

## So Simple to Use

Prosource liquid is a unique concentrated high protein & calorie supplement that contains 10g of protein and 100kcal in just 30ml of liquid – ideal for adding protein & calories into the diet without any of the complications associated with powdered protein products or higher volume sip feeds.

Presented in ready to use 30ml sachets, Prosource Liquid can be taken as a 'shot', administered with a tube feed, or added directly to a meal, drink or sip feed.

## ProSource Liquid in Drinks & Supplements

Simply add 1 sachet of ProSource Liquid (or as prescribed by your health professional) directly into your drink or nutritional supplement, stir gently and consume. ProSource Liquid mixes easily with both hot or cold drinks.

**Note:** If mixing drinks for a dysphagic patient, it is easier to mix in the Prosource Liquid before adding the food thickener.

**1 Sachet of ProSource Liquid will add 10g protein & 100kcal to the drink or nutritional supplement.**

## Food

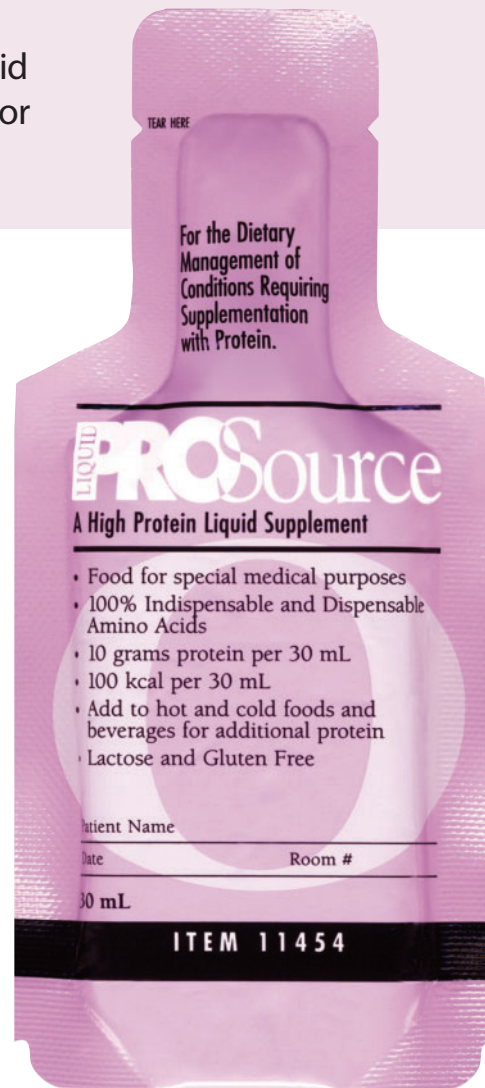
Simply add 1 sachet of ProSource Liquid (or as prescribed by your health professional) directly to your hot / cold food, stir in gently and consume.

**1 Sachet of ProSource Liquid will add 10g protein & 100kcal to the food.**

## Tube Feeding

Flush the feeding tube. Mix 1 sachet of Prosource Liquid with 30ml of water, stir and infuse via feeding tube using a syringe. Once infused, flush tube again with water and then continue tube feeding as prescribed.

**1 Sachet of ProSource Liquid will add 10g protein & 100kcal to the tube feed.**



### Important Notice:

ProSource Liquid must only be used under strict medical supervision. **Not for intravenous use.** Not suitable as a sole source of nutrition. Not recommended for children under 3 years of age. Not suitable for vegetarians and other groups due to processing of some of the ingredients. Contains porcine derivatives.

# So Simple ProSource Liquid Recipes

Prosource Liquid mixes easily with all liquid and semi liquid foods and drinks. Most of these recipes are for a single portion unless stated otherwise.

Here's a small selection of great tasting food & drink recipe ideas. Alternatively, why not create your own? ProSource Liquid is so simple to use and makes it possible to increase your protein and calorie intake without compromising on the everyday foods and drinks that you enjoy.

## ProSource Super Jelly

**Ingredients:** 1 packet of jelly squares (135 g)  
250ml of boiling water (1 cup)  
120ml of ProSource Liquid (4 sachets)

**Instructions:** Mix all the ingredients into a suitable bowl, stir until jelly squares dissolve and then place in 4 small bowls bowl in refrigerator until set.

## ProSource Power Drinks

**Ingredients:** Approx 250 ml (1 cup) of chosen cold drink e.g. Applejuice, Orange juice, Cranberry juice, Cola, Tomato Juice, Lemonade, etc. (approx 1 glass)  
30ml of ProSource Liquid (1 sachet)

**Instructions:** Simply mix the ProSource Liquid into your favourite drink, stir gently and enjoy.

**Note:** For the fizzy drinks such as cola, pour the fizzy drink into a glass that holds at least twice the volume of the fizzy drink as it will fizz-up when you whisk in the ProSource Liquid.

## ProSource Super Milk

**Ingredients:** 125ml (1/2 cup) of chilled milk (approx half glass)  
30ml of ProSource Liquid (1 sachet)

**Instructions:** Simply mix the ProSource Liquid into the milk, stir gently and enjoy.

## ProSource Hot Cereal

**Ingredients:** 30g of hot cereal mix (e.g. fine porridge oats)  
150ml water or milk (to taste)  
30ml ProSource Liquid (1 sachet)

**Instructions: For instant hot cereals:** Place a portion of the cereal mix into a bowl. Boil the milk or water and pour into the bowl and stir. Add the ProSource Liquid and mix well using a small whisk or a fork, then serve.

**For microwave hot cereals:** Make according to the manufacturers instruction then add the sachet of ProSource Liquid and mix well using a small whisk or a fork, then serve.

## ProSource Cold Cereals

For cold cereals, measure the required amount of milk, add the ProSource Liquid and mix well using a small whisk or a fork. Then pour over the cold cereals.

## ProSource Hi-Protein Soup

**Ingredients: For tinned soups:**  
1 can of soup (approx 400g/350ml)  
30 ml ProSource Liquid (1 sachet)

**Instructions:** Heat to the required temperature and then pour half into a serving bowl\*. Add a sachet of ProSource Liquid and mix well using a small whisk or a fork.

**Ingredients: For tinned concentrated soups:**

1 can of concentrated soup  
30 ml Prosource Liquid (1 sachet)  
Add either 1 can of milk for cream soups, or 1 can of water for broth soups

**Instructions:** Heat the concentrated soup and either the milk or water to the required temperature and then pour half into a serving bowl\*. Add a sachet of ProSource Liquid and mix well using a small whisk or a fork.

*\*Adding all the ProSource Liquid to the first half of the soup that is to be consumed helps to ensure that the patient benefits from all the ProSource*

## ProSource Scrambled Eggs

**Ingredients:** 2 large eggs  
30ml ProSource Liquid (1 sachet)

**Instructions:** Mix the eggs and ProSource Liquid into suitable mixing bowl. Wisk with a fork or wisk. Pour into heated, lightly oiled pan. Stir and fold until done. Milk or cream and/or butter can be added to the eggs before cooking to taste.

## ProSource Hearty Stew

**Ingredients:** A portion of stew (1 cup (250ml)) or (2 cups (500ml)) 30ml of ProSource Liquid (1 sachet)

**Instructions:** Mix the ProSource Liquid into the stew, heat to required level and serve.

**Note:** Prosource Liquid can be added to any stew or mince or pasta sauces, Bolognese is particularly good.