

Slō Milkshakes+ Strawberry Flavour

	Finished Drinks											
	Per 100g	Per 50g	Full Fat Milk	EU NRV	IDDSI 1	% EU NRV	IDDSI 2	% EU NRV	IDDSI 3	% EU NRV	IDDSI 4	% EU NRV
Grams/ml	100	50	100		300ml		200ml		200ml		100ml	
Energy kj	1649.0	824.5	282.0		1670.5		1388.5		1388.5		1106.5	
Energy kcal	395.0	197.5	68.0		401.5		333.5		333.5		265.5	
Protein	34.7	17.4	3.4		27.6		24.2		24.2		20.8	
Carbohydrate	50.9	25.5	4.7		39.6		34.9		34.9		30.2	
of which sugars	47.1	23.6	4.7		37.7		33.0		33.0		28.3	
Fat, <i>total (g)</i>	5.1	2.6	4.0		14.6		10.6		10.6		6.6	
Polyunsaturates (g)	0.0	0.0	0.1		0.3		0.2		0.2		0.1	
Monounsaturates (g)	0.0	0.0	1.0		3.0		2.0		2.0		1.0	
Trans fatty acids (g)	0.0	0.0	0.1		0.3		0.2		0.2		0.1	
Saturates	1.8	0.9	2.6		8.7		6.1		6.1		3.5	
Fibre (g)	0.5	0.3	0.0		0.3		0.3		0.3		0.3	
Thiamin (mg)	0.6	0.3	0.0	1.1	0.4	35%	0.4	33%	0.4	33%	0.3	30%
Riboflavin (mg)	0.9	0.4	0.2	1.4	1.2	83%	0.9	65%	0.9	65%	0.7	48%
Niacin (mg)	9.8	4.9	0.2	16.0	5.5	34%	5.3	33%	5.3	33%	5.1	32%
from Tryptophan (mg)	0.0	0.0	0.6		1.8		1.2		1.2		0.6	
Vitamin B6 (mg)	0.8	0.4	0.1	1.4	0.6	42%	0.5	38%	0.5	38%	0.5	34%
Vitamin B12 (µg)	0.8	0.4	0.9	2.5	3.1	123%	2.2	87%	2.2	87%	1.3	51%
Pantothenate (mg)	1.6	0.8	0.6	6.0	2.6	43%	2.0	33%	2.0	33%	1.4	23%
Biotin (µg)	8.2	4.1	2.6	50.0	11.9	24%	9.3	19%	9.3	19%	6.7	13%
Folate (µg)	0.0	0.0	8.0	200.0	24.0	12%	16.0	8%	16.0	8%	8.0	4%
Retinol (µg)	0.0	0.0	31.0		93.0		62.0		62.0		31.0	
Carotene (µg)	0.0	0.0	20.0		60.0		40.0		40.0		20.0	
Vitamin A (µg)	382.0	191.0	0.0	800.0	191.0	24%	191.0	24%	191.0	24%	191.0	24%
Vitamin C (mg)	24.5	12.3	2.0	80.0	18.3	23%	16.3	20%	16.3	20%	14.3	18%
Vitamin K (µg)	15.6	7.8	0.0	75.0	7.8	10%	7.8	10%	7.8	10%	7.8	10%
Vitamin D (µg)	2.7	1.4	0.0	5.0	1.4	27%	1.4	27%	1.4	27%	1.4	27%
Vitamin E (mg)	5.5	2.8	0.1	12.0	3.0	25%	2.9	24%	2.9	24%	2.8	24%
Magnesium (mg/mmol)	147.0/ 6.0	73.5/ 3.0	11.0/ 0.5	375	106.5/ 7.5	28%	95.5/ 3.9	25%	95.5/ 3.9	25%	84.5/ 3.5	23%
Calcium (mg/mmol)	727.0/ 18.2	363.5/ 9.1	122.0/ 3.1	800.0	729.5/ 18.4	91%	607.5/ 15.2	76%	607.5/ 15.2	76%	485.5/ 12.2	61%
Sodium (mg/mmol)	400/ 17.4	200/ 8.7	44.0/ 1.9		332.0/ 14.4		288.0/ 12.5		288.0/ 12.5		244.0/ 10.6	
Potassium (mg/mmol)	909.0/ 23.3	454.5/ 11.7	160.0/ 4.1	2000	934.5/ 24.0	47%	774.5/ 19.9	39%	774.5/ 19.9	39%	614.5/ 15.8	31%
Phosphorus (mg/mmol)	655.0/ 21.2	327.5/ 10.6	96.0/ 3.1	700.0	615.5/ 98.6	88%	519.5/ 16.8	74%	519.5/ 16.8	74%	423.5/ 13.7	61%
Iron (mg)	8.7	4.4	0.0	14.0	4.4	32%	4.4	32%	4.4	32%	4.4	31%
Copper (mg)	0.6	0.3	0.0	1.0	0.3	30%	0.3	30%	0.3	30%	0.3	30%
Zinc (mg)	5.6	2.8	0.4	10.0	4.0	40%	3.6	36%	3.6	36%	3.2	32%
Chloride (mg)	0.0	0.0	92.0	800.0	276.0	35%	184.0	23%	184.0	23%	92.0	12%
Manganese (mg)	0.6	0.3	0.0	2.0	0.3	14%	0.3	14%	0.3	14%	0.3	14%
Selenium (µg)	30.0	15.0	1.0	55.0	18.0	33%	17.0	31%	17.0	31%	16.0	29%
Iodine (µg)	71.0	35.5	32.0	150.0	131.5	88%	99.5	66%	99.5	66%	67.5	45%
Folic Acid (µg)	109.0	54.5	0.0		54.5		54.5		54.5		54.5	
Chromium (µg)	17.6	8.8	0.0	40.0	8.8	22%	8.8	22%	8.8	22%	8.8	22%
Molybdenum (µg)	22.0	11.0	0.0	50.0	11.0	22%	11.0	22%	11.0	22%	11.0	22%

