

Appendix 1. Nutrition profile and composition of the multi-nutrient supplement (Source: Abbott Australasia Pty Ltd)

NUTRIENT	UNIT	Per 220 mL (one bottle)
Energy	kcal	330
	kJ	1388
Protein	g	20
Fat	g	11
Saturated fatty acids	g	0.99
Monounsaturated fatty acids	g	5.17
Polyunsaturated fatty acids	g	3.74
Carbohydrate	g	37
Of which sugars	g	15
Dietary fibre (total)	g	1.7
Of which FOS*	g	1.7
CaHMB**	g	1.5
Water	g	168
Carnitine	mg	40
Choline	mg	154
Vitamins		
Vitamin A	µg RE	264
Vitamin D3	µg	13
	IU	500
Vitamin E	mg α-TE	5.5
Vitamin K1	µg	33
Vitamin C	mg	35
Vitamin B1	mg	0.57
Vitamin B2	mg	0.70

Vitamin B6	mg	0.66
Vitamin B12	µg	1.4
Niacin	mg NE	6.6
Pantothenic acid	mg	2.4
Folic acid	µg	77
Biotin	µg	13
Minerals		
Sodium	mg	330
Potassium	mg	594
Chloride	mg	139
Calcium	mg	499
Phosphorus	mg	260
Magnesium	mg	55
Iron	mg	4.6
Zinc	mg	3.9
Manganese	mg	0.99
Copper	µg	539
Iodine	µg	48
Selenium	µg	20
Chromium	µg	19
Molybdenum	µg	33

* Fructo-oligosaccharides

**Calcium β-hydroxy-β-methylbutyrate monohydrate

LIST OF INGREDIENTS IN DESCENDING ORDER:

Water, hydrolysed corn starch, sucrose, VEGETABLE OILS (canola oil, corn oil), sodium caseinate, milk protein concentrate, soy protein isolate, whey protein concentrate, MINERALS (potassium citrate, sodium citrate, calcium phosphate tribasic, magnesium carbonate, potassium chloride, ferrous sulphate, zinc sulphate, manganese sulphate, cupric sulphate, sodium molybdate, potassium iodide, chromium chloride, sodium selenate), fructo-oligosaccharides, CaHMB (calcium β -hydroxy- β -methylbutyrate monohydrate),

flavouring, emulsifier (322), stabilisers (460, 466, 418), choline chloride, VITAMINS (ascorbic acid, dl- alpha tocopheryl acetate, niacinamide, calcium pantothenate, beta carotene, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, vitamin A palmitate, folic acid, phylloquinone, vitamin D₃, biotin, cyanocobalamin), L-carnitine.

Contains: Milk and Soy

May contain potassium phosphate dibasic and sodium chloride.