

## FORMULA COMPOSITION TABLE

Nutrition Food Services, Royal Children's Hospital - January 2009

Values given are per 100mls unless otherwise indicated.

Feed	Dilution	Scoop (g)	kJ	Protein (g)	Fat (g)	CHO (g)	Na (mg)	K (mg)	Zn (mg)	Fe (mg)	Phos (mg)	Ca (mg)	mOsm/kg	Fibre (g)	Protein source	Fat source	CHO Source	
<b>Whey dominant</b>																<b>Whey:Casein</b>		
Karicare 1 Inf Starter (13.8%) Nutricia	1:50	7.5	285	1.5	3.4	8.0	21.0	70	0.5	0.7	31.0	53.0	311		60:40	corn, palm, coconut, soy	lactose	
Karicare 1 Gold+ (13.8%) Nutricia	1:50	7.2	285	1.5	3.6	7.1	23.0	71	0.5	0.7	29.0	52.0	335	0.08	60:40	corn, palm, coconut, soy	lactose	
Nan Pro 1 Gold (12.9%) Nestle	1:30	4.3	280	1.3	3.6	7.4	17.0	68	0.7	0.7	24.0	43.0	309		70:30	vegetable oils (contains soy), DHA&AA	lactose	
Nuture Starter (13.2%) Heinz	1:50	7.3	290	1.5	3.9	7.1	18.0	66	0.4	0.9	32.0	45.0			60:40	sunflower, canola, palm and coconut	lactose	
Nuture Starter Gold (13.2%) Heinz	1:50	7.3	290	1.5	3.9	7.1	18.0	66	0.4	0.9	32.0	45.0			60:40	sunflower, canola, palm and coconut, LCP Tuna oil (DHA, ARA)	lactose	
S26 (12.7%) Wyeth	1:60	8.5	281	1.5	3.6	7.2	15.0	56	0.5	0.8	28.0	42.0	280		60:40	oleo, coconut, soy, oleic	lactose	
S26 Gold Alpha Pro (12.7%) Wyeth	1:60	8.5	281	1.4	3.6	7.3	16.0	65	0.6	0.8	28.0	49.0	287		60:40	palm,coconut,soy, safflower, LCPs	lactose	
Bellamys Organic Infant Formula - Step 1 (13%)	1:60	8.8	279	1.7	3.7	7.1	23.0	74	0.4	0.7	37.0	48.0			60:40	palm, soybean, sunflower	organic lactose	
<b>Casein dominant</b>																		
Karicare Goat 1 (13.6%) Nutricia	1:50	7.5	290	1.4	3.6	7.7	18.0	81	0.5	0.8	42.0	63.0	346		23:77	vegetable oils (65%) goat milk (35%)	lactose	
Lactogen (13.1%) Nestle	1:30	4.4	280	1.5	3.4	7.6	16.0	64	0.5	0.8	24.0	42.0	225		45:55	palm, coconut, canola, corn	lactose, maltodextrin	
SMA (12.6%) Wyeth	1:60	8.4	271	1.5	3.6	7.0	18.0	62	0.5	0.8	36.0	46.0	285		20:80	oleo, coconut, soy, oleic	lactose	
<b>AR</b>																		
Karicare AR (13.3%) Nutricia	1:50	7.2	296	1.8	3.3	8.1	27.0	84	0.7	0.9	51.0	74.0	296	0.44	casein dominant (80%)	vegetable (incl. soy), milk fat	lactose, <b>carob bean gum</b>	
Karicare HA-AR All ages (13.3%) Nutricia	1:50	7.2	310	1.8	3.6	8.2	37.0	96	0.6	0.8	29.0	56.0	282	0.4	100% partially hydrolysed whey	vegetable	lactose, <b>carob bean gum</b>	
S26 AR (12.9%) Wyeth	1:60	8.6	271	1.5	3.6	7.0	18.0	62	0.5	1.2	36.0	46.0			casein dominant	oleo, coconut, soy, oleic	lactose, corn syrup solids <b>corn starch</b>	