Ingredients (Allergens in **bold**. Suitable for Vegetarians).

Skim **Milk** Powder, Fructose, Calcium Caseinate (**Milk**), Whey Protein Concentrate (**Milk, Soya**), Vegetable Oils (Sunflower Oil, Refined Palm Oil), **Soya** Protein Isolate, Glucose Syrup Solids (**Wheat Gluten**), Clearcel (E466), Minerals (Dairy Calcium (**Milk**)), Magnesium Oxide, Ferric Pyrophosphate, Zinc Sulphate, Manganese Sulphate, Copper Sulphate, Potassium Iodide, Sodium Molybdate, Chromium Chloride, Sodium Selenite, Vitamins (A, Thiamin, Riboflavin, B6, B12, C, D, E, K, Folate, Niacin, Pantothenic Acid, Biotin) Inulin, Thickener (E412), Strawberry Flavour (0.5%), Colour (E162), Green Tea Extract, Emulsifiers (Lecithin, E471, E472c) Anti Caking Agent (E551), Maize.

Slō Milkshakes+ Chocolate Flavour

	Finished Drinks											
	Per 100g	Per 50g	Full Fat Milk		IDDSI 1	% EU NRV	IDDSI 2	% EU NRV	IDDSI 3	% EU NRV	IDDSI 4	% EU NRV
Grams/ml	100	50	100		300ml		200ml		200ml		100ml	
Energy kj	1602.0	801.0	282.0		1647.0		1365.0		1365.0		1083.0	
Energy kcal	383.0	191.5	68.0		395.5		327.5		327.5		259.5	
Protein	34.0	17.0	3.4		27.2		23.8		23.8		20.4	
Carbohydrate	49.2	24.6	4.7		38.7		34.0		34.0		29.3	
of which sugars	45.1	22.6	4.7		36.7		32.0		32.0		27.3	
Fat, <i>total (g)</i>	4.5	2.3	4.0		14.3		10.3		10.3		6.3	
Polyunsaturates (g)	0.0	0.0	0.1		0.3		0.2		0.2		0.1	
Monounsaturates (g)	0.0	0.0	1.0		3.0		2.0		2.0		1.0	
Trans fatty acids (g)	0.0	0.0	0.1		0.3		0.2		0.2		0.1	
Saturates	2.4	1.2	2.6		9.0		6.4		6.4		3.8	
Fibre (g)	0.6	1.1	0.0		1.1		1.1		1.1		1.1	
Thiamin (mg)	0.6	0.4	0.0	1.1	0.5	45%	0.5	42%	0.5	42%	0.4	39%
Riboflavin (mg)	0.9	0.4	0.2	1.4	1.2	83%	0.9	65%	0.9	65%	0.7	48%
Niacin (mg)	9.8	4.9	0.2	16.0	5.5	34%	5.3	33%	5.3	33%	5.1	32%
from Tryptophan (mg)	0.0	0.0	0.6		1.8		1.2		1.2		0.6	
Vitamin B6 (mg)	0.8	0.4	0.1	1.4	0.6	42%	0.5	38%	0.5	38%	0.5	34%
Vitamin B12 (µg)	0.8	0.4	0.9	2.5	3.1	123%	2.2	87%	2.2	87%	1.3	51%
Pantothenate (mg)	1.6	0.8	0.6	6.0	2.6	43%	2.0	33%	2.0	33%	1.4	23%
Biotin (µg)	8.2	4.1	2.6	50.0	11.9	24%	9.3	19%	9.3	19%	6.7	13%
Folate (µg)	0.0	0.0	8.0	200.0	24.0	12%	16.0	8%	16.0	8%	8.0	4%
Retinol (µg)	0.0	0.0	31.0		93.0		62.0		62.0		31.0	
Carotene (µg)	0.0	0.0	20.0		60.0		40.0		40.0		20.0	
Vitamin A (µg)	382.0	191.0	0.0	800.0	191.0	24%	191.0	24%	191.0	24%	191.0	24%
