

Nutlis Powder

A food and fluid thickener with amylase resistant features for the dietary management of dysphagia

Features

- Amylase resistant formulation ensures food/drink maintains consistency after contact with saliva for a safer swallow
- Mixes in both hot and cold foods and fluids
- Thickened food or fluid can be heated, cooled or frozen whilst maintaining its consistency
- >97% fluid release for absorption
- Does not change the taste of food or fluid
- Can be added to Nutricia's liquid supplements to reach the required level of thickness
- Lactose free

Indications

For the dietary management of:

- Disease related malnutrition
- Patients with swallowing difficulties (dysphagia)

Important Notice

- Not suitable for children under 3 years of age
- Only suitable as a food and fluid thickener
- Not suitable as a sole source of nutrition

Directions for Use

- Handle aseptically to ensure product remains sterile
- Add the prescribed amount of Nutlis to liquid or pureed meals
- Use a fork, whisk or shaker to mix vigorously for approximately 10-20 seconds until all the powder is dissolved
- Leave to stand 5-10 minutes to achieve the required consistency
- Do not add additional Nutlis or stir during standing time
- Discard unused prepared portion after 2 hours
- Quantity used to be determined by a healthcare professional

Storage

- Store in a cool, dry place
- Replace lid firmly after use
- Discard unused content after a maximum of 8 weeks



Ordering Information

- To order contact Nutricia Customer Care 1800 889 480

Nutlis Powder	Code	Units per carton
670g Can	54277	6

Nutrition Information		Per 100g	Per scoop*
Energy	kcal	358	14.3
	kJ	1520	60.8
Protein	g	0.2	0.008
Carbohydrate	g	86	3.4
		(96%E)	
Sugars	g	1.4	0.06
as Lactose	g	0	0
Fat	g	0.1	0.004
Fibre	g	6.4	0.3
		(4%E)	
Soluble	g	6.4	0.3
Water	g	≤ 8	≤ 0.3

Minerals		Per 100g	Per scoop*
Sodium	mg	116	4.6
	mmol	5	0.2

*Scoop size: 4g

Ingredients

Nutlis Powder: Modified maize starch (E1442), maltodextrin, tara gum, xanthan gum, guar gum

A food for special medical purposes; to be used under strict medical supervision.

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



NUTILIS POWDER- Mixing chart

NUTILIS MIXING CHART

Beverage/Foods	Amount to be thickened	DESIRED TEXTURE (1 Scoop = 4g)		
		Mildly thick (Level 150)	Moderately thick (Level 400)	Extremely thick (Level 900)
Water, cordial, fruit or vegetable juices, lemonade, milk, Milo tea/coffee	200mL (1 standard glass or mug)	1 scoop	2 scoops	3 scoops
	1000ml	7.5 scoops	10 scoops	15 scoops
SUPPLEMENTS:	200mL	2 scoops	4 scoops	5 scoops
Fortisip, Fortisip Multi Fibre		3 scoops	5 scoops	6.5 scoops
Fortijuice		1 scoop	2 scoops	3 scoops
Calogen				
Creamy and pureed dishes, soups, sauces	200g or mL (just less than 1 standard measuring cup)	0 - 1 scoop depending on thickness of dish	1 - 2 scoops depending on thickness of dish	2 - 3 scoops depending on thickness of dish

*The quantity of Nutilis Powder required may vary slightly depending on temperature or thickness of liquid



Ingredients

Modified maize starch (e1442), maltodextrin, tara gum, xanthan gum, guar gum

670g tin (Australia only)
300g tin (New Zealand only)

Australian standardised terminology and definitions for texture modified beverages used by speech pathologists and dietitians.

Mildly thick (Level 150)	Moderately thick (Level 400)	Extremely thick (Level 900)
Fluid runs freely off a spoon but leaves behind a mild coating on the spoon	Fluid drips slowly in dollops off the end of a spoon	Fluid sits on a spoon and does not flow off it

USEFUL PREPARATION TIPS

For juice, water, cordial, and milk

- Place Nutilis and liquid in a shaker or blender. Mix vigorously before pouring into glass. Let stand for 5 – 10 minutes.

For soft drinks

- Place Nutilis into a glass first and add liquid gradually whilst stirring vigorously with a fork. To avoid fizzy foam overflow, stir soft drink with a fork first to remove some of the fizz.

For Milo, tea, and coffee (two approaches are recommended)

- Prepare the tea, coffee or Milo brew in a jug. Add milk if required. Place Nutilis in a cup or mug and pour the hot brew over Nutilis gradually whilst stirring vigorously with a fork. Let stand for a few minutes.
- For instant tea, coffee, Milo and milk powders: Place the powders and Nutilis in the cup/mug. Add boiling water gradually whilst stirring vigorously. Let stand for a few minutes.

For Fortisip and Fortijuice

- Pour a small amount of supplement into a glass. Add Nutilis directly into the bottle. Close cap and shake vigorously. Pour the contents of the bottle into the glass and stir full amount with a fork. Let stand for 5 – 10 minutes.

For pureed dishes, sauces, and soups

- Prepare the dish or soup as usual. Blend until smooth. Dish out a portion and add Nutilis. Stir well into a paste with a fork or hand mixer.

For more information contact the Nutricia Clinical Care Line 1800 060 051 (Australia) or 0800 688 742 (New Zealand)

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