

Slõ Milkshakes+ have been created to help you make life easier for your dysphagia patients by removing the risks associated with trying to thicken ONS with starch and gum thickeners and the need to buy expensive ready-to-drink thickened ONS.

As such they are the 1st pre-thickened **powdered** protein rich milkshakes presented in a recyclable sachet which are suitable for all degrees dysphagia.

Containing a single dose of a thickener formulated to work with whole milk, they are 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 or 3.

Importantly, the volume of milk used to make each flo 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.

If your patient cannot drink their Slõ Milkshake+ all at once it does not matter. It can be kept in the fridge and taken throughout the day as its consistency remains stable.

To make sure they taste good we use only natural flavours which have been powdered. Real strawberry, real banana, real cocoa. Using milk from the fridge ensures they taste fresh. They are not too sweet and don't have a mineral aftertaste. As a result you will be giving your patient a more enjoyable way to maintain their oral nutritional intake to a maximum of 399 calories, 27g+ of protein, + 25 vitamins and minerals.

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.slodrinke.com](http://www.slodrinke.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.slodrinke.com](http://www.slodrinke.com) you can see everything we have created so far, what is available for your patients to buy at our Shop and a Blog with news of our developments and others from around the world.

# 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
Grams/ml	100	50	100		<b>300ml</b>		<b>200ml</b>		<b>200ml</b>	
Energy kj	1614.0	807.0	282.0		<b>1653.0</b>		<b>1371.0</b>		<b>1371.0</b>	
Energy kcal	390.0	195.0	68.0		<b>399.0</b>		<b>331.0</b>		<b>331.0</b>	
Protein	34.4	17.2	3.4		<b>27.4</b>		<b>24.0</b>		<b>24.0</b>	
Carbohydrate	45.0	22.5	4.7		36.6		31.9		31.9	
of which sugars	34.9	17.5	4.7		31.6		26.9		26.9	
Fat, <i>total (g)</i>	6.6	3.3	4.0		15.3		11.3		11.3	
Polyunsaturates (g)	0.0	0.0	0.1		0.3		0.2		0.2	
Monounsaturates (g)	0.0	0.0	1.0		3.0		2.0		2.0	
Trans fatty acids (g)	0.0	0.0	0.1		0.3		0.2		0.2	
Saturates	5.6	2.8	2.6		10.6		8.0		8.0	
Fibre (g)	3.1	1.5	0.0		1.5		1.5		1.5	
Thiamin (mg)	0.2	0.1	0.0	1.1	0.2	19%	0.2	16%	0.2	16%
Riboflavin (mg)	0.3	0.2	0.2	1.4	0.9	62%	0.6	45%	0.6	45%
Niacin (mg)	3.5	1.8	0.2	16.0	2.4	15%	2.2	13%	2.2	13%
Vitamin B6 (mg)	0.3	0.2	0.1	1.4	0.3	24%	0.3	19%	0.3	19%
Vitamin B12 (µg)	0.0	0.0	0.9	2.5	2.7	108%	1.8	72%	1.8	72%
Pantothenate (mg)	1.0	0.5	0.6	6.0	2.3	38%	1.7	28%	1.7	28%
Biotin (µg)	2.9	1.5	2.6	50.0	9.3	19%	6.7	13%	6.7	13%
Folate (µg)	0.0	0.0	8.0	200.0	24.0	12%	16.0	8%	16.0	8%
Retinol (µg)	0.0	0.0	31.0		93.0		62.0		62.0	
Carotene (µg)	0.0	0.0	20.0		60.0		40.0		40.0	
Vitamin A (µg)	137.0	68.5	0.0	800.0	68.5	9%	68.5	9%	68.5	9%
Vitamin C (mg)	8.8	4.4	2.0	80.0	10.4	13%	8.4	11%	8.4	11%
Vitamin K (µg)	13.7	6.9	0.0	75.0	6.9	9%	6.9	9%	6.9	9%
Vitamin D (µg)	2.7	1.3	0.0	5.0	1.3	26%	1.3	26%	1.3	26%
Vitamin E (mg)	2.0	1.0	0.1	12.0	1.2	10%	1.1	9%	1.1	9%
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%
Calcium (mg/mmol)	195.0/ 18.2	363.5/ 9.1	122.0/ 3.1	906.0	729.5/ 18.4	81%	607.5/ 15.2	67%	607.5/ 15.2	67%
Sodium (mg/mmol)	128/ 17.4	200/ 8.7	44.0/ 1.9		332.0/ 14.4		288.0/ 12.5		288.0/ 12.5	
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%
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%
Iron (mg)	2.0	1.0	0.0	14.0	1.1	8%	1.1	8%	1.1	8%
Copper (mg)	0.2	0.1	0.0	1.0	0.1	12%	0.1	12%	0.1	12%
Zinc (mg)	2.0	1.0	0.4	10.0	2.2	22%	1.8	18%	1.8	18%
Chloride (mg)	0.0	0.0	92.0	800.0	276.0	35%	184.0	23%	184.0	23%
Manganese (mg)	0.2	0.1	0.0	2.0	0.1	5%	0.1	5%	0.1	5%
Selenium (µg)	9.8	4.9	1.0	55.0	7.9	14%	6.9	13%	6.9	13%
Iodine (µg)	0.0	0.0	32.0	150.0	96.0	64%	64.0	43%	64.0	43%
Folic Acid (µg)	39.0	19.5	0.0	200.0	19.5	10%	19.5	10%	19.5	10%
Chromium (µg)	4.9	2.5	0.0	40.0	2.5	6%	2.5	6%	2.5	6%
Molybdenum (µg)	22.0	11.0	0.0	50.0	11.0	22%	11.0	22%	11.0	22%

