flavour creations

PRODUCT CATALOGUE

To enhance the quality of all human life, harness our passion, and delight our global family.

Transforming the global nutritional experience with cutting edge products, happily consumed by millions, every day.

Life Enriching Nutrition

Founded in Queensland, Australia by Bernadette Eriksen, for over 26 years, Flavour Creations has developed science-backed targeted health and medical nutrition solutions. Driven by Bernadette's passion for food and a desire to help people with specific nutritional needs, Flavour Creations provides life-enhancing nutrition.

A leading provider of nutrition for individuals living with dysphagia (difficulty swallowing), today, Flavour Creations is expanding globally. Its range of high-quality, great tasting nutrition solutions are supplied to hospitals, aged care homes, pharmacies and direct-to-homes.

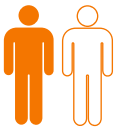
Flavour Creations is committed to delivering sustainable nutrition through locally sourced ingredients that support Australian jobs. All our products are scientifically formulated by our team of food scientists, speech pathologists and dietitians, and are subject to rigorous quality and safety processes.

Flavour Creations is distinguished by its proactive innovation, care and unwavering support provided to customers, helping to restore dignity and quality of life.

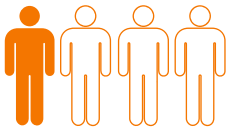
Flavour Creations makes nutrition easy, enjoyable and accessible.

about Dysphagia

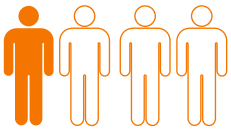
Dysphagia (difficulty swallowing) is common among children and adults with certain neurological disorders and acquired brain injuries, people with head and neck cancer, and older adults. Many people living with dysphagia can endure malnutrition, dehydration, social isolation and are at risk of aspiration pneumonia.



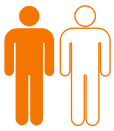
Up to 50% of aged care residents have dysphagia[1,2]



Up to 25% of acute hospital patients have dysphagia[2]



Up to 22% of Australians have dysphagia[1]



Up to 50% of post-stroke patients have dysphagia[1]

Amylase Resistant™ Range

Using patented technology, Flavour Creations Amylase Resistant™ formula maintains a stable consistency of foods and drinks during the entire swallowing process, unlike starch-based thickened products. Our formula assists to improve the safety, quality, and taste of our products and supports better hydration and nutrition for people living with dysphagia.

- Largest Amylase Resistant range – drinks, powders, snacks and desserts
- Formulated to International Dysphagia Diet Standardisation Initiative (IDDSI)
- Supports better safety, quality and taste

What is Amylase

Amylase is an enzyme found in saliva that breaks down starches and changes the viscosity of foods and drinks.

Dysphagia Cup and Holder

After seven years of rigorous research and development, in 2016 Flavour Creations launched its award-winning Dysphagia Cup. Designed to Arthritis Australia's Packaging Design Accessibility Guidelines, the Flavour Creations Dysphagia Cup has six key features that empowers individuals to hold their own cup to drink independently.

Australian Patent No. 2015234327

DYSPHAGIA CUP HOLDER

Dysphagia Cup Awards

LORD MAYOR'S BUSINESS AWARDS 2017 — GOLD AWARD, QLD Urban Utilities Award for Product Innovation

PIDA PACKAGING INNOVATION & DESIGN AWARDS 2019 — SILVER AWARD, Save Food Packaging

PIDA PACKAGING INNOVATION & DESIGN AWARDS 2019 — SILVER AWARD, Accessible Packaging Design

1. Australian and New Zealand Society for Geriatric Medicine. Position Statement – Dysphagia and aspiration in older people. Australas J Ageing. 2011; 30: 98-103.
2. Cichero JA, Heaton S, Bassett L. Triaging dysphagia: nurse screening for dysphagia in an acute hospital. J Clin Nurs. 2009; 11:1649-59.

WORLD'S LARGEST RANGE

22 FLAVOURS • 8 CATEGORIES • 4 IDDSI LEVELS

Boasting the largest range of Thickened Ready-to-Drink products, our drinks are available in all four IDDSI levels to be enjoyed by everyone dining with dysphagia.

	Waters		Juices			Hot Drinks		Cordial Drinks			
1 SLIGHTLY THICK	Water		Apple								
2 MILDLY THICK	Water	Watermelon	Apple	Orange	Sun	White Tea	White Coffee	Citrus	Diet Lemon	Lime	Raspberry
3 MODERATELY THICK	Water	Watermelon	Apple	Orange	Sun	White Tea	White Coffee	Citrus	Diet Lemon	Lime	Raspberry
4 EXTREMELY THICK	Water	Watermelon	Apple	Orange	Sun	White Tea	White Coffee	Citrus	Diet Lemon	Lime	Raspberry

Creamy Drinks			Protein Fortified		Nutritionally Complete				Functional Drinks	
				Caramel	Apple Berry					
Chocolate	Dairy	Strawberry	Lemon Lime	Caramel	Apple Berry	Chocolate	Iced Coffee	Vanilla	Pear Juice	Cranberry
Chocolate	Dairy	Strawberry	Lemon Lime	Caramel	Apple Berry	Chocolate	Iced Coffee	Vanilla	Pear Juice	
Chocolate	Dairy	Strawberry	Lemon Lime	Caramel	Apple Berry	Chocolate	Iced Coffee		Pear Juice	

