource® products are in my starter pack?

The following information provides a brief description of some or all of the products found in your starter pack, which was requested to be sent to you by your health care professional.

Clinutren® 1.5 and **Resource® Shake** are high energy nutritional supplements providing 300kcal per pack. Available in a wide variety of flavours, both products are suitable as a sole source of nutrition when eating becomes too difficult or alternatively, they can be used to supplement dietary intake.



Resource® Fruit Flavour Drink and **Clinutren® Fruit** are high energy juice-style nutritional supplements, which provide an alternative to milk tasting supplements. Available in popular fruit juice flavours, both products offer a refreshing taste for patients requiring additional energy and protein.

Resource® Protein is a high protein nutritional supplement for when you have an increased need for protein. It also provides additional energy and nutrients and is best taken as a supplement between meal times. **Resource® Protein** is available in five excellent tasting flavours, strawberry, forest fruits, vanilla, apricot and chocolate to suit your individual tastes.

Resource® 2.0 Fibre is a unique high energy, fibre enriched nutritional supplement with increased levels of protein. **Resource® 2.0 Fibre** provides 400 kcal and 5g of fibre per 200ml and is available in summer fruits, vanilla, apricot, coffee and neutral flavours.

Resource® Dessert Energy and **Clinutren® Dessert** are great tasting dessert-style nutritional supplements, which are easy to consume and are available in handy single serving pots. Each product provides a variety of flavours to suit individual patient tastes.

Resource® Dessert Fruit is a unique fruit based dessert style nutritional supplement, which provides a real fruit tasting alternative to milk based desserts. Each cup provides 250 kcal and 6g of protein and is available in delicious apple, apple-strawberry and apple-peach flavours.