Sodium: 1mmol = 23mg = 58.5mg NaCl  
Potassium: 1mmol = 39mg = 74.6mg KCl

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<b>Soy</b>																		
S26 Soy (13%) Wyeth	1:60	8.7	281	1.8	3.6	6.9	20.0	70	0.5	0.8	42.0	60.0	220		soy isolate	oleo, coconut, soy, oleic	corn syrup solids, sucrose	
Isomil (13.1%) Ross Abbott	1:60	8.7	284	1.8	3.7	6.9	32.0	76	0.8	1.0	50.0	70.0	250		soy isolate	high oleic safflower, coconut and soy	hydrolysed corn starch, sucrose	
Karicare Soy All ages (12.85%) Nutricia	1:50	7.1	280	1.8	3.7	6.6	18.0	69	0.7	0.9	40.0	71.0	144		soy isolate	blended vegetable oil	corn syrup solids (no lactose or sucrose)	
<b>Follow on</b>																		
Karicare 2 F/O (12.9%) Nutricia	1:50	7.8	280	2.1	2.8	8.3	23.0	93	0.5	0.8	49.0	78.0	309		60% whey	palm, canola	lactose	
Karicare 2 F/O Gold+ (12.9%) Nutricia	1:50	7.2	285	2.2	3.0	7.7	28.0	97	0.5	0.9	51.0	82.0	373	0.08	51% whey 49% casein	DHA + AA palm, canola	lactose	
Karicare Goat 2 F/O (13.6%) Nutricia	1:50	7.5	290	1.6	3.6	7.5	20.0	90	0.5	1.0	47.0	70.0	348		77% casein	soy, coconut, corn, goat	lactose	
Nan Pro 2 Gold (13.6%) Nestle	1:30	4.5	281	1.3	3.2	8.3	26.0	75	0.7	1.0	49.0	77.0	330		50:50	vegetable oils, DHA&AA's	lactose, maltodextrin	
Nuture Follow On (14.2%) Heinz	1:50	7.9	282	2.2	3.0	7.9	21.0	76	0.6	1.0	58.0	78.0			80% casein	sunflower, canola, palm, coconut, milk fat	lactose	
Nuture Follow On Gold (14.2%) Heinz	1:50	7.9	282	2.2	3.0	7.9	21.0	76	0.6	1.0	58.0	78.0			80% casein	sunflower, canola, palm and coconut, LCP Tuna oil (DHA, ARA)	lactose	
S26 Progress (13.3%) Wyeth	1:60	8.8	271	2.2	3.2	7.2	22.0	88	0.8	1.0	50.0	70.0	291		casein dominant	oleo, coconut, soy, oleic	lactose	
Bellamys Organic Follow On Formula - Step 2	1:60	8.8	272	2.3	3.4	6.6	28.0	105	0.4	0.9	46.0	66.0			casein ominent	palm, soybean, sunflower	organic lactose	
<b>Toddler</b>																		
Heinz Nurture Toddler (Heinz)	1:200ml	36g	281	2.7	2.4	9.0	47.0	157	0.5	1.3	79.0	104.0			Casein	Milk fats	Maltodextrin, Dextrose, Lactose	
Heinz Nurture Toddler Gold (Heinz)	1:200ml	36g	278	2.5	2.6	8.6	46.0	160	0.5	1.3	75.0	104.0			Casein	Milk fats, Fish oil (DHA, EPA, Omega3)	Maltodextrin, Lactose, Dextrose, Prebiotic dietary fibre	
Karicare Toddler milk (Nutricia)			318	2.8	2.7	10.0	39.0		0.5	1.3	97.0	139.0	501					