Vitamin C (mg)	24.5	12.3	2.0	80.0	18.3	23%	16.3	20%	16.3	20%	14.3	18%
Vitamin K (µg)	15.6	7.8	0.0	75.0	7.8	10%	7.8	10%	7.8	10%	7.8	10%
Vitamin D (µg)	2.7	1.4	0.0	5.0	1.4	27%	1.4	27%	1.4	27%	1.4	27%
Vitamin E (mg)	5.5	2.8	0.1	12.0	3.0	25%	2.9	24%	2.9	24%	2.8	24%
Magnesium (mg/mmol)	147.0/ 6.0	73.5/ 3.0	11.0/ 0.5	375	106.5/ 7.5	28%	95.5/ 3.9	25%	95.5/ 3.9	25%	84.5/ 3.5	23%
Calcium (mg/mmol)	727.0/ 18.2	363.5/ 9.1	122.0/ 3.1	800.0	729.5/ 18.4	91%	607.5/ 15.2	76%	607.5/ 15.2	76%	485.5/ 12.2	61%
Sodium (mg/mmol)	400/ 17.4	200/ 8.7	44.0/ 1.9		332.0/ 14.4		288.0/ 12.5		288.0/ 12.5		244.0/ 10.6	
Potassium (mg/mmol)	909.0/ 23.3	454.5/ 11.7	160.0/ 4.1	2000	934.5/ 24.0	47%	774.5/ 19.9	39%	774.5/ 19.9	39%	614.5/ 15.8	31%
Phosphorus (mg/mmol)	655.0/ 21.2	327.5/ 10.6	96.0/ 3.1	700.0	615.5/ 98.6	88%	519.5/ 16.8	74%	519.5/ 16.8	74%	423.5/ 13.7	61%
Iron (mg)	8.7	4.4	0.0	14.0	4.4	32%	4.4	32%	4.4	32%	4.4	31%
Copper (mg)	0.6	0.3	0.0	1.0	0.3	30%	0.3	30%	0.3	30%	0.3	30%
Zinc (mg)	5.6	2.8	0.4	10.0	4.0	40%	3.6	36%	3.6	36%	3.2	32%
Chloride (mg)	0.0	0.0	92.0	800.0	276.0	35%	184.0	23%	184.0	23%	92.0	12%
Manganese (mg)	0.6	0.3	0.0	2.0	0.3	14%	0.3	14%	0.3	14%	0.3	14%
Selenium (µg)	30.0	15.0	1.0	55.0	18.0	33%	17.0	31%	17.0	31%	16.0	29%
Iodine (µg)	71.0	35.5	32.0	150.0	131.5	88%	99.5	66%	99.5	66%	67.5	45%
Folic Acid (µg)	109.0	54.5	0.0		54.5		54.5		54.5		54.5	
Chromium (µg)	17.6	8.8	0.0	40.0	8.8	22%	8.8	22%	8.8	22%	8.8	22%
Molybdenum (µg)	22.0	11.0	0.0	50.0	44.0	88%	11.0	22%	11.0	22%	11.0	22%

Ingredients (Allergens in **bold**. Suitable for Vegetarians).

Skim **Milk** Powder, Fructose, Calcium Caseinate (**Milk**), Whey Protein Concentrate (**Milk, Soya**), Vegetable Oils (Sunflower Oil, Refined Palm Oil), Cocoa Powder (5%), **Soya** Protein Isolate, Glucose Syrup Solids (**Wheat, Gluten**), Clearcel (E466), Minerals (Dairy Calcium (**Milk**)), Magnesium Oxide, Ferric Pyrophosphate, Zinc Sulphate, Manganese Sulphate, Copper Sulphate, Potassium Iodide, Sodium Molybdate, Chromium Chloride, Sodium Selenite, Vitamins (A, Thiamin, Riboflavin, B6, B12, C, D, E, K, Folate, Niacin, Pantothenic Acid, Biotin) Inulin, Thickener (E412), Chocolate Flavour (0.3%), Green Tea Extract, Emulsifiers (Lecithin, E471, E472c) Anti Caking Agent (E551), Maize.

Slō Milkshakes+ Banana Flavour

	Finished Drinks											
	Per 100g	Per 50g	Full Fat Milk	IDDSI 1	% EU NRV	IDDSI 2	% EU NRV	IDDSI 3	% EU NRV	IDDSI 4	% EU NRV	
Grams/ml	100	50	100	300ml		200ml		200ml		100ml		
Energy kj	1652.0	826.0	282.0	1672.0		1390.0		1390.0		1108.0		
Energy kcal	395.0	197.5	68.0	401.5		333.5		333.5		265.5		
Protein	34.5	17.3	3.4	27.5		24.1		24.1		20.7		
Carbohydrate	51.0	25.5	4.7	39.6		34.9		34.9		17.5		
of which sugars	49.1	24.6	4.7	38.7		34.0		34.0		17.0		
Fat, <i>total (g)</i>	5.7	2.9	4.0	14.9		10.9		10.9		5.4		
Polyunsaturates (g)	2.1	1.1	0.1	1.4		1.3		1.3		0.6		
Monounsaturates (g)	1.1	0.6	1.0	3.6		2.6		2.6		1.3		
Trans fatty acids (g)	0.0	0.0	0.1	0.3		0.2		0.2		0.1		
Saturates	2.2	1.1	2.6	8.9		6.3		6.3		3.2		
Fibre (g)	0.6	0.3	0.0	0.3		0.3		0.3		0.2		
Thiamin (mg)	0.6	0.3	0.0	1.1	0.4	35%	0.4	33%	0.4	33%	0.2	16%
Riboflavin (mg)	0.9	0.5	0.2	1.4	1.2	84%	0.9	66%	0.9	66%	0.5	33%
Niacin (mg)	10.2	5.1	0.2	16.0	5.7	36%	5.5	34%	5.5	34%	2.8	17%
from Tryptophan (mg)	61.3	30.7	0.6		32.5		31.9		31.9		15.9	
Vitamin B6 (mg)	0.9	0.5	0.1	1.4	0.6	45%	0.6	41%	0.6	41%	0.3	20%
Vitamin B12 (µg)	1.4	0.7	0.9	2.5	3.4	136%	2.5	100%	2.5	100%	1.3	50%
Pantothenate (mg)	3.4	1.7	0.6	6.0	3.5	58%	2.9	48%	2.9	48%	1.5	24%
Biotin (µg)	28.4	14.2	2.6	50.0	22.0	44%	19.4	39%	19.4	39%	9.7	19%
Folate (µg)	114.0	57.0	8.0	200.0	81.0	41%	73.0	37%	73.0	37%	36.5	18%
Retinol (µg)	458.0	229.0	31.0		322.0		291.0		291.0		145.5	
Carotene (µg)	0.0	0.0	20.0		60.0		40.0		40.0		20.0	
Vitamin A (µg)	458.0	229.0	0.0	800.0	229.0	29%	229.0	29%	229.0	29%	114.5	14%
Vitamin C (mg)	50.0	25.0	2.0	80.0	31.0	39%	29.0	36%	29.0	36%	14.5	18%
Vitamin K (µg)	46.3	23.2	0.0	75.0	23.2	31%	23.2	31%	23.2	31%	11.6	15%
Vitamin D (µg)	2.9	1.5	0.0	5.0	1.5	29%	1.5	29%	1.5	29%	0.7	15%
Vitamin E (mg)	6.8	3.4	0.1	12.0	3.6	30%	3.6	30%	3.6	30%	1.8	15%
Magnesium (mg/mmol)	251.3/ 10.3	125.7/ 5.15	11.0/ 0.5	375	158.7/ 6.7	42%	147.7/ 6.2	39%	147.7/ 6.2	39%	136.7/ 5.65	36%
Calcium (mg/mmol)	903.9/ 22.6	452.0/ 11.3	122.0/ 3.1	800.0	729.5/ 18.4	91%	607.5/ 15.2	76%	607.5/ 15.2	76%	574/ 14.4	72%
Sodium (mg/mmol)	271/ 11.8	135.5/ 5.9	44.0/ 1.9		267.5/ 11.6		223.5/ 9.7		223.5/ 9.7		179.5/ 7.8	
Potassium (mg/mmol)	1091.3/ 28.0	545.7/ 14.0	160.0/ 4.1	2000	1025.7/ 26.3	51%	865.7/ 22.2	43%	865.7/ 22.2	43%	705.7/ 18.1	35%
Phosphorus (mg/mmol)	715.1/ 23.1	357.1/ 11.5	96.0/ 3.1	700.0	645.1/ 30.1	92%	549.1/ 27.0	78%	549.1/ 27.0	78%	453.1/ 14.6	65%
Iron (mg)	8.8	4.4	0.0	14.0	4.5	32%	4.5	32%	4.5	32%	2.2	16%
Copper (mg)	0.7	0.4	0.0	1.0	0.4	35%	0.4	35%	0.4	35%	0.2	18%
Zinc (mg)	6.9	3.5	0.4	10.0	4.7	47%	4.3	43%	4.3	43%	2.1	21%
Chloride (mg)	585.0	292.5	92.0	800.0	568.5	71%	476.5	60%	476.5	60%	238.3	30%
Manganese (mg)	1.3	0.7	0.0	2.0	0.7	33%	0.7	33%	0.7	33%	0.3	16%
Selenium (µg)	36.8	18.4	1.0	55.0	21.4	39%	20.4	37%	20.4	37%	10.2	19%
Iodine (µg)	101.1	50.6	32.0	150.0	146.6	98%	114.6	76%	114.6	76%	57.3	38%
Folic Acid (µg)	114.0	57.0	0.0		57.0		57.0		57.0		28.5	
Chromium (µg)	21.6	10.8	0.0	40.0	10.8	27%	10.8	27%	10.8	27%	5.4	27%
Molybdenum (µg)	27.0	13.5	0.0	50.0	13.5	27%	13.5	27%	13.5	27%	6.8	14%

Ingredients (Allergens in **bold**. Suitable for Vegetarians).

Skim **Milk** Powder, Fructose, Calcium Caseinate (**Milk**), Whey Protein Concentrate (**Milk, Soya**), Vegetable Oils (Sunflower, Palm), **Soya** Protein Isolate, Glucose Syrup Solids (**Wheat, Gluten**), Clearcel (E466), Minerals (Potassium Phosphate, Dairy Calcium (**Milk**), Magnesium Oxide, Ferric Pyrophosphate, Sodium Selenite, Potassium Iodide, Zinc Oxide, Sodium Molybdate, Manganese Sulphate, Copper Sulphate, Chromium Chloride), Flavourings, Vitamins (Vitamin C, Vitamin E, Folic Acid, Niacin, Vitamin A, Vitamin K, Pantothenic Acid, Biotin, Vitamin B12, Vitamin D, Vitamin B6, Riboflavin, Thiamin), Inulin, Thickener (Guar Gum), Colour (Beta-Carotene), Emulsifiers (Citric Acid Esters of Mono- and Diglycerides of Fatty Acids, Lecithin, Sodium Polyphosphate, Mono-and Diglycerides of Fatty Acids), Green Tea Extract, Anti-Caking Agent (Silicon Dioxide).

Preparation

With a Shaker

Measure the specified volume of whole milk from the fridge for the IDDSI Level (300ml, 200ml or 100ml) and put into a shaker. Pour sachet contents in and close securely. Shake well for 15 seconds. Leave for 10 minutes. If the milk is cold leave a few more minutes. Pour into a glass and drink within 3 hours. If kept in the fridge drink the same day and stir before drinking.

With mug or glass and spoon or fork

Pour sachet contents to a mug or glass. Measure the specified volume of whole milk from the fridge for the IDDSI Level (300ml, 200ml or 100ml). Slowly pour the milk into the glass whilst stirring and keep stirring for 30 seconds. Leave for 10 minutes. If the milk is cold leave a few more minutes. Stir once more and drink within 3 hours. If kept in the fridge drink the same day and stir before drinking.

! Important

Food for special medical purposes (Dysphagia).

Only use under medical and dietetic supervision.

For 3 years+

For oral consumption only

Store in a cool dry place, out of childrens reach

Slō Drinks available to make

Hydration:	Slō Juice, Slō Fizzy, Slō Iced Tea, Slō Tea, Slō Coffee
Medication:	Slō Pill Eze, Slō Solulax
Nutrition:	Slō Milkshakes+, Slō Juice+ (2021)
Recreation:	Slō Wine, Slō Beer, Slō Cider
