

What is in Souvenaid®?

Average contents per 100ml:

Energy	421 kJ	Vit. K	6.17 µg	P	(2.3 mmol)	70 mg
	100 kcal	Thiamin (B1)	0.15 mg	P04	(2.3mmol)	217 mg
Protein (10 En%)	2.6 g	Riboflavin (B2)	0.17 mg	Mg	(0.8 mmol)	20 mg
Sugars	6.4 g	Niacin (B3)	1.8 mg-NE	Fe		1.6 mg
- Sugars	6.4 g	Pantothenic acid (B5)	0.53 mg	Zn		1.2 mg
-- Lactose	<0.025 g	Vit. B6	0.80 mg	Cu		0.18 mg
Fat (39 En%)	4.3 g	Folic acid	320 µg	Mn		0.33 mg
- Saturates	1.5 g	Vit. B12	2.4 µg	Mo		10 µg
- Monounsaturates	0.95 g	Biotin	4.0 µg	Se		48 µg
- Polyunsaturates	1.8 g	Vit. C	64 mg	Cr		6.8 µg
-- Eicosapentaenoic acid (EPA)	240 mg	Minerals and trace elements		I		16 µg
-- Docosahexaenoic acid (DHA)	960 mg	Na	(4.3 mmol)	100 mg	Others	
Dietary fibre (1 En%)	0.55 g	K	(2.56 mmol)	100 mg	Uridine-5'-monophosphate	500 mg
Vitamins		Cl	(3.27 mmol)	116 mg	Choline	320 mg
Vit. A	160 µg-RE	Ca	(2.0 mmol)	80 mg	Osmolarity	427 mOsmol/l
Vit. D3	0.80 µg					
Vit. E	32 mg-α-TE					

Vanilla flavour ingredients: Water, maltodextrin, sugar, fish oil, cow's milk proteins, flavouring (vanilla), uridine 5'-monophosphate sodium salt, thickeners, microcrystalline cellulose, sodium carboxymethylcellulose, choline chloride, calcium citrate, soy lecithin, acidity regulator (citric acid), sodium L-ascorbate, potassium citrate, DL-alpha tocopheryl acetate, magnesium hydroxide, sodium citrate, potassium hydroxide, colour (curcumin), ferrous lactate, zinc sulphate, pyridoxine hydrochloride, copper gluconate, nicotinamide, manganese sulphate, calcium D-pantothenate, pteroylmonoglutamic acid, thiamin hydrochloride, retinyl acetate, riboflavin, sodium selenite, chromium chloride, sodium molybdate, potassium iodide, phytomenadione, D-biotin, cyanocobalamin, cholecalciferol.



Please note the ingredients list is for vanilla flavour only.
For the full ingredients list, please contact the Souvenaid® customer care team on 0800 438 500.

Souvenaid® recipe idea



Breakfast Delight Smoothie Ingredients

- 1 Souvenaid® Strawberry 125ml bottle
- ½ cup frozen or fresh blueberries
- 5 almonds
- ¼ cup oats
- ¼ cup natural yoghurt

Method

Add all ingredients into a blender and blend until smooth.

Makes 1 serve.

*TIP

Instead of enjoying as a smoothie, serve it up in a bowl and garnish with granola, shredded coconut and mixed berries for a delicious breakfast treat.

For more information on Souvenaid® visit www.souvenaid.co.nz

References: 1. van Wijk N et al. JAD 2014; 38(3) 2. Lopes da Silva S et al. Alzheimer's & Dementia 2014; 10(4): 485-502 3. Mi W et al. Nutrition 29:1080-1089 4. Scheltens P et al. Alzheimer's Dement 2010; 6: 1-10 5. Scheltens P et al. J Alzheimers Dis 2012; 31: 225-23 6. Soininen H et al. Lancet Neurol 2017; 16: 965-975 7. Shah RC et al. Alzheimers Res Ther 2013; 5: 59

Souvenaid® is a food for special medical purposes for the dietary management of early AD and must be used under medical supervision. Nutricia Ltd, 124 Favona Road, Favona Auckland, 2024, New Zealand.

Are memory lapses an early sign of Alzheimer's?



Important information on nutrition, the brain and aging

Memory loss, MCI and Alzheimer's disease

The truth is that the symptoms of Alzheimer's disease (the most common form of dementia), and of the related condition of mild cognitive impairment (MCI), are very different to an occasional bout of forgetfulness.

Unlike people with normal lapses in memory, those with Alzheimer's simply can't retain information, even when prompted. Their memory issues can't be reversed by a change of medication, more sleep or other treatment. Instead, their memory progressively worsens and the condition starts to affect other cognitive functions, such as language and reasoning.

MCI, meanwhile, impacts memory but doesn't involve the significant loss of other cognitive functions.

Nutrition, the brain and aging

Throughout our lives we continually lose and replace important brain connections known as synapses. To help maintain and support the formation of new synapses the brain needs the following key nutrients in the right combination, and at the right levels:¹

- Omega-3 fatty acids
- Phospholipids
- Choline
- Uridine monophosphate
- B-vitamins

Research has shown that people with memory loss in early Alzheimer's often have low levels of these key nutrients, despite eating a normal diet.^{2,3} Souvenaid® has been designed to provide these essential nutrients at levels otherwise difficult to achieve through diet alone.

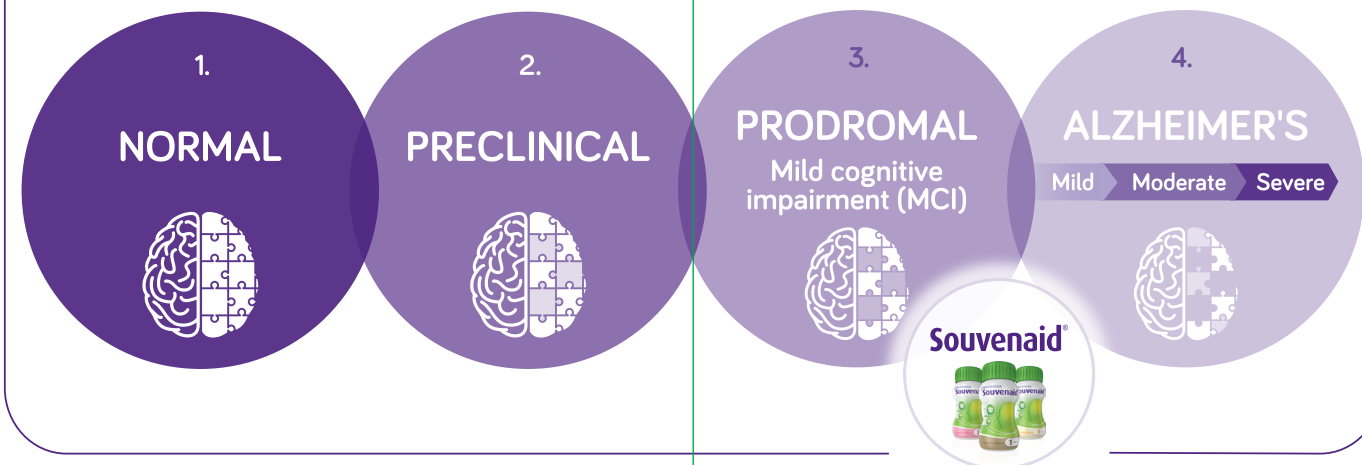
What is Souvenaid®?

Souvenaid® is a medical nutrition drink that nutritionally supports memory function in the early stages of Alzheimer's disease. Taken once daily for 6 months, Souvenaid has been shown to improve memory during the early stages.^{4,5}

Souvenaid® is unique because it:

- Contains Fortasyn™ Connect, a patented combination of nutrients supporting growth of brain connections.
- Is safe and well tolerated alone or in combination with Alzheimer's medication.^{4,7}
- Is backed by 20 years of evidence based research.^{4,6}

DEMENTIA PROGRESSION - 4 KEY STAGES -



To purchase Souvenaid® visit your local Chemist Warehouse Pharmacy or visit www.chemistwarehouse.co.nz