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<b>Toddler cont</b>																		
Karicare Gold+ Toddler milk (Nutricia)			315	2.8	2.7	9.3	39.0		0.5	1.3	97.0	139.0	488	0.08				
Bellamy's Organic Toddler Milk	1:50	8.5	283	2.7	2.6	8.7	38.0	132	0.5	1.3	90.0	124.0		0.5	Casein	Milk fat, soybean oil	maltodextrin, organic sucrose, inulin	
Neslac Toddler Gold (Nestle) Van. Flavour	3:140ml	8.0	289	2.8	2.7	8.5	40.0	na	0.7	3.0	83.0	119.0	382		Casein	Milk fats	Lactose, Maltodextrin	
<b>Preterm</b>																		
Karicare Nutriprem Nutricia	RTF	60ml bottle	335	2.4	4.4	7.7	40.0	90	0.7	0.9	53.0	100.0	305		60:40	vegetable oil blend (AA + DHA)	glucose, lactose	
PreNan LBW Nestle	RTF	90ml bottle	334	2.3	4.2	8.6	33.0	95	1.0	1.2	54.0	99.0	336		78:22 partially hydrolysed	MCT 30%, DHA&AA's,	lactose 65%, maltodextrin 35%	
S26 LBW Gold Wyeth	RTF	100ml bottle	343	2.2	4.4	8.4	42.0	85	0.8	0.8	61.0	101.0	268		60:40	vegetable oil blend (AA + DHA)	50% lactose, 50% glucose polymers	
<b>Specialised</b>																		
Alfare (14.2%) Nestle	1:30	4.7	293	2.1	3.6	7.7	35.0	88	0.7	0.7	36.0	54.0	209		whey hyd'sate 425 dalton	MCT (50%), nucleotides added	maltodextrin, potato starch, trace lactose	
Digestelact (12.5%) Nutricia	1:60	8.2	280	3.1	3.9	4.7	54.0	110	0.4	0.6	87.0	110.0			casein dominant	milk fat	maltodextrin, glucose, galactose	
Elecare (14.2%) Abbott	1:60	9.4	282	2.0	3.2	7.2	34.0	107	1.0	1.4	61.5	81.0	335		amino acids	high oleic safflower, soy, (MCT 33% of total fat)	corn syrup solids	
Elecare 1+ vanilla (21%) Abbott	4:150	9.4	418	3.0	4.8	10.7	51.0	159	1.5	2.0	91.0	120.0	551		amino acids	high oleic safflower, soy, (MCT 33% of total fat)	corn syrup solids	
Energievit (15%) SHS	1:30	5.0	309	0.0	3.8	10.0	18.0	63	0.8	1.1	34.5	48.8	190		nil protein added	hybrid safflower, refined vege oil (coconut + soy)	dried glucose syrup	
Generaid Plus (22%) SHS	22g: 100ml	5.0	428	2.4	4.2	13.6	15.2	103	0.7	0.9	51.7	69.0	390		70%whey, 30%aa a 32%bcaa	MCT (32%), LCT (68%)	dried glucose syrup maltodextrin, glucose, galactose, lactose free	
Karicare De-lact (13.6%) Nutricia	1:50	7.5	295	1.7	3.7	7.5	22.0	65	0.6	0.9	28.0	55.0	156		100% casein	vegetable oil		
Karicare HA All ages (15%) Nutricia	1:50	8.3	310	1.8	3.6	8.6	37.0	96	2.0	0.8	30.0	58.0	251		100% whey - partially hyd'sed			

