

# Dietary Avoidance Sheet

	Gluten Free	Milk Free	Egg Free	Soya Free	Wheat Free	Nut Free	Fish Free	Vegetarian	Vegan	Kosher	Halaal	Lactose Free
Resource® Energy	Yes	No	Yes	No	Yes	Yes	Yes	Yes <sup>2</sup>	No	Not certified	Not certified	Yes
Resource® Fruit	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Not certified	Not certified	Yes
Clinutren® Dessert	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Not certified	Not certified	No
Clinutren® Junior	Yes	No	Yes	No	Yes	Yes*	Yes <sup>9</sup>	Yes	No	Not certified	Yes	Yes
Resource® 2.0 Fibre	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes <sup>2</sup>	No	No	No	Low
Resource® Protein	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes <sup>2</sup>	No	No	No	Low
Resource® Junior	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	Low
Resource® Dessert Energy	Yes	No	Yes	No	Yes	Yes	Yes	Yes	No	No	No	Low
Resource® ThickenUp®	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes
Resource® Thickened Drinks	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes
Resource® Optifibre®	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes
Resource® Dessert Fruit	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes <sup>5</sup>	No	No	No	Yes
Build-up® Shakes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Not certified	Not certified	No
Build-up® Soups	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes <sup>6</sup>	No	Not certified	No	No
Build-up® Original	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Not certified	Not certified	No
Caloreen®	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Not certified	Not certified	Yes
Modulen® IBD	Yes	No	Yes	No	Yes	Yes*	Yes	Yes	No	Not certified	Not certified	Low
Nestlé Nutrition Flavour Mix	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Not certified	Not certified	Yes
Peptamen® HN	Yes	No	Yes	No	Yes	Yes*	Yes	Yes <sup>7</sup>	No	Not certified	Not certified	Yes
Peptamen® Unflavoured	Yes	No	Yes	No	Yes	Yes*	Yes	Yes <sup>7</sup>	No	Not certified	Not certified	Yes
Peptamen® Vanilla Cup	Yes	No	Yes	No	Yes	Yes*	Yes	Yes <sup>7</sup>	No	Not certified	Not certified	Yes
Peptamen® Junior Powder	Yes	No	Yes	No	Yes	Yes*	Yes	Yes	No	Not certified	Yes	Yes
Peptamen® Junior Liquid	Yes	No	Yes	No	Yes	Yes*	Yes	Yes <sup>7</sup>	No	Not certified	No	Yes
Peptamen® AF	Yes	No	Yes	No	Yes	Yes*	No	No <sup>1</sup>	No	No	No	Yes
Novasource® GI Control	Yes	No	Yes	No	Yes	Yes	Yes	No <sup>3</sup>	No	No	No	Low
Novasource® GI Forte	Yes	No	Yes	No	Yes	Yes	Yes	No <sup>3</sup>	No	No	No	Low
IMPACT®	Yes	No	Yes	No	Yes	Yes	No	No <sup>1</sup>	No	No	No	Low
Oral IMPACT®	Yes	No	Yes	No	No	Yes	No	No <sup>1</sup>	No	No	No	Low
OPTIFAST®	Yes	No	No <sup>10</sup>	No	Yes	Yes	No <sup>1</sup>	No <sup>1</sup>	No <sup>1</sup>	No	No	No

Updated April 2010

## Information in relation to Vegetarianism

Animal Source:

1. Fish oils / 2. Cochineal used in strawberry-raspberry and strawberry flavour / 3. An emulsifier based on animal fat / 4. Contains fish oils and an emulsifier based on animal fat
5. Cochineal used in apple-strawberry flavour, does not apply to apple and apple-peach flavours / 6. Except for chicken flavour / 7. Protein hydrolysed with pork trypsin which is denatured during processing
8. Manufactured in factory with other milk based products / 9. Vitamin E carried on fish gelatin / 10. May contain traces of egg due to cross contamination during manufacturing / \*MCT derived from coconut endosperm

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