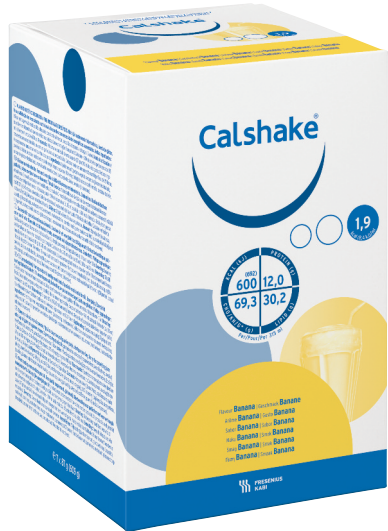




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# Calshake®

## Patient Information



# Calshake

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## All about Calshake

This leaflet will answer some of the questions you may have about Calshake. If you have any other questions, you should contact your dietitian or doctor.

## What is Calshake?

Calshake is an energy dense, powdered supplement, which when made up with whole milk provides a nutritious drink for people who are unwell and cannot manage enough normal food to meet their nutritional requirements.

## What does Calshake contain?

Calshake is made up of many nutrients that are essential in a healthy, balanced diet. These include protein (milk), vegetable oil and carbohydrate. Calshake is also gluten free.

## What flavours are available?

There are five delicious flavours to choose from:

- Banana
- Vanilla
- Strawberry
- Chocolate
- Neutral

## How much Calshake should I take?

Your dietitian or doctor will advise you about the amount you should be taking. As a guide, each serving of Calshake (one sachet plus 240ml whole milk) will provide approximately 600kcal and 12g protein.

## When should I take Calshake?

This is really up to you. However, you may be advised to take it in between meals and in the evening so you can manage to eat normal meals as well. Many people like to sip Calshake rather than drink it all at once.

# Calshake

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## How do I mix Calshake?

Add the contents of one sachet to 240ml whole milk. Shake vigorously in a Calshaker, or mix with a whisk or fork.

## What about recipe ideas for Calshake?

Calshake can be used in a wide variety of foods, drinks and smoothies. Calshake neutral flavour can be used anywhere you would use ordinary milk - in tea, coffee, poured over cereals, sauces or in your favourite sweet and savoury recipes. A recipe book is available on request. Here are a few simple suggestions:

### Calshake Drink Ideas:

- Add ice cream to made up Calshake and serve as a thick milkshake.
- Calshake neutral can be used to make up hot chocolate, malted milk and other instant hot drinks and packet soups.

### Calshake Breakfast Ideas:

- Mix Calshake neutral with milk according to instructions. In a medium saucepan bring to the boil, sprinkle in the porridge oats and stir. Simmer slowly for 10 minutes stirring occasionally. Add sugar or honey to taste if desired.

### Calshake Ice Cream:

- Mix Calshake with milk according to instructions and decant into a suitable container for freezing and serve as an ice cream or ice lollies.

## How should I store Calshake?

Store unopened sachets in a cool, dry place. Once made up, Calshake can be stored for up to 24 hours in a refrigerator.



## Additional information

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Patient name:

Sachets per day:

Flavour preferences:

Dietitian:

Contact No:



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Fresenius Kabi Ltd  
Cestrian Court, Eastgate Way, Manor Park  
Runcorn, Cheshire WA7 1NT  
Tel: 01928 533533  
Email: [scientific.affairsUK@fresenius-kabi.com](mailto:scientific.affairsUK@fresenius-kabi.com)  
[www.fresenius-kabi.com/gb](http://www.fresenius-kabi.com/gb)  
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