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<b>Specialised cont</b>																		
Ketocal (20%) SHS	20g: 80ml	no scoop	602	3.1	14.6	0.6	100.0	160	1.2	1.5	86.0	86.0	230		dried whole milk	hydrogenated and refined soybean oil	dried glucose syrup	
Kindergen (20.0%) SHS	20g: 100ml	5.0	421	1.5	5.3	11.8	46.0	24	0.8	1.0	18.6	22.4	215		whey con'trate (CMP)	high oleic safflower, coconut + soy (LCT 93%)	dried glucose syrup	
MCT Pepdite 1+ (20%) SHS	20g/ 100ml	no scoop	381	2.8	3.6	11.8	42.0	103	1.0	1.0	42.0	49.0	460		non milk pep's + amino acids	frac'd c'nut, w'nut, maize, palm 75% MCT 25% LCT	dried glucose syrup	
Monogen (17.5%) SHS	1:25	5.0	313	2.0	2.1	12.0	35.0	63	0.6	0.7	35.0	45.0	280		whey con'trate (CMP)	fractionated coconut MCT (90%), LCT (10%)	dried glucose syrup	
Nan HA Gold 1 (13.1%) Nestle	1:30	4.4	280	1.5	3.4	7.6	16.0	66	0.5	0.8	20.0	38.0	282		partially hyd'sed whey	vegetable oil	lactose, maltodextrin	
Nan HA Gold 2 (13.9%) Nestle	1:30	4.6	281	1.8	3.1	8.1	34.0	79	0.8	1.1	52.0	65.0	317		partially hyd'sed whey	vegetable oil	lactose, maltodextrin	
Neocate LCP (15.0%) SHS	1:30	4.9	293	1.9	3.4	7.9	18.0	62	0.7	1.0	33.8	48.0	360		amino acids	high oleic safflower, soy, coconut 5% MCT	dried glucose syrup	
Neocate Advance (21%) SHS	1:20	5.3	417	2.9	5.1	10.5	39.7	132	1.3	1.3	90.7	109.0	600		amino acids	coconut, canola, high oleic safflower 35% MCT	dried glucose syrup	
Peptijunior (13.2%) Nutricia	1:30	4.4	280	1.8	3.6	6.9	20.0	66	0.4	0.9	27.0	54.0	205		100% whey hydrolysate	vegetable oil, MCT (50%)	dried glucose syrup, trace lactose	
Ross CHO free Ross Metabolics	undilutd	384ml cans	342	4.0	7.2	0.0	59.0	146	1.0	2.4	100.0	140.0	90		soy protein isolate	high oleic safflower, coconut, soy	nil	
S26 LF (13.0%) Wyeth	1:60	8.7	280	1.5	3.6	7.2	15.0	56	0.5	0.8	37.0	55.0	220		whey dominant	oleo, coconut, soy, oleic	corn syrup solids	
Paed Vivonex 19% (250ml) Nestle	1 sachet / 220ml	48.5g sachet	336	2.4	2.4	12.6	40.0	120	1.2	1.0	80.0	97.0	360		free amino acids	soy bean, MCT (68%)	maltodextrin, modified starch	
Paed Vivonex 24% (200ml) Nestle	1 sachet/ 175ml	48.5g sachet	420	3.0	3.0	15.7	50.0	150	1.5	1.3	100.0	121.0	450		free amino acids	soy bean MCT (68%)	maltodextrin, modified starch	
Peptinex Nestle	RTF	237ml tetra	420.0	5.0	1.7	16.0	101.0	149	1.3	1.2	67.0	67.0	320		whey hydr's'ite, peptides & free AA	soybean oil, MCT 23%	hydrolysed corn starch	
VivonexTEN 26.8% (300ml) Nestle	1 sachet /250ml	80.4g sachet	420	3.8	0.25	21.0	60.0	95	1.1	0.9	50.0	50.0	630		free amino acids	safflower	maltodextrin, modified corn starch	

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<b>Polymeric</b>																		
Ensure Powder (23%) Abbott	6scps/190ml	8.7	423	3.7	3.2	13.8	84.0	155	1.3	1.0	53.0	65.0	336		caseinates, soy isolates	oleic safflower, soy oil	corn starch, sucrose, oligosaccharides	
Ensure Liquid	RTF	250ml can	448	3.7	2.6	17.0	84.0	173	1.6	1.9	127.0	127.0	590		caseinates	canola, safflower and corn oils	maltodextrin, corn starch, sucrose	
Ensure Plus HN Abbott	RTF	237ml can	630	6.2	5.0	20.0	118.0	182	1.7	2.1	92.0	92.0	475		caseinates, soy isolates	corn, canola, safflower	corn syrup, sucrose, maltodextrin	
Fortisip Nutricia	RTF	200ml	630	6.0	5.8	18.4	90.0	159	1.8	2.4	78.0	91.0	590		casein	canola oil, sunflower oil	sucrose, maltodextrin	
Fortisip Multi Fibre Nutricia	RTF	200ml	630	60.0	5.8	18.4	89.0	159	1.8	2.4	77.0	91.0	600		casein	canola oil, sunflower oil	sucrose, maltodextrin	
Fortisip Powder (21.9%) Nutricia	7scps/220ml	8.1	424	4.0	4.1	12.0	80.0	177	1.0	1.0	67.0	90.0	420		casein	vegetable oil (inc soy)	glucose syrup, sucrose	
Fortisip P'dr Plus (31.7%) Nutricia	7scps/140ml	8.1	636	6.0	6.2	18.0	120.0	265.0	1.5	1.5	100.5	135.0	630.0		casein	vegetable oil (inc soy)	glucose syrup, sucrose	
Infatrini Nutricia	RTF	100ml bottle	420	2.6	5.4	10.3	25.0	93	0.9	1.0	40.0	80.0	310		caseinates	canola, sunflower & vegetable oil	maltodextrin, lactose (sucrose free)	
Jevity Abbott	RTF	1000ml bottle	442	4.0	3.5	14.0	93.0	157	1.1	1.4	72.0	92.0	300		caseinates	oleic safflower, canola, corn, MCT	maltodextrin	
Modulen (20%) Nestle	6scps + 210ml	8.3	420	3.6	4.7	11.0	35.0	120	1.0	1.1	61.0	91.0	370		caseinates	milk fat, soy, corn MCT (25%)	corn syrup, sucrose trace lactose	
NovaSource 2.0 Nestle	RTF	237ml	840	9.0	8.8	22.0	80.1	170	1.6	1.9	110.0	110.0	790		caseinates, soy isolates	canola oil, MCT, lecithin	corn syrup, corn starch, sucrose	
Nutrini Nutricia	RTF	200ml	420	2.8	4.4	12.3	60.0	110	1.0	1.0	50.0	60.0	250		caseinates	canola & sunflower oil	maltodextrin	
Nutrini Multi Fibre Nutricia	RTF	200ml	420	2.8	4.4	12.3	60.0	110	1.0	1.0	50.0	60.0	255	0.8	caseinates	canola & sunflower oil	maltodextrin, 50% soluble fibre (0.8g/100ml)	
Nutrini Energy Nutricia	RTF	200ml	630	4.1	6.7	18.5	90.0	165	1.5	1.5	75.0	90.0	410		caseinates	canola & sunflower oil	maltodextrin	
Nutrini Energy Multi Fibre Nutricia	RTF	200ml	630	4.1	6.7	18.5	90.0	165	1.5	1.5	75.0	90.0	415	0.8	caseinates	canola & sunflower oil	maltodextrin, 50% soluble fibre	