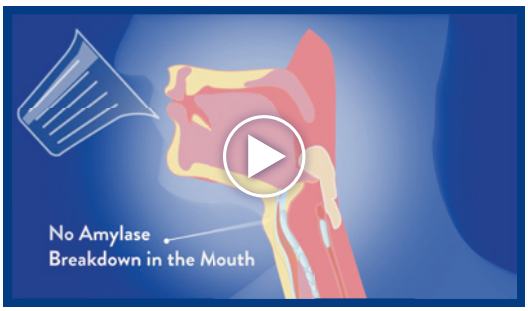
DYSPHAGIA INNOVATION FOR EVERYONE

THICKENED READY-TO-DRINK RANGE

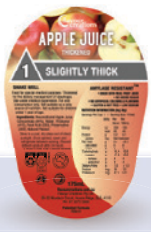
Introducing our new Flavour Creations IDDSI Level 1 Slightly Thick Ready-to-Drink range, available in our award-winning Dysphagia Cup to be enjoyed by children and adults living with dysphagia.

The new range has been designed to assist Speech Pathologists in the clinical evaluation and diagnosis of dysphagia in acute and community settings, particularly in children.

The Amylase Resistant™ IDDSI Level 1 range is available in Water, Apple Juice, Protein Caramel Drink and Nutritionally Complete Apple Berry Drink.



WATCH VIDEO



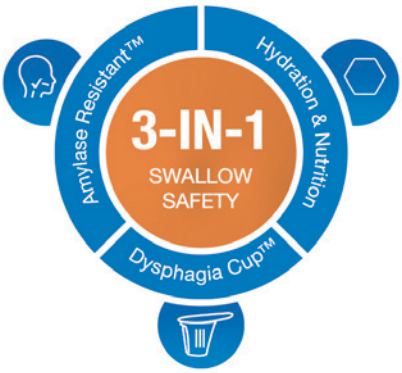
		Water		Apple Juice		Pro Caramel		Apple Berry Nutritionally Complete	
		• Amylase Resistant™ • No Artificial Colours & Flavours • Low Sodium • Clear Fluid		• Amylase Resistant™ • Made with Real Fruit Juice • No Added Sugar • No Artificial Colours & Flavours • Low Sodium		• Amylase Resistant™ • 1.5 Kcal/mL • 15g Protein • Lactose Free • Source of Fibre • No Artificial Colours & Flavours		• Amylase Resistant™ • 1.5 Kcal/mL • Complete Nutrition • 15g Protein • 27 Vitamins & Minerals • No Artificial Colours & Flavours	
NUTRITION INFORMATION (AVERAGE QUANTITY)		Serving Size: 175mL		Serving Size: 175mL		Serving Size: 175mL		Serving Size: 175mL	
		Per Serve	Per 100mL	Per Serve	Per 100mL	Per Serve	Per 100mL	Per Serve	Per 100mL
Energy	kJ	35	20	334	191	1150	657	1110	634
	kcal	8	5	80	46	276	158	266	152
Protein	g	0	0	0.2	0.1	15.0	8.6	15.0	8.6
- gluten	mg	Not Detected		Not Detected		Not Detected		Not Detected	
Fat, Total	g	0	0	0.1	<0.1	0	0	0	0
- saturated	g	0	0	0	0	0	0	0	0
Carbohydrate	g	1.8	1.0	18.4	10.5	48.9	27.9	48.3	27.6
- sugars	g	1.8	1.0	17.8	10.2	13.4	7.7	24.6	14.1
- lactose	g	0	0	0	0	0	0	0	0
- galactose	g	0	0	0	0	0	0	0	0
Dietary Fibre	g	0.5	0.3	1.0	<0.1	3.0	1.7	4.4	2.5
Sodium	mg	31	18	38	22	187	107	114	65
Potassium	mg	5	3	211	121	5	3	210	120

WHY ARE SLIGHTLY THICK FLUIDS IMPORTANT FOR CHILDREN?

Thickened fluids are often recommended for children who have swallowing difficulties (dysphagia). Feeding and swallowing problems can arise with neurological disorders such as cerebral palsy, acquired difficulties including traumatic brain injuries and developmental delays, (e.g., Down's syndrome).

Left untreated, swallowing difficulties in children can lead to faltering growth, aspiration pneumonias, gastroesophageal reflux, and/or the inability to establish and maintain proper nutrition and hydration.

Flavour Creations IDDSI Level 1 Slightly Thick range is designed to help children from 1 year to safely enjoy the experience of drinking and to ensure adequate nutrition and hydration.



Waters

175mL

- Amylase Resistant™
- No Artificial Colours & Flavours
- Low Sodium
- Gluten, Nut & Soy Free
- Clear Fluid

Water

1 2 3 4

Watermelon Flavoured

2 3 4

NUTRITION INFORMATION (Average Quantity)

Waters | Level 3 - Moderately Thick

Serving Size: 175mL		Water		Watermelon Flavoured	
	Units	Per Serve	Per 100mL	Per Serve	Per 100mL
Energy	kJ	55	32	138	79
	kcal	13	8	33	19
Protein	g	0.1	0	0.1	0
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	0	0	0	0
- saturated	g	0	0	0	0
- trans	g	0	0	0	0
Carbohydrate	g	2.4	1.4	7.3	4.2
- sugars	g	2.3	1.3	6.2	3.6
- lactose	g	0	0	0	0
- galactose	g	0	0	0	0
Dietary Fibre	g	1.7	1.0	1.7	0.9
Sodium	mg	89	51	85	49
Potassium	mg	14	8	13	7