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

Whey Protein Concentrate (**Milk**), Fructose, Skimmed Milk Powder (**Milk**), Micellar Casein (**Milk**), Carb 10™ (Pea Starch), Medium Chain Triglycerides Oil (**Milk**), EmulGold™ (Acacia Fibre), Dextrose, British Strawberry Juice Powder (Strawberry Concentrate, Maltodextrin, Gum Acacia), Natural Flavour, Vitamin & Mineral Blend (Calcium, Magnesium, Vitamin C, Niacin, Vitamin E, Pantothenic Acid, Iron, Zinc, Vitamin B6, Riboflavin, Thiamin, Copper, Manganese, Vitamin A, Folic Acid, Molybdenum, Vitamin K, Selenium, Chromium, Biotin, Vitamin D), Thickener, Natural Colour (Beetroot Red), Clean Cream® Vegetable Creamer [High Oleic Sunflower Oil, Antioxidant (D-Alpha Tocopherol)], Green Tea Extract, Anti-Caking Agent (Silicon Dioxide), Digezyme™ Enzyme Complex (Amylase, Protease, Cellulase, Lactase, Lipase), Sweetener (Sucralose).

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# Chocolate Flavour

	Finished Drinks									
	Per 100g	Per 50g	Full Fat Milk		IDDSI 1	% EU NRV	IDDSI 2	% EU NRV	IDDSI 3	% EU NRV
Grams/ml	100	50	100		<b>300ml</b>		<b>200ml</b>		<b>200ml</b>	
Energy kj	1602.0	801.0	282.0		<b>1647.0</b>		<b>1365.0</b>		<b>1365.0</b>	
Energy kcal	383.0	191.5	68.0		<b>395.5</b>		<b>327.5</b>		<b>327.5</b>	
Protein	34.0	17.0	3.4		<b>27.2</b>		<b>23.8</b>		<b>23.8</b>	
Carbohydrate	49.2	24.6	4.7		38.7		34.0		34.0	
of which sugars	45.1	22.6	4.7		36.7		32.0		32.0	
Fat, <i>total</i> (g)	4.5	2.3	4.0		14.3		10.3		10.3	
Polyunsaturates (g)	0.0	0.0	0.1		0.3		0.2		0.2	
Monounsaturates (g)	0.0	0.0	1.0		3.0		2.0		2.0	
Trans fatty acids (g)	0.0	0.0	0.1		0.3		0.2		0.2	
Saturates	2.4	1.2	2.6		9.0		6.4		6.4	
Fibre (g)	0.6	1.1	0.0		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%
Riboflavin (mg)	0.9	0.4	0.2	1.4	1.2	83%	0.9	65%	0.9	65%
Niacin (mg)	9.8	4.9	0.2	16.0	5.5	34%	5.3	33%	5.3	33%
from Tryptophan (mg)	0.0	0.0	0.6		1.8		1.2		1.2	
Vitamin B6 (mg)	0.8	0.4	0.1	1.4	0.6	42%	0.5	38%	0.5	38%
Vitamin B12 (µg)	0.8	0.4	0.9	2.5	3.1	123%	2.2	87%	2.2	87%
Pantothenate (mg)	1.6	0.8	0.6	6.0	2.6	43%	2.0	33%	2.0	33%
Biotin (µg)	8.2	4.1	2.6	50.0	11.9	24%	9.3	19%	9.3	19%
Folate (µg)	0.0	0.0	8.0	200.0	24.0	12%	16.0	8%	16.0	8%
Retinol (µg)	0.0	0.0	31.0		93.0		62.0		62.0	
Carotene (µg)	0.0	0.0	20.0		60.0		40.0		40.0	
Vitamin A (µg)	382.0	191.0	0.0	800.0	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%
Vitamin K (µg)	15.6	7.8	0.0	75.0	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%
Vitamin E (mg)	5.5	2.8	0.1	12.0	3.0	25%	2.9	24%	2.9	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%
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%
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	
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%
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%
Iron (mg)	8.7	4.4	0.0	14.0	4.4	32%	4.4	32%	4.4	32%
Copper (mg)	0.6	0.3	0.0	1.0	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%
Chloride (mg)	0.0	0.0	92.0	800.0	276.0	35%	184.0	23%	184.0	23%
Manganese (mg)	0.6	0.3	0.0	2.0	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%
Iodine (µg)	71.0	35.5	32.0	150.0	131.5	88%	99.5	66%	99.5	66%
Folic Acid (µg)	109.0	54.5	0.0		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%
Molybdenum (µg)	22.0	11.0	0.0	50.0	44.0	88%	11.0	22%	11.0	22%

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

Whey Protein Concentrate (**Milk**), Fructose, Skimmed Milk Powder (Milk), Micellar Casein (**Milk**), Carb 10™ (Pea Starch), EmulGold™ (Acacia Fibre), Reduced Fat Cocoa Powder, Medium Chain Triglycerides Oil (**Milk**), Dextrose, Vitamin & Mineral Blend (Calcium, Magnesium, Vitamin C, Niacin, Vitamin E, Iron, Zinc, Pantothenic Acid, Vitamin B6, Riboflavin, Thiamin, Copper, Manganese, Vitamin A, Folic Acid, Molybdenum, Vitamin K, Selenium, Chromium, Biotin, Vitamin D), Natural Flavour, Thickener, Clean Cream® Vegetable Creamer [High Oleic Sunflower Oil, Antioxidant (D-Alpha Tocopherol)], Green Tea Extract, Anti-Caking Agent (Silicon Dioxide), Digezyme™ Enzyme Complex (Amylase, Protease, Cellulase, Lactase, Lipase), Sweetener (Sucralose).

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# Banana Flavour

	Finished Drinks									
	Per 100g	Per 50g	Full Fat Milk		IDDSI 1	% EU NRV	IDDSI 2	% EU NRV	IDDSI 3	% EU NRV
Grams/ml	100	50	100		<b>300ml</b>		<b>200ml</b>		<b>200ml</b>	
Energy kj	1652.0	826.0	282.0		<b>1672.0</b>		<b>1390.0</b>		<b>1390.0</b>	
Energy kcal	395.0	197.5	68.0		<b>401.5</b>		<b>333.5</b>		<b>333.5</b>	
Protein	34.5	17.3	3.4		<b>27.5</b>		<b>24.1</b>		<b>24.1</b>	
Carbohydrate	51.0	25.5	4.7		39.6		34.9		34.9	
of which sugars	49.1	24.6	4.7		38.7		34.0		34.0	
Fat, <i>total</i> (g)	5.7	2.9	4.0		14.9		10.9		10.9	
Polyunsaturates (g)	2.1	1.1	0.1		1.4		1.3		1.3	
Monounsaturates (g)	1.1	0.6	1.0		3.6		2.6		2.6	
Trans fatty acids (g)	0.0	0.0	0.1		0.3		0.2		0.2	
Saturates	2.2	1.1	2.6		8.9		6.3		6.3	
Fibre (g)	0.6	0.3	0.0		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%
Riboflavin (mg)	0.9	0.5	0.2	1.4	1.2	84%	0.9	66%	0.9	66%
Niacin (mg)	10.2	5.1	0.2	16.0	5.7	36%	5.5	34%	5.5	34%
from Tryptophan (mg)	61.3	30.7	0.6		32.5		31.9		31.9	
Vitamin B6 (mg)	0.9	0.5	0.1	1.4	0.6	45%	0.6	41%	0.6	41%
Vitamin B12 (µg)	1.4	0.7	0.9	2.5	3.4	136%	2.5	100%	2.5	100%
Pantothenate (mg)	3.4	1.7	0.6	6.0	3.5	58%	2.9	48%	2.9	48%
Biotin (µg)	28.4	14.2	2.6	50.0	22.0	44%	19.4	39%	19.4	39%
Folate (µg)	114.0	57.0	8.0	200.0	81.0	41%	73.0	37%	73.0	37%
Retinol (µg)	458.0	229.0	31.0		322.0		291.0		291.0	
Carotene (µg)	0.0	0.0	20.0		60.0		40.0		40.0	
Vitamin A (µg)	458.0	229.0	0.0	800.0	229.0	29%	229.0	29%	229.0	29%
Vitamin C (mg)	50.0	25.0	2.0	80.0	31.0	39%	29.0	36%	29.0	36%
Vitamin K (µg)	46.3	23.2	0.0	75.0	23.2	31%	23.2	31%	23.2	31%
Vitamin D (µg)	2.9	1.5	0.0	5.0	1.5	29%	1.5	29%	1.5	29%
Vitamin E (mg)	6.8	3.4	0.1	12.0	3.6	30%	3.6	30%	3.6	30%
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%
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%
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	
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%
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%
Iron (mg)	8.8	4.4	0.0	14.0	4.5	32%	4.5	32%	4.5	32%
Copper (mg)	0.7	0.4	0.0	1.0	0.4	35%	0.4	35%	0.4	35%
Zinc (mg)	6.9	3.5	0.4	10.0	4.7	47%	4.3	43%	4.3	43%
Chloride (mg)	585.0	292.5	92.0	800.0	568.5	71%	476.5	60%	476.5	60%
Manganese (mg)	1.3	0.7	0.0	2.0	0.7	33%	0.7	33%	0.7	33%
Selenium (µg)	36.8	18.4	1.0	55.0	21.4	39%	20.4	37%	20.4	37%
Iodine (µg)	101.1	50.6	32.0	150.0	146.6	98%	114.6	76%	114.6	76%
Folic Acid (µg)	114.0	57.0	0.0		57.0		57.0		57.0	
Chromium (µg)	21.6	10.8	0.0	40.0	10.8	27%	10.8	27%	10.8	27%
Molybdenum (µg)	27.0	13.5	0.0	50.0	13.5	27%	13.5	27%	13.5	27%

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## Ingredients

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

Whey Protein Concentrate (**Milk**), Fructose, Skimmed Milk Powder (**Milk**), Micellar Casein (**Milk**), Carb 10™ (Pea Starch), Medium Chain Triglycerides Oil (**Milk**), EmulGold™ (Acacia Fibre), Dextrose, Banana Juice Powder (Maltodextrin, Gum Acacia), Natural Flavour, Vitamin & Mineral Blend (Calcium, Magnesium, Vitamin C, Niacin, Vitamin E, Iron, Zinc, Pantothenic Acid, Vitamin B6, Riboflavin, Thiamin, Copper, Manganese, Vitamin A, Folic Acid, Molybdenum, Vitamin K, Selenium, Chromium, Biotin, Vitamin D), Thickener, Clean Cream® Vegetable Creamer [High Oleic Sunflower Oil, Antioxidant (D-Alpha Tocopherol)], Natural Colour (Curcumin Extract), Green Tea Extract, Anti-Caking Agent (Silicon Dioxide), Digezyme™ Enzyme Complex (Amylase, Protease, Cellulase, Lactase, Lipase), Sweetener (Sucralose).

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## 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.

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## ! 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

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## Ordering Samples

We have a free sample service for Clinicians.

Simply go to [www.slodinks.com](http://www.slodinks.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.

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## 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	£1.99	£13.93
2	400-7639	400-7662	417-6145	£1.99	£13.93
3	400-7647	400-7654	417-6129	£1.99	£13.93

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](mailto:support@slodrinks.com) and we will speak to them for you.

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## Slō Drinks available to make

<b>Hydration:</b>	Slō Juice, Slō Fizzy, Slō Iced Tea, Slō Tea, Slō Coffee
<b>Medication:</b>	Slō Pill Eze, Slō Solulax
<b>Nutrition:</b>	Slō Milkshakes+, Slō Juice+ (2023/4)
<b>Recreation:</b>	Slō Wine, Slō Beer, Slō Cider

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T: +44(0)3452 222 205 E: [support@slodrinks.com](mailto:support@slodrinks.com) W: [www.slodrinks.com](http://www.slodrinks.com)

Slō Drinks Ltd, 1 Rossington Place, Graphite Way, Glossop, Derbyshire SK13 1QG (UK)