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<b>Polymeric cont</b>																		
Nutrison Standard Nutricia	RTF	500ml bottle	420	4.0	3.9	12.3	100.0	150	1.2	1.6	72.0	80.0	315		casein	canola & sunflower oil	maltodextrin	
Nutrison Multi Fibre Nutricia	RTF	500ml bottle	420	4.0	3.9	12.3	100.0	150	1.2	1.6	72.0	80.0	250	1.5	casein	canola & sunflower oil	maltodextrin	
Nutrison Energy Nutricia	RTF	500ml bottle	630	6.0	5.8	18.5	134.0	201	1.8	2.4	108.0	108.0	505		casein	canola & sunflower oil	maltodextrin	
Nutrison Energy Multi Fibre Nutricia	RTF	500ml bottle	630	6.0	5.8	18.5	134.0	201	1.8	2.4	108.0	108.0	435	1.5	casein	canola & sunflower oil	maltodextrin	
Nutrison Concen'd Nutricia	RTF	500ml bottle	840	7.5	10.0	20.1	100.0	180	2.4	3.2	75.0	80.0	470		60% casein	canola & sunflower oil	trace lactose	
Osmolite Abbott	RTF	1000ml bottle	424	4.0	3.4	13.6	88.0	148	1.3	1.4	68.0	68.0	300		caseinates, soy isolates	oleic safflower, canola, MCT oil	maltodextrin	
Pediasure Abbott	RTF	235ml can	419	3.0	5.0	11.0	39.0	133	1.2	1.4	80.0	97.0	310		caseinates	safflower, soy, coconut	maltodextrin, sucrose	
Pediasure Powder (20%) Abbott	5scps: 190ml	9.1	418	3.0	5.0	10.9	46.0	130	1.2	1.4	80.0	98.0	350		82% casein	oleic sunflower, soy, MCT 20%	corn starch, sucrose	
Pediasure Plus Abbott	RTF	500ml bottle	628	4.2	7.5	16.7	60.0	135	1.5	1.5	80.0	83.0	350		caseinates	safflower, soy, MCT 20%	maltodextrin, sucrose	
Promote with Fibre Abbott	RTF	237ml can	418	6.3	2.8	13.8	130.0	210	2.9	2.5	152.0	150.0	380		caseinates	oleic safflower, canola MCT (19%)	maltodextrin, sucrose	
Resource Plus Nestle	RTF	237ml tetra	638	5.5	4.6	22.0	131.0	194	2.5	1.9	106.0	127.0	870		caseinates, soy isolates	sunflower, soybean, corn	maltodextrin, corn syrup solids, sucrose	
<b>Additives</b>																		
Amino acid mix SHS	per 100g	no scoop	1394	82.0	0.0	0.0	0.0	0	0.0	0.0	0.0	0.0	360 (5g/100)		98% amino acids	nil	nil	
Calogen SHS	per 100ml	250ml bottle	1850	0.0	50.0	0.0	6.0	0	0.0	0.0	0.0	0.0	5		nil	LCT - canola, sunflower + high oleic s'flower oils	nil	
Duocal SHS	per 100g	no scoop	2061	0.0	22.3	72.7	<20	<5	0.0	0.0	<5.0	<5.0	310 (1:3 w/v)		nil	canola, safflower, maize, coconut (35%MCT)	dried glucose syrup	

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**FORMULA COMPOSITION TABLE**

Values given are per 100mls unless otherwise indicated.

Feed	Dilution	Scoop (g)	KJ	Protein (g)	Fat (g)	CHO (g)	Na (mg)	K (mg)	Zn (mg)	Fe (mg)	Phos (mg)	Ca (mg)	mOsm/kg	Fibre (g)	Protein source	Fat source	CHO Source	
<b>Additives cont</b>																		
FM85 Nestle	5scht: 100ml	1g sachet	1440	20.0	0.4	65.5	400.0	840	16.0	26.0	900.0	1500.0	107 (5%)		whey hydrosylate	nil	maltodextrin	
Liquigen SHS	per 100ml	250ml bottle	1850	0.0	50.0	0.0	15.0	0	0.0	0.0	0.0	0.0	10		nil	MCT coconut oil	nil	
Peptide Module SHS	per 100g	no scoop	1469	86.4	0.0	0.0	900.0	650	0.0	0.0	280.0	180.0			89% aa (pork + soy)	nil	nil	
Karicare Food Thickener (Nutricia)	per 100g	3.3g	1570	<1.0	<1.0	85.0	14.0							8.3				
Energievit (15%) SHS	1:30	5.0	309	0.0	3.8	10.0	18.0	63	0.8	1.1	34.5	48.8	190		nil protein added	hybrid safflower, refined vege oil (coconut + soy)	dried glucose syrup	
Polyjoule Nutricia	per 100g	8g	1630	0.0	0.0	95.0	<5	1.0	0.0	0.0	0.0	0.0	(10% soln) 60		nil	nil	maltodextrin	
Paediatric Seravit Nutricia	per 10g	no scoop	111	0.0	0.0	6.5	<1.5	trace	8.0	12.0	300.0	450.0	180 (1:10w/v)		nil	nil	maltodextrin	
Protifar Nutricia	per 100g	2.5g	1580	88.5	<1.6g	<1.5g	30.0	50	0.0	0.0	700.0	1350.0			milk protein	milk sources of fat	lactose	
<b>Other</b>																		
Breast milk	per 100ml	-	289	1.3	4.1	7.2	14.0	58	0.3	0.1	14.0	34.0	250		whey dominant	reflects maternal diet	lactose	
Cows milk	per 100ml	-	271	3.3	3.8	4.6	51.0	158	0.4	0.1	95.0	120.0			casein dom	milk fat	lactose	
Gastrolyte	1scht: 200ml	no scoop	30	0.0	0.0	1.8	138.0	78	0.0	0.0	0.0	0.0	240		nil	nil	glucose	
Resource Fruit Beverage	per 100ml	237ml tetra	443	3.8	0	22.6	<33.8	<8.4	1.6	1.1	67.5	4.2			whey protein isolate	n/a	corn syrup, hydrolysed corn starch & sucrose	
Sustagen Hospital Nestle	per 100g	20g	1590	23.0	2.5	65.0	290.0	1100	5.0	5.0	660.0	670.0	-		whey, casein	milk fat, soy lecithin	maltodextrin, lactose	
Sustagen RTD Nestle	RTD	250ml tetra	420	5.0	1.5	16.5	110.0	210	1.2	1.2	153.0	160.0	-		whey, casein	canola oil, soy lecithin	dried glucose syrup, sucrose, lactose	
Sustagen Shake - 40g sust, 50g i'crm, 10ml topping	per 250ml	no scoop	1654.0	18.6	13.3	52.9	233.0	855	3.0	3.2	541.4	614.0	-		whey, casein	milk fat	maltodextrin, lactose	

Sodium: 1mmol = 23mg = 58.5mg NaCl  
 Potassium: 1mmol = 39mg = 74.6mg KCl