

Patient Information Leaflet

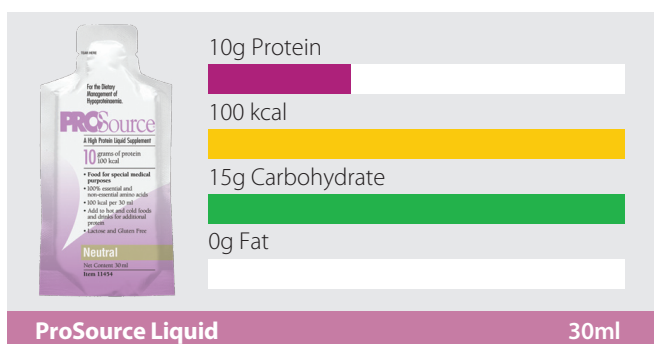
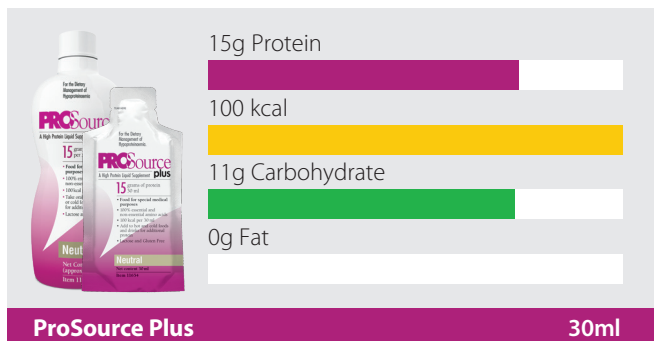
This leaflet is designed to answer common questions about ProSource Plus and ProSource Liquid. If you have any other questions, please refer to your dietitian or GP.

A bit about these products

ProSource Plus and ProSource Liquid are low volume, high protein supplements, that that can help to increase your protein and calorie intake.

ProSource Plus and ProSource Liquid are both lactose and gluten free, both contain **milk**.

ProSource Plus and ProSource Liquid contain pork derivatives and may therefore not be suitable for vegetarians.



What flavours are available?

ProSource Plus and ProSource Liquid are available in Neutral, Orange Crème and Citrus Berry flavours.

How much ProSource should I take?

Your dietitian or GP will advise you on how many sachets you should take.

How should they be stored?

You should store ProSource Plus and ProSource Liquid unopened at room temperature (not exceeding 25°C).

The expiry date can be located on the bottom of each sachet and the neck of each bottle.

Sachets: Once opened, use immediately.

Bottles: Once opened, make a note of the date on the label.

Discard three months after opening. Replace cap after each use.

How to get hold of them?

The healthcare professional who recommended the product for you will be able to advise you on how to get a further supply of ProSource Plus or ProSource Liquid if it is required.

Further information is available at nutrinovo.com/patient-resources

How to take ProSource Plus and ProSource Liquid?

These products can be taken on their own, or they can be added to a variety of hot or cold, food and drinks, if preferred.

For example, ProSource Plus and ProSource Liquid can be mixed into the following foods:

- Yoghurt
- Ice cream
- Porridge
- Rice pudding
- Custard
- Soup*

*For savoury options, the neutral flavour is recommended.

And the following drinks:

- Fruit juice or squash
- Fizzy drinks
- Hot or cold water

Please check with your healthcare professional that these suggestions are suitable for you.

When adding ProSource products into other foods or drinks, good food safety and storage practices should always be followed.



Can I recycle the packaging?



The sachets can be recycled at a wide range of “soft plastic” recycling points. Please visit [recyclenow.com/recycling-locator](https://www.recyclenow.com/recycling-locator) to find your local recycling point.

The cardboard carrier box and ProSource Plus bottles are widely recyclable, whilst the plastic bag used to retain sachets can also be recycled as a “soft plastic”.

For more information visit [nutrinovo.com/sustainability](https://www.nutrinovo.com/sustainability)

The information in this leaflet is intended for patients who have been recommended ProSource Plus or ProSource Liquid by a Healthcare Professional.

ProSource Plus and ProSource Liquid are Foods for Special Medical Purposes for the dietary management of hypoproteinaemia and must be used under medical supervision.



Further information is available at [nutrinovo.com/patient-resources](https://www.nutrinovo.com/patient-resources) or by calling **01249 691301**