

People with dysphagia need thickened drinks that flow slowly.

Slõ Milkshakes⁺ are therefore available for you to prescribe to help them stay hydrated and boost their nutritional intake.

They are the 1st powdered ONS to contain a single dose of a thickener formulated to work with whole milk. Easy to make carers and patients simply mix them with the volume of milk we specify to produce a perfectly smooth ONS at IDDSI Level 1, 2, 3 or 4.

Importantly, the volume of milk used to make each flow rate changes. A patient on Level 1 can drink more and so it is made with 300mls. Those on Levels 2 and 3 can cope with 200mls, but those on Level 4 can only take small volumes; hence the 100ml maximum.

If your patient cannot drink their Slõ Milkshake⁺ ONS all at once it does not matter. It can be kept in the fridge and taken throughout the day as it maintains the same IDDSI level.

Better still, using milk from the fridge ensures they taste fresh. They are not too sweet and don't have a mineral aftertaste.

Ultimately it all means you and your patient can be sure they are having a safer more enjoyable way to stay hydrated (milk is 87% water) and maintain their oral nutritional intake with a maximum of 400 calories, 27g+ of protein, + 25 vitamins and minerals, for between 85p and 95p a sachet.

To request them on prescription for your patient, the pip codes are on the last page of this leaflet. To order a sample first: go to www.slodrinks.com click the HCP button at the top of the page and when in the Clinicians Library, click the Sample button and complete our encrypted request form.

In 2005 we set out to help professionals working with people with dysphagia meet their care obligations with ease and make life easier for those living with it. This "purpose" drives us and so as we listen and learn about changing needs; over the years ahead you will see the Slõ Drinks range expanding with innovative drinks to satisfy them.

At www.slodrinks.com you can see all the Slõ thickened drinks we can help you, carers and patients create and buy in our shop. There's also lots of other useful information about dysphagia and a Blog with news of our developments and others from around the world.

Strawberry Flavour

	Reconstituted Drink											
	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	1623.2	811.6	282.0		1657.6		1375.6		1375.6		1093.6	
Energy kcal	392.0	196.0	68.0		400.0		332.0		332.0		264.0	
Protein (37%)	34.8	17.4	3.4		27.6		24.2		24.2		20.8	
Carbohydrate (46%)	45.0	22.5	4.7		36.6		31.9		31.9		27.2	
of which sugars	35.0	17.5	4.7		31.6		26.9		26.9		22.2	
Fat, total (g) (15%)	6.6	3.3	4.0		15.3		11.3		11.3		7.3	
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	5.7	2.8	2.6		10.6		8.0		8.0		5.4	
Fibre (g) (2%)	3.1	1.5	0.0		1.5		1.5		1.5		1.5	
Salt (g)	0.3	0.1	0.0		0.1		0.1		0.1		0.1	
Vitamin A (µg)	228.2	114.1	0.0	800.0	114.1	14%	114.1	14%	114.1	14%	114.1	14%
Vitamin D (µg)	4.2	2.1	0.0	5.0	2.1	42%	2.1	42%	2.1	42%	2.1	42%
Vitamin E (mg)	3.3	1.6	0.1	12.0	1.9	16%	1.8	15%	1.8	15%	1.7	14%
Vitamin K (µg)	22.8	11.4	0.0	75.0	11.4	15%	11.4	15%	11.4	15%	11.4	15%
Vitamin C (mg)	14.7	7.3	2.0	80.0	13.3	17%	11.3	14%	11.3	14%	9.3	12%
Thiamin (B1) (mg)	0.4	0.2	0.0	1.1	0.3	26%	0.3	23%	0.3	23%	0.2	20%
Riboflavin (B2) (mg)	0.5	0.3	0.2	1.4	1.0	70%	0.7	53%	0.7	53%	0.5	36%
Niacin (mg)	5.9	2.9	0.2	16.0	3.5	22%	3.3	21%	3.3	21%	3.1	20%
Vitamin B6 (mg)	0.5	0.3	0.1	1.4	0.4	31%	0.4	27%	0.4	27%	0.3	23%
Folic Acid (µg)	65.2	32.6	0.0	200.0	32.6	16%	32.6	16%	32.6	16%	32.6	16%
Vitamin B12 (µg)	0.0	0.0	0.9	2.5	2.7	108%	1.8	72%	1.8	72%	0.9	36%
Biotin (µg)	4.9	2.4	2.6	50.0	10.2	20%	7.6	15%	7.6	15%	5.0	10%
Pantothenate (mg)	1.0	0.5	0.6	6.0	2.3	38%	1.7	28%	1.7	28%	1.1	18%
Folate (µg)	0.0	0.0	8.0	200.0	24.0	12%	16.0	8%	16.0	8%	8.0	4%
Carotene (µg)	0.0	0.0	20.0		60.0		40.0		40.0		20.0	
Sodium (mg/mmol)	128/ 5.56	64/ 2.8	44.0/ 1.9		196/ 8.5		152/ 6.6		152/ 6.6		108/ 4.7	
Potassium (mg/mmol)	0.0/ 0.0	0.0/ 0.0	160.0/ 4.1	2000	480/ 12.3	24%	320/ 8.2	16%	320/ 8.2	16%	160/ 4.1	8%
Chloride (mg)	0.0	0.0	92.0	800.0	276.0	35%	184.0	23%	184.0	23%	92.0	12%
Calcium (mg/mmol)	329.6/8.2	164.8/4.1	122.0/ 3.1	906.0	530.8/ 13.2	32%	408.8/ 14.3	45%	408.8/ 14.3	45%	286.8/ 7.2	32%
Phosphorus (mg/mmol)	0.0/ 0.0	0.0/ 0.0	96.0/ 3.1	700.0	288/ 9.3	41%	192/ 6.2	27%	192/ 6.2	27%	96/ 3.1	14%
Magnesium (mg/mmol)	48.9/ 2.0	24.5/ 1.0	11.0/ 0.5	375	57.5/ 2.4	9%	46.5/ 2.9	12%	46.5/ 2.9	12%	35.5/ 1.5	15%
Iron (mg)	3.3	1.6	0.0	14.0	1.7	12%	1.7	12%	1.7	12%	1.7	12%
Zinc (mg)	3.3	1.6	0.4	10.0	2.8	28%	2.4	24%	2.4	24%	2.0	20%
Copper (mg)	0.4	0.2	0.0	1.0	0.2	20%	0.2	20%	0.2	20%	0.2	20%
Manganese (mg)	0.3	0.2	0.0	2.0	0.2	8%	0.2	8%	0.2	8%	0.2	8%
Selenium (µg)	16.3	8.2	1.0	55.0	11.2	20%	10.2	18%	10.2	18%	9.2	17%
Chromium (µg)	8.2	4.1	0.0	40.0	4.1	10%	4.1	10%	4.1	10%	4.1	10%
Molybdenum (µg)	22.8	11.4	0.0	50.0	11.4	23%	11.4	23%	11.4	23%	11.4	23%
Iodine (µg)	0.0	0.0	32.0	150.0	96.0	64%	64.0	43%	64.0	43%	32.0	21%

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

Whey Protein Concentrate (Milk), Fructose, Skim Milk Powder, Milk Casein Concentrate, Pea starch (Carb 10), Minerals ((Dairy Calcium (Milk)), Magnesium Oxide, Iron, Zinc Oxide, Copper Citrate, Manganese Citrate, Manganese Citrate, Molybdenum, Selenium, , Chromium, Chloride), Vitamins (A, Thiamin, Riboflavin, B6, B12, C, D, E, K, Folic Acid, Niacin, Pantothenic Acid, Biotin) Juice Powder ((Strawberry Concentrate, Maltodextrin, Gum Acacia) 3.6%), Medium Chain Triglycerides Oil, Dextrose Powder, Flavour, Emugold (Acacia Fibre), Clearcel (E466), Vegetable Creamer, DigeZyme Enzyme Complex (Amlase, Protease, Celulase, Lactase, Lipase), Sweetener (Sucralose), Green Tea Extract, Beetroot red, Anti Caking Agent (E551).

Chocolate Flavour

	Reconstituted Drink											
	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	1594.1	797.1	282.0	1643.1		1361.1		1361.1		1079.1		
Energy kcal	386.3	193.2	68.0	397.2		329.2		329.2		261.2		
Protein (43%)	39.3	19.7	3.4	29.9		26.5		26.5		23.1		
Carbohydrate (43%)	40.6	20.3	4.7	34.4		29.7		29.7		25.0		
of which sugars	32.2	16.1	4.7	30.2		25.5		25.5		20.8		
Fat, total (g) (11%)	5.3	2.7	4.0	14.7		10.7		10.7		6.7		
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	4.1	2.0	2.6	9.8		7.2		7.2		4.6		
Fibre (g) (3%)	4.8	1.1	0.0	1.1		1.1		1.1		1.1		
Salt (g)	0.3	0.1	0.0	0.1		0.1		0.1		0.1		
Vitamin A (µg)	226.2	113.1	0.0	800.0	113.1	14%	113.1	14%	113.1	14%	113.1	14%
Vitamin D (µg)	4.2	2.1	0.0	5.0	2.1	42%	2.1	42%	2.1	42%	2.1	42%
Vitamin E (mg)	3.2	1.6	0.1	12.0	1.9	15%	1.8	15%	1.8	15%	1.7	14%
Vitamin K (µg)	22.6	11.3	0.0	75.0	11.3	15%	11.3	15%	11.3	15%	11.3	15%
Vitamin C (mg)	14.5	7.3	2.0	80.0	13.3	17%	11.3	14%	11.3	14%	9.3	12%
Thiamin (B1) (mg)	0.4	0.4	0.0	1.1	0.5	45%	0.5	42%	0.5	42%	0.4	39%
Riboflavin (B2) (mg)	0.5	0.3	0.2	1.4	1.0	70%	0.7	53%	0.7	53%	0.5	36%
Niacin (mg)	5.8	2.9	0.2	16.0	3.5	22%	3.3	21%	3.3	21%	3.1	19%
Vitamin B6 (mg)	0.5	0.3	0.1	1.4	0.4	31%	0.4	27%	0.4	27%	0.3	23%
Folic Acid (µg)	64.6	32.3	0.0		32.3		32.3		32.3		32.3	
Vitamin B12 (µg)	0.0	0.0	0.9	2.5	2.7	108%	1.8	72%	1.8	72%	0.9	36%
Biotin (µg)	4.9	2.4	2.6	50.0	10.2	20%	7.6	15%	7.6	15%	5.0	10%
Pantothenate (mg)	1.0	0.5	0.6	6.0	2.3	38%	1.7	28%	1.7	28%	1.1	18%
Folate (µg)	0.0	0.0	8.0	200.0	24.0	12%	16.0	8%	16.0	8%	8.0	4%
Carotene (µg)	0.0	0.0	20.0		60.0		40.0		40.0		20.0	
Sodium (mg/mmol)	136/ 5.9	68/ 3.0	44.0/ 1.9		200/ 8.7		156/ 6.8		156/ 6.8		112/ 7.8	
Potassium (mg/mmol)	0.0/ 0.0	0.0/ 0.0	160.0/ 4.1	2000	480/ 12.3	24%	320/ 8.2	16%	320/ 8.2	16%	160/ 4.1	8%
Chloride (mg)	0.0	0.0	92.0	800.0	276.0	35%	184.0	23%	184.0	23%	92.0	12%
Calcium (mg/mmol)	329.6/ 8.1	164.8/ 4.1	122.0/ 3.1	800.0	530.8/13.2	66%	408.8/10.2	51%	408.8/10.2	51%	286.8/ 11.3	36%
Phosphorus (mg/mmol)	0.0/ 0.0	0.0/ 0.0	96.0/ 3.1	700.0	288/ 9.3	41%	192/ 6.2	27%	192/ 6.2	27%	96/ 3.1	14%
Magnesium (mg/mmol)	48.9/ 2.0	24.2/ 1.0	11.0/ 0.5	375	57.2/ 2.4	15%	46.2/1.9	12%	46.2/1.9	12%	35.2/ 2.4	9%
Iron (mg)	3.2	1.6	0.0	14.0	1.7	12%	1.7	12%	1.7	12%	1.6	12%
Zinc (mg)	3.2	1.6	0.4	10.0	2.8	28%	2.4	24%	2.4	24%	2.0	20%
Copper (mg)	0.4	0.2	0.0	1.0	0.2	20%	0.2	20%	0.2	20%	0.2	20%
Manganese (mg)	0.3	0.2	0.0	2.0	0.2	8%	0.2	8%	0.2	8%	0.2	8%
Selenium (µg)	16.6	8.3	1.0	55.0	11.3	21%	10.3	19%	10.3	19%	9.3	17%
Chromium (µg)	8.1	4.0	0.0	40.0	4.0	10%	4.0	10%	4.0	10%	4.0	10%
Molybdenum (µg)	22.6	11.3	0.0	50.0	45.2	90%	11.3	23%	11.3	23%	11.3	23%
Iodine (µg)	0.0	0.0	32.0	150.0	96.0	64%	64.0	43%	64.0	43%	32.0	21%

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

Whey Protein Concentrate (Milk), Fructose, Skim Milk Powder, Milk Casein Concentrate, Pea starch (Carb 10), Minerals ((Dairy Calcium (Milk)), Magnesium Oxide, Iron, Zinc Oxide, Copper Citrate, Manganese Citrate, Manganese Citrate, Molybdenum, Selenium, , Chromium, Chloride), Vitamins (A, Thiamin, Riboflavin, B6, B12, C, D, E, K, Folic Acid, Niacin, Pantothenic Acid, Biotin), Coca Powder (5.7%), Medium Chain Triglycerides Oil, Dextrose Powder, Flavour, Emugold (Acacia Fibre), Clearcel (E466), Vegetable Creamer, DigeZyme Enzyme Complex (Amlase, Protease, Celulase, Lactase, Lipase), Sweetener (Sucralose), Green Tea Extract, Anti Caking Agent (E551).

Banana Flavour

	Reconstituted Drink											
	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	1624.2	812.1	282.0		1658.1		1376.1		1376.1		1094.1	
Energy kcal	392.2	196.1	68.0		400.1		332.1		332.1		264.1	
Protein (36%)	34.6	17.3	3.4		27.5		24.1		24.1		20.7	
Carbohydrate (47%)	45.3	22.7	4.7		36.8		32.1		32.1		16.0	
of which sugars	35.2	17.6	4.7		31.7		27.0		27.0		13.5	
Fat, <i>total</i> (g) (15%)	6.6	3.3	4.0		15.3		11.3		11.3		5.6	
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	5.7	2.8	2.6		10.6		8.0		8.0		4.0	
Fibre (g) (2%)	3.1	1.5	0.0		1.5		1.5		1.5		0.8	
Salt (g)	0.3	0.1	0.0		0.1		0.1		0.1		0.1	
Vitamin A (µg)	228.3	114.1	0.0	800.0	114.1	14%	114.1	14%	114.1	14%	57.1	7%
Vitamin D (µg)	4.2	2.1	0.0	5.0	2.1	42%	2.1	42%	2.1	42%	1.1	21%
Vitamin E (mg)	3.3	1.6	0.1	12.0	1.9	16%	1.8	15%	1.8	15%	0.9	7%
Vitamin K (µg)	22.8	11.4	0.0	75.0	11.4	15%	11.4	15%	11.4	15%	5.7	8%
Vitamin C (mg)	14.7	7.3	2.0	80.0	13.3	17%	11.3	14%	11.3	14%	5.7	7%
Thiamin (B1) (mg)	0.4	0.2	0.0	1.1	0.3	26%	0.3	23%	0.3	23%	0.1	12%
Riboflavin (B2) (mg)	0.5	0.3	0.2	1.4	1.0	70%	0.7	53%	0.7	53%	0.4	26%
Niacin (mg)	5.9	2.9	0.2	16.0	3.5	22%	3.3	21%	3.3	21%	1.7	10%
Vitamin B6 (mg)	0.5	0.3	0.1	1.4	0.4	31%	0.4	27%	0.4	27%	0.2	14%
Folic Acid (µg)	65.2	32.6	0.0		32.6		32.6		32.6		16.3	
Vitamin B12 (µg)	0.0	0.0	0.9	2.5	2.7	108%	1.8	72%	1.8	72%	0.9	36%
Biotin (µg)	4.9	2.4	2.6	50.0	10.2	20%	7.6	15%	7.6	15%	3.8	8%
Pantothenate (mg)	1.0	0.5	0.6	6.0	2.3	38%	1.7	28%	1.7	28%	0.8	14%
Folate (µg)	114.0	57.0	8.0	200.0	81.0	41%	73.0	37%	73.0	37%	36.5	18%
Carotene (µg)	0.0	0.0	20.0		60.0		40.0		40.0		20.0	
Sodium (mg/mmol)	128/ 5.6	64/ 2.8	44.0/ 1.9		196/ 8.5		152/ 6.6		152/ 6.6		108/ 4.7	
Potassium (mg/mmol)	0.0/ 0.0	0.0/ 0.0	160.0/ 4.1	2000	480/ 12.3	24%	320/ 8.2	16%	320/ 8.2	16%	160/ 4.1	8%
Chloride (mg)	0.0	0.0	92.0	800.0	276.0	35%	184.0	23%	184.0	23%	92.0	12%
Calcium (mg/mmol)	326.1/ 8.1	164.8/ 4.1	122.0/ 3.1	800.0	529/ 13.2	66%	407/ 10.2	51%	407/ 10.2	51%	285/ 7.1	36%
Phosphorus (mg/mmol)	0	0	84		252		168		168		84	
Magnesium (mg/mmol)	48.91/ 10.3	24.5/ 1.0	11.0/ 0.5	375	57.5/ 2.4	15%	46.5/ 1.9	12%	46.5/ 1.9	12%	35.5/ 1.5	9%
Iron (mg)	3.3	1.6	0.0	14.0	1.7	12%	1.7	12%	1.7	12%	0.8	6%
Zinc (mg)	3.3	1.6	0.4	10.0	2.8	28%	2.4	24%	2.4	24%	1.2	12%
Copper (mg)	0.4	0.2	0.0	1.0	0.2	20%	0.2	20%	0.2	20%	0.1	10%
Manganese (mg)	0.3	0.2	0.0	2.0	0.2	8%	0.2	8%	0.2	8%	0.1	4%
Selenium (µg)	16.3	8.2	1.0	55.0	11.2	20%	10.2	18%	10.2	18%	5.1	9%
Chromium (µg)	8.2	4.1	0.0	40.0	4.1	10%	4.1	10%	4.1	10%	2.0	10%
Molybdenum (µg)	22.8	11.4	0.0	50.0	11.4	23%	11.4	23%	11.4	23%	5.7	11%
Iodine (µg)	0.0	0.0	32.0	150.0	96.0	64%	64.0	43%	64.0	43%	32.0	21%

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

Whey Protein Concentrate (Milk), Fructose, Skim Milk Powder, Milk Casein Concentrate, Pea starch (Carb 10), Minerals ((Dairy Calcium (Milk)), Magnesium Oxide, Iron, Zinc Oxide, Copper Citrate, Manganese Citrate, Manganese Citrate, Molybdenum, Selenium, , Chromium, Chloride), Vitamins (A, Thiamin, Riboflavin, B6, B12, C, D, E, K, Folic Acid, Niacin, Pantothenic Acid, Biotin), Banana Juice Powder (3.6%), Banana Flavour, Medium Chain Triglycerides Oil, Dextrose Powder, Flavour, Emugold (Acacia Fibre), Clearcel (E466), Vegetable Creamer, DigeZyme Enzyme Complex (Amlase, Protease, Celulase, Lactase, Lipase), Sweetener (Sucralose), Green Tea Extract, Anti Caking Agent (E551).

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

Ordering Samples

We have a free sample service for Clinicians.

Simply go to www.slodrinks.com. At the top of the page click the HCP Button to enter the Clinicians Library.

There you will see a Sample button. Click that to open an encrypted on line form and enter your patients details.

You can order as many as you need and the Library contains lots of other useful information to read, listen too and download.

Ordering on Prescription

Slō Milkshakes+ are listed in the online BNF and all GP's patient electronic systems.

Depending on the system they will be listed under Slō Drinks or Slō Milkshakes+.

If searching on line, doctors may have to search under Slo - without the squiggle over the o.

They can also be found using the PIP codes below

IDDSI	Strawberry	Chocolate	Banana	Sachet	Pack of 7
1	416-0271	416-0289	417-6152	95p	£6.65
2	400-7639	400-7662	417-6145	85p	£5.95
3	400-7647	400-7654	417-6129	85p	£5.95
4	416-0255	416-0263	417-6137	95p	£6.65

Slō Milkshakes+ are available to every Pharmacy in the UK via our sole stockist, Alliance Healthcare Boots using the PIP codes above.

If a Pharmacy has an "Agency Only" agreement with Alliance they will have to order via another Wholesaler who will order from Alliance on their behalf for no extra cost.

They can also contact us direct.

If a Pharmacy does have an issue obtaining them we are happy to help. Just call us on 03452 222 205 or email thei details to support@slodrinks.com and we will speak to them for you.

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+
Recreation:	Slō Wine, Slō Beer, Slō Cider

T: +44(0)3452 222 205 E: support@slodrinks.com W: www.slodrinks.com

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