Real Fruit Juices

175mL

- Amylase Resistant™
- Made with Real Fruit Juice
- Low Sodium
- No Artificial Colours & Flavours
- Gluten, Nut & Soy Free

Apple Juice

- Clear Fluid

Apple Juice

1 2 3 4

Orange Juice

2 3 4

NUTRITION INFORMATION (Average Quantity)

Juices | Level 3 - Moderately Thick

Serving Size: 175mL		Apple Juice		Orange Juice	
	Units	Per Serve	Per 100mL	Per Serve	Per 100mL
Energy	kJ	360	206	352	201
	kcal	86	49	84	48
Protein	g	0.3	0.2	0.9	0.5
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	0.1	0.1	0.1	<0.1
- saturated	g	0	0	0	0
- trans	g	0	0	0	0
Carbohydrate	g	19.4	11.1	19.7	11.3
- sugars	g	19.1	10.9	17.1	9.7
- lactose	g	0	0	0	0
- galactose	g	0	0	0	0
Dietary Fibre	g	1.6	0.9	1.5	0.9
Sodium	mg	84	48	26	15
Potassium	mg	233	133	237	135

Sun Juice

2 3 4

Pear Juice

2 3 4

NUTRITION INFORMATION (Average Quantity)

Juices | Level 3 - Moderately Thick

Serving Size: 175mL		Sun Juice		Pear Juice	
	Units	Per Serve	Per 100mL	Per Serve	Per 100mL
Energy	kJ	458	262	330	189
	kcal	110	63	79	45
Protein	g	0.5	0.3	0.2	0.1
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	0	0	0.1	0
- saturated	g	0	0	0	0
- trans	g	0	0	0	0
Carbohydrate	g	25.8	14.8	17.1	9.8
- sugars	g	24.6	14.0	15.9	9.1
- lactose	g	0	0	0	0
- galactose	g	0	0	0	0
Dietary Fibre	g	1.3	0.7	3.8	2.2
Sodium	mg	28	16	60	35
Potassium	mg	194	111	162	92

Hot Drinks

175mL

- Amylase Resistant™
- No Artificial Colours & Flavours
- Gluten, Nut & Soy Free
- Low Sodium

White Tea

- Dairy Free

White Coffee

- Low Lactose

White Tea

White Tea

2 3 4

White Coffee

2 3 4

NUTRITION INFORMATION (Average Quantity)

Hot Drinks | Level 3 - Moderately Thick

Serving Size: 175mL		White Tea		White Coffee	
	Units	Per Serve	Per 100mL	Per Serve	Per 100mL
Energy	kJ	75	43	160	92
	kcal	18	10	38	22
Protein	g	0.2	0.1	1.5	0.8
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	0	0	1.0	0.6
- saturated	g	0	0	0.7	0.4
- trans	g	0	0	0	0
Carbohydrate	g	3.5	2.0	4.6	2.6
- sugars	g	3.1	1.8	3.3	1.9
- lactose	g	0	0	1.5	0.8
- galactose	g	0	0	0	0
Dietary Fibre	g	2.1	1.2	1.8	1.0
Sodium	mg	105	60	188	108
Potassium	mg	17	10	263	150

thickened HYDRATION Ready-To-Drink

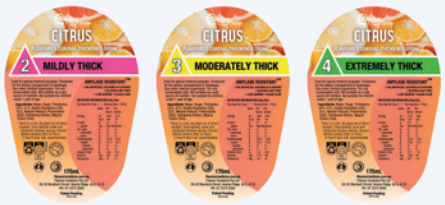
Cordial Drinks

175mL

- Amylase Resistant™
- No Artificial Colours & Flavours
- Low Sodium
- Gluten, Nut & Soy Free
- Clear Fluid

Diet when compared to other Flavour Creations cordial drinks.

Citrus Flavoured



Diet Lemon

Lime Flavoured

Raspberry Flavoured

NUTRITION INFORMATION (Average Quantity)

Cordial Drinks | Level 3 - Moderately Thick

Serving Size: 175mL		Citrus Flavoured		Diet Lemon	
	Units	Per Serve	Per 100mL	Per Serve	Per 100mL
Energy	kJ	393	225	116	67
	kcal	94	54	28	16
Protein	g	0	0	0.2	0.1
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	0	0	0.1	0
- saturated	g	0	0	0	0
- trans	g	0	0	0	0
Carbohydrate	g	22.4	12.8	5.8	3.3
- sugars	g	22.1	12.6	4.1	2.4
- lactose	g	0	0	0	0
- galactose	g	0	0	0	0
Dietary Fibre	g	1.5	0.9	1.6	0.9
Sodium	mg	113	65	145	83
Potassium	mg	14	8	14	8

NUTRITION INFORMATION (Average Quantity)

Cordial Drinks | Level 3 - Moderately Thick

Serving Size: 175mL		Lime Flavoured		Raspberry Flavoured	
	Units	Per Serve	Per 100mL	Per Serve	Per 100mL
Energy	kJ	420	240	427	244
	kcal	101	58	102	59
Protein	g	0	0	0.1	0
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	0	0	0	0
- saturated	g	0	0	0	0
- trans	g	0	0	0	0
Carbohydrate	g	24.0	13.7	24.4	13.9
- sugars	g	23.9	13.7	23.9	13.6
- lactose	g	0	0	0	0
- galactose	g	0	0	0	0
Dietary Fibre	g	1.4	0.8	1.5	0.9
Sodium	mg	107	61	110	63
Potassium	mg	13	7	14	8

thickened NUTRITION Ready-To-Drink

Creamy Drinks

175mL

- Amylase Resistant™
- Source of Protein
- Gluten, Nut & Soy Free
- Low Sodium
- No Artificial Colours & Flavours

*Strawberry Flavoured is not Kosher Dairy certified

Chocolate

Dairy

Strawberry Flavoured

NUTRITION INFORMATION (Average Quantity)

Creamy Drinks | Level 3 - Moderately Thick

Serving Size: 175mL		Chocolate		Dairy		Strawberry Flavoured	
	Units	Per Serve	Per 100mL	Per Serve	Per 100mL	Per Serve	Per 100mL
Energy	kJ	566	323	489	279	616	352
	kcal	136	78	117	67	148	84
Protein	g	5.6	3.2	7.0	4.0	6.3	3.6
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	3.3	1.9	4.3	2.4	4.7	2.7
- saturated	g	2.3	1.3	2.9	1.7	3.6	2.1
- trans	g	0.1	0.1	0.2	0.1	0.1	0.1
Carbohydrate	g	20.3	11.6	13.3	7.6	20.3	11.6
- sugars	g	18.8	10.7	11.7	6.7	18.0	10.3
- lactose	g	3.9	2.2	6.1	3.5	4.6	2.6
- galactose	g	0	0	0.0	0.0	0	0
Dietary Fibre	g	2.6	1.5	1.9	1.1	1.3	0.7
Sodium	mg	175	100	182	104	125	71
Potassium	mg	314	180	184	105	132	76
Calcium	mg	245	140	301	172	300	172
Vitamin D	µg	2.6	1.4	2.5	1.4	2.5	1.4

Nutritionally Complete Drinks

175mL

- Amylase Resistant™
- 15g Protein
- 27 Vitamins & Minerals
- No Artificial Colours & Flavours
- Source of Calcium & Vitamin D
- Gluten, Nut & Soy Free

Vanilla Flavour

- Lactose Free

Apple Berry

1 2 3 4

Chocolate

2 3 4

NUTRITION INFORMATION (Average Quantity)

Nutritionally Complete | Level 3 - Moderately Thick

Serving Size: 175mL		Apple Berry Flavoured		Chocolate	
	Units	Per Serve	Per 100mL	Per Serve	Per 100mL
Energy	kJ	1110	633	1120	641
	kcal	266	152	269	154
Protein	g	15.0	8.6	15.0	8.6
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	0.3	0.2	0.6	0.3
- saturated	g	0.1	0	0.3	0.2
- trans	g	0	0	0	0
Carbohydrate	g	47.6	27.2	47.4	27.1
- sugars	g	31.4	18.0	23.7	13.6
- lactose	g	0	0	0.1	0.1
- galactose	g	0	0	0	0
Dietary Fibre	g	5.0	2.9	6.5	3.7
Sodium	mg	157	90	251	143
Potassium	mg	191	109	387	221
Calcium	mg	199	114	322	184
Vitamin D	µg	2.2	1.3	29.8	17.0

Iced Coffee Flavoured

2 3 4

Vanilla Flavour

2 3

NUTRITION INFORMATION (Average Quantity)

Nutritionally Complete | Level 3 - Moderately Thick

Serving Size: 175mL		Iced Coffee Flavoured		Vanilla Flavour	
	Units	Per Serve	Per 100mL	Per Serve	Per 100mL
Energy	kJ	1100	630	1100	629
	kcal	264	151	264	151
Protein	g	15.0	8.6	15	8.6
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	0.1	0	6.1	3.5
- saturated	g	0	0	0	0
- trans	g	0	0	0	0
Carbohydrate	g	48	27	34.7	19.8
- sugars	g	18	10	11.0	6.3
- lactose	g	0	0	0	0
- galactose	g	0	0	0	0
Dietary Fibre	g	4.5	2.6	4.7	2.7
Sodium	mg	332	189	337	193
Potassium	mg	206	118	292	167
Calcium	mg	290	166	350	200
Vitamin D	µg	40	23	29	16.6

Protein Fortified Drink

175mL

- Amylase Resistant™
- 15g Protein
- Source of Fibre
- Lactose Free (Excludes Caramel Flavoured Level 4)
- Gluten, Nut & Soy Free
- No Artificial Colours & Flavours

Lemon Lime Flavoured

2 3 4

Caramel Flavoured

1 2 3 4

NUTRITION INFORMATION (Average Quantity)

Protein Fortified | Level 3 - Moderately Thick

Serving Size: 175mL		Lemon Lime Flavoured		Caramel Flavoured	
	Units	Per Serve	Per 100mL	Per Serve	Per 100mL
Energy	kJ	685	392	1100	629
	kcal	164	94	264	151
Protein	g	15.2	8.7	15.0	8.6
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	0	0	0	0
- saturated	g	0	0	0	0
- trans	g	0	0	0	0
Carbohydrate	g	21.9	12.5	48.0	27.4
- sugars	g	21.2	12.1	21.4	12.2
- lactose	g	0	0	0	0
- galactose	g	0	0	0	0
Dietary Fibre	g	7.0	4.0	4.0	2.3
Sodium	mg	484	276	278	159
Potassium	mg	13	7	12	7

functional

Ready-To-Drink

Functional Drinks

175mL

- No Artificial Colours & Flavours
- Gluten, Nut & Soy Free

Cranberry Drink Thickened

- UTI Management
- Made with Real Fruit Juice
- Clear Fluid
- Amylase Resistant™

Pear Juice Thickened

- Made with Real Fruit Juice
- Good Source of Fibre
- Amylase Resistant™

Pear Juice

- Made with Real Fruit Juice
- Good Source of Fibre

Cranberry

Pear Juice

Pear Juice

NUTRITION INFORMATION (Average Quantity)

Functional Drinks

Serving Size: 175mL		Cranberry Level 2		Pear Juice Level 3		Pear Juice	
	Units	Per Serve	Per 100mL	Per Serve	Per 100mL	Per Serve	Per 100mL
Energy	kJ	453	259	330	189	324	185
	kcal	109	62	79	45	78	44
Protein	g	0.1	0.1	0.2	0.1	0.1	0.1
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	0	0	0.1	0	0.1	0
- saturated	g	0	0	0	0	0	0
- trans	g	0	0	0	0	0	0
Carbohydrate	g	26.1	14.9	17.1	9.8	16.8	9.6
- sugars	g	23.9	13.7	15.9	9.1	15.7	8.9
- lactose	g	0	0	0	0	0	0
- galactose	g	0	0	0	0	0	0
Dietary Fibre	g	0.9	0.5	3.8	2.2	4.0	2.3
Sodium	mg	223	127	60	35	11	6
Potassium	mg	84	48	162	92	156	89

Accessories

Flavour Creations Dysphagia Cup Holder

Pack Size: 12

- Large Easy-Grip Handles
- Suitable for FC Ready-to-Drink Cup
- Reusable
- Dishwasher Safe

Round Cup Lid with Spoon

Pack Size: 36

- Reseal Opened Snacks, Desserts & Drinks
- On-the-Go Convenience
- Suitable for Flavour Creations Round Cups

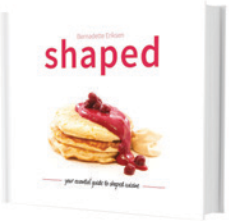
Flavour Creations Dysphagia Cup Lid

Pack Size: 50

- Reseal FC Ready-to-Drink Cup
- Designed for FC Dysphagia Cup
- Reusable
- Label with Dysphagia Cup Lid Sticker

Shaped Recipe Book

Pack Size: 1



- Essential Guide to Shaped Cuisine
- 120 Texture-Modified Recipes
- Entrees, Mains, Desserts and more

Flavour Creations Dysphagia Cup Lid Sticker

Pack Size: 200 Per Roll

- Designed for Dysphagia Cup Lid
- Promote Food Safety
- IDDSI Compliant

IDDSI Level Sticker

Pack Size: 200 Per Roll

- Label for hand-thickened fluids
- Promote Food Safety
- IDDSI Compliant

thickener

Thickening Powder

instant THICK Powder

Single Serve Sachet,100g Can,
675g Can,1.75kg Pail

- Amylase Resistant™
- One Scoop or Sachet Per Serve
- Dissolves Clear
- Taste-Free to Improve Hydration
- No Added Colours, Flavours or Preservatives
- Gluten, Nut & Soy Free

Neutral

NUTRITION INFORMATION (Average Quantity)
instant THICK Powder

	Units	Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick	Average Quantity Per 100g
Serving Size:		1g	1.7g	3.4g	6.3g	
Energy	kJ	15	25	51	94	1490
	kcal	4	6	12	23	358
Protein	g	0	0	0	0.1	1.3
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	0	0	0	0	0.1
- saturated	g	0	0	0	0	0
- trans	g	0	0	0	0	0
Carbohydrate	g	0.6	1.0	2.0	3.8	59.6
- sugars	g	0	0.1	0.1	0.2	3.5
- lactose	g	0	0	0	0	0
- galactose	g	0	0	0	0	0
Dietary Fibre	g	0.3	0.5	1.0	1.8	28.2
Sodium	mg	12	21	42	77	1220
Potassium	mg	2	3	6	12	185
Phosphorus	mg	0	1	2	4	56

1 2 3 4

thickplus Powder

1kg Can

- Amylase Resistant™
- Bulk Thickener
- Blends Easily for a Smooth Texture
- Gluten, Nut & Soy Free
- Dairy Free
- No Added Sugar, Flavours or Colours

Neutral

NUTRITION INFORMATION (Average Quantity)
thickplus Powder

	Units	Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick	Average Quantity Per 100g
Serving Size:		2.7g	5.5g	11g	22g	
Energy	kJ	19.2	39	78	155	710
	kcal	4.6	9	19	37	170
Protein	g	0.2	0.3	0.7	1.3	6.0
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	0	0	0	0	0
- saturated	g	0	0	0	0	0
- trans	g	0	0	0	0	0
Carbohydrate	g	0	0	0	0	0
- sugars	g	0	0	0	0	0
- lactose	g	0	0	0	0	0
- galactose	g	0	0	0	0	0
Dietary Fibre	g	2.1	4.2	8.2	16.7	76.0
Sodium	mg	108	220	440	880	4000
Potassium	mg	7.7	15.8	31.6	63.3	288

1 2 3 4

energy

Powder

Carb Plus Powder

1kg Can

- 100% of Energy from Carbohydrates
- Mixes Easily into Food & Drink
- Dissolves Clear Instantly
- No Added Colours, Flavours or Preservatives
- Dairy & Lactose Free
- Gluten, Nut & Soy Free
- Low Sodium
- Glucose Polymer

Neutral

NUTRITION INFORMATION (Average Quantity)
Carb Plus Powder
Serving Size: 10g

	Units	Carb Plus Per Serve	Carb Plus Per 100g
Energy	kJ	163	1630
	kcal	39	390
Protein	g	0	0
- gluten	mg	Not Detected	Not Detected
Fat, total	g	0	0
- saturated	g	0	0
- trans	g	0	0
Carbohydrate	g	9.6	96
- sugars	g	1.1	11
- lactose	g	0	0
- galactose	g	0	0
Dietary Fibre	g	0	0
Sodium	mg	0.1	1
Potassium	mg	0	0

Powder

Shape It Instant Powder

200g Cans, 3kg Pail

- Easily Shapes Food to Any Shape, Size & Texture
- Heat & Freeze-Thaw Stable
- Does Not Alter Taste or Colour
- Vegan & Vegetarian Suitable
- Gluten, Nut & Soy Free
- No Added Preservatives
- Amylase Resistant™

PUREED · MINCED & MOIST · SOFT & BITE-SIZED

Neutral

NUTRITION INFORMATION (Average Quantity)

Shape It Instant Powder

Serving Size: 1g

	Units	Shape It Per Serve	Shape It Per 100g
Energy	kJ	12	1150
	kcal	3	276
Protein	g	0	0.2
- gluten	mg	Not Detected	Not Detected
Fat, total	g	0	0.2
- saturated	g	0	0.2
Carbohydrate	g	0.4	44.2
- sugars	g	0.1	7.1
Dietary Fibre	g	0.5	47.5
Sodium	mg	5	503

Shape It Moulds Make Assembling Texture Modified Food Easy

Cook & Puree Food · Activate Shape It Powder · Pour into Mould + Set · Store or Serve

Shape It Food Moulds

Designed for texture-modified food, Shape it Food Moulds help to create texture-modified cuisine: food that looks like food. With Shape It Powder and Moulds texture-modified meals look as good as they taste, with the same colour, layering, height and shape as regular food.

- 100% Food Grade Silicone
- Dishwasher Safe
- Freezer Safe
- Microwave Safe
- Oven Safe
- Stackable

Red Meat Mould + Lid

Portion: 8
Portion Size: 9.7 x 5.9 x 2.5 cm
Portion Capacity: 100mL

Sausage Mould + Lid

Portion: 6
Portion Size: 8.7 x 6.2 x 2.5 cm
Portion Capacity: 100mL

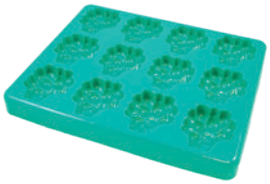
Fish Mould + Lid

Portion: 6
Portion Size: 8.9 x 7.0 x 2.0 cm
Portion Capacity: 100mL

Poultry Mould + Lid

Portion: 8
Portion Size: 11.2 x 5.0 cm
Portion Capacity: 100mL

Florets Mould + Lid



Portion: 12
Portion Size: 6.6 x 5.5 x 2.5 cm
Portion Capacity: 50mL

Green Beans Mould + Lid

Portion: 9
Portion Size: 7.4 x 4.8 x 2.2 cm
Portion Capacity: 50mL

Peas/ Corn Mould + Lid

Portion: 9
Portion Size: 6.8 x 2.5 cm
Portion Capacity: 50mL

Carrots Mould + Lid

Portion: 12
Portion Size: 6.5 x 2.5 cm
Portion Capacity: 50mL

Sliced Fruit Mould + Lid

Portion: 24
Portion Size: 7 x 2 cm
Portion Capacity: 20mL

Melon / Pumpkin Mould + Lid

Portion: 12
Portion Size: 6.9 x 4.0 x 2.5 cm
Portion Capacity: 50mL

Half Sphere Mould 12mL + Lid

Portion: 30
Portion Size: 3.5 x 1.8 cm
Portion Capacity: 12mL

Half Sphere Mould 5mL + Lid

Portion: 48
Portion Size: 2.5 x 1.6 cm
Portion Capacity: 5mL

High Protein Drinks & Snacks

ProKick Protein Drink

150mL

- 20g Protein
- Hydrolysed Collagen
- BCAA*
- No Added Sugar
- Gluten, Nut & Soy Free
- No Artificial Flavours
- Clear Fluid

Lemon Lime | Watermelon | Mango Passionfruit

CHECK US OUT ONLINE

NUTRITION INFORMATION (Average Quantity)

ProKick Protein Drink

Serving Size: 150mL		Lemon Lime		Watermelon		Mango Passionfruit	
	Units	Per Serve	Per 100mL	Per Serve	Per 100mL	Per Serve	Per 100mL
Energy	kJ	589	393	656	437	651	434
	Cal	141	94	157	105	156	104
Protein	g	20.0	13.3	20.0	13.3	20.0	13.3
Fat, total	g	0.2	0.1	0.1	0.1	0.1	0.1
- saturated	g	0.1	<0.1	0.0	0.0	0.1	<0.1
Carbohydrate	g	12.6	8.4	17.0	11.3	16.2	10.8
- sugars	g	9.8	6.5	13.6	9.1	13.6	9.1
- fructose	g	5.0	3.3	7.2	4.8	7.2	4.8
Dietary Fibre	g	0.4	0.3	0	0	0	0
Sodium	mg	111	74	30	20	30	20
BCAA*	g	1.56	1.04	1.57	1.05	1.56	1.04

*Branched Chain Amino Acids (BCAA) is made up of Leucine, Isoleucine and Valine.

Recover Protein Drink

110mL

- 11g Protein
- 1.3 kcal/mL
- Gluten, Nut & Soy Free
- Dairy and Lactose Free
- Low Sodium
- Clear Fluid
- Contains L-Arginine

Wildberry Flavoured | Watermelon Flavoured

NUTRITION INFORMATION (Average Quantity)

Recover Protein Drink

Serving Size: 110mL		Wildberry Flavoured		Watermelon Flavoured	
	Units	Per Serve	Per 100mL	Per Serve	Per 100mL
Energy	kJ	623	567	625	568
	kcal	150	136	150	136
Protein	g	11.0	10.0	11.0	10.0
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	0	0	0	0
- saturated	g	0	0	0	0
- trans	g	0	0	0	0
Carbohydrate	g	25.4	23.1	26.0	23.6
- sugars	g	5.6	5.1	6.7	6.1
- lactose	g	0	0	0	0
- galactose	g	0	0	0	0
Dietary Fibre	g	0.2	0.2	0.2	0.2
Sodium	mg	38	35	38	35
Potassium	mg	5	5	5	5
L-Arginine	mg	880	800	880	800

Fruits with Attitude

110g

- 8g Protein
- Made with Real Fruits
- Source of Fibre
- No Artificial Colours & Flavours
- Gluten & Nut Free
- Amylase Resistant™

Apple & Apricot | Banana & Mango | Lemon

Banana & Mango | Apple & Apricot

- Soy Free
- Low Sodium

Lemon

- Vegan

Lemon only

PUREED

NUTRITION INFORMATION (Average Quantity)

Fruits With Attitude

Serving Size: 110g		Apple and Apricot		Banana and Mango		Lemon	
	Units	Per Serve	Per 100g	Per Serve	Per 100g	Per Serve	Per 100g
Energy	kJ	506	460	526	479	713	700
	kcal	121	110	126	115	171	168
Protein	g	8.0	7.3	8.1	7.4	8.1	8.0
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	0.1	<0.1	0.1	<0.1	4.3	4.3
- saturated	g	0.1	<0.1	0.1	<0.1	3.7	3.6
- trans	g	0	0	0	0	0	0
Carbohydrate	g	20.2	18.4	21.1	19.2	24.0	23.6
- sugars	g	17.6	16.0	18.7	17.0	14.7	14.4
- lactose	g	0	0	0	0	0	0
- galactose	g	0	0	0	0	0	0
Dietary Fibre	g	2.6	2.3	2.4	2.2	2.0	2.0
Sodium	mg	34	31	35	32	235	230
Potassium	mg	12	10	31	28	91	89

Nutritionally Complete Range

AdVital Powder

500g Can, 4.4kg Pails (Neutral)

- 27 Vitamins & Minerals
- 15g Protein Per Serve
- 1 Scoop Per Serve (25g)
- Low Glycemic Index
- Low Lactose
- No Artificial Colours and Flavours
- Gluten, Nut & Soy Free

Neutral

MONASH UNIVERSITY LOW FODMAP CERTIFIED™

Monash University Low FODMAP Certified trademarks used under licence in Australia and New Zealand by Flavour Creations. Monash University has assessed this product as being low in FODMAPs only. One serving of this productis low in FODMAPs.

Neutral
Low Glycemic Index = 32

Vanilla
Low Glycemic Index = 37

Chocolate
Low Glycemic Index = 25

AdVital Snack

Smooth Fruits 120g, Mousse 110g

- 27 Vitamins & Minerals
- Gluten, Nut & Soy Free
- No Artificial Colours & Flavours
- Amylase Resistant™

Smooth Fruits

- 15g Protein
- 1.5 kcal/g

Mousse

- 8g Protein
- 1.4 kcal/g

Mousse Only

4 PUREED

CHECK US OUT ONLINE

Apple & Plum
Smooth Fruits

Banana & Mango
Smooth Fruits

Chocolate
Mousse

Apple & Plum Smooth Fruits
2 x 120g

Banana & Mango Smooth Fruits
2 x 120g

Chocolate Mousse
2 x 110g

NUTRITION INFORMATION (Average Quantity)
AdVital Powder

Serving Size: 25g		Neutral		Vanilla		Chocolate	
	Units	Per Serve	Per 100g	Per Serve	Per 100g	Per Serve	Per 100g
Energy	kJ	420	1680	420	1680	420	1680
	kcal	101	404	101	404	101	404
Protein	g	15.1	60.4	15.1	60.4	15.5	62
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	1.1	4.4	1.1	4.4	1.6	6.4
- saturated	g	0.4	1.6	0.4	1.6	0.5	2.0
- trans	g	<0.1	<0.1	<0.1	0.1	<0.1	0.1
Cholesterol	mg	16.5	66	16.5	66	16.5	66
Carbohydrate	g	6.8	27.2	7	28	5.5	22
- sugars	g	1.1	4.4	2.4	9.6	3.6	14.4
- lactose	g	0.4	1.6	0.4	1.6	0.4	1.6
- galactose	g	0	0	0	0	0	0
Dietary Fibre	g	<0.1	0.1	<0.1	0.1	0.5	2.0
Sodium	mg	66	264	67	268	94	376
Potassium	mg	80	320	80	320	89	356
Vitamin A	µg	167	668	167	668	169	676
Thiamine (Vit B1)	mg	0.3	1.2	0.3	1.2	0.3	1.2
Riboflavin (Vit B2)	mg	0.3	1.2	0.3	1.2	0.3	1.2
Niacin (Vit B3)	mg	2.6	10.4	2.6	10.4	2.6	10.4
Folate	µg	33.5	134	33.5	134	33.5	134
Vitamin B6	mg	0.4	1.6	0.4	1.6	0.4	1.6
Vitamin B12	µg	0.4	1.6	0.4	1.6	0.4	1.6
Vitamin C	mg	16.1	64.4	16.1	64.4	16.1	64.4
Vitamin D	µg	2.7	10.8	2.7	10.8	2.7	10.8
Vitamin E	mg	3.1	12.4	3.1	12.4	3.1	12.4
Vitamin K	µg	14.5	58	14.5	58	14.5	58
Biotin	µg	4.4	17.6	4.4	17.6	4.4	17.6
Pantothenic Acid	mg	1	4	1	4	1.1	4.4
Calcium	mg	172	688	172	688	175	700
Chloride	mg	43	172	43	172	43	172
Chromium	µg	8.8	35.2	8.8	35.2	8.8	35.2
Copper	mg	0.26	1.04	0.26	1.04	0.26	1.04
Iodine	µg	25	100	25	100	25	100
Iron	mg	1.7	6.8	1.7	6.8	4.2	16.8
Magnesium	mg	11.5	46	11.5	46	21.4	85.6
Manganese	mg	0.15	0.6	0.15	0.6	0.15	0.6
Molybdenum	µg	11.4	45.6	11.4	45.6	11.4	45.6
Phosphorus	mg	99	396	99	396	111	444
Selenium	µg	10.3	41.2	10.3	41.2	10.3	41.2
Zinc	mg	1.2	4.8	1.2	4.8	1.4	5.6

NUTRITION INFORMATION (Average Quantity)
AdVital Smooth Fruits

Serving Size: 120g		Apple & Plum		Banana & Mango	
	Units	Per Serve	Per 100g	Per Serve	Per 100g
Energy	kJ	758	632	748	623
	kcal	182	152	180	150
Protein	g	15.1	12.5	15.0	12.5
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	0.1	0.1	0.1	0.1
- saturated	g	0.1	0.1	0.1	<0.1
- trans	g	0	0	0	0
Cholesterol	mg	0	0	0	0
Carbohydrate	g	25.8	21.5	25.5	21.2
- sugars	g	17.7	14.8	20.0	16.7
- lactose	g	0	0	0	0
- galactose	g	0	0	0	0
Dietary Fibre	g	5.6	4.6	5.0	4.0
Sodium	mg	141	117	150	125
Potassium	mg	150	125	199	166
Vitamin A	µg	250	210	250	210
Thiamine (Vit B1)	mg	0.48	0.40	0.48	0.40
Riboflavin (Vit B2)	mg	0.36	0.30	0.36	0.30
Niacin (Vit B3)	mg	4.3	3.6	4.3	3.6
Folate	µg	70	58	70	58
Vitamin B6	mg	0.84	0.70	0.84	0.70
Vitamin B12	µg	0.35	0.29	0.35	0.29
Vitamin C	mg	26	22	26	22
Vitamin D	µg	2.2	1.8	2.2	1.8
Vitamin E	mg	1.5	1.3	1.5	1.3
Vitamin K	µg	16	13	16	13
Biotin	µg	8.5	7.1	8.5	7.1
Pantothenic Acid	mg	0.90	0.75	0.90	0.75
Calcium	mg	186	155	185	154
Chloride	mg	140	120	140	120
Chromium	µg	32	27	32	27
Copper	mg	0.25	0.21	0.25	0.21
Iodine	µg	22	18	22	18
Iron	mg	2.3	1.9	2.3	1.9
Magnesium	mg	60	50	60	50
Manganese	mg	0.80	0.67	0.80	0.67
Molybdenum	µg	20	17	20	17
Phosphorus	mg	140	120	140	120
Selenium	µg	18	15	18	15
Zinc	mg	2.0	1.7	2.0	1.7

NUTRITION INFORMATION (Average Quantity)
AdVital Mousse

Serving Size: 110g		Chocolate	
	Units	Per Serve	Per 100g
Energy	kJ	647	588
	kcal	155	141
Protein	g	8.1	7.4
- gluten	mg	Not Detected	Not Detected
Fat, total	g	3.7	3.4
- saturated	g	2.4	2.2
- trans	g	0.1	0.1
Cholesterol	mg	12.0	11.1
Carbohydrate	g	20.7	18.8
- sugars	g	17.8	16.2
- lactose	g	5.7	5.1
- galactose	g	0	0
Dietary Fibre	g	3.6	3.3
Sodium	mg	182	165
Potassium	mg	203	184
Vitamin A	µg	106	96
Thiamine (Vit B1)	mg	0.28	0.26
Riboflavin (Vit B2)	mg	0.13	0.12
Niacin (Vit B3)	mg	1.9	1.8
Folate	µg	32	29
Vitamin B6	mg	0.26	0.23
Vitamin B12	µg	0.11	0.1
Vitamin C	mg	3.5	3.2
Vitamin D	µg	4.2	3.8
Vitamin E	mg	1.9	1.8
Vitamin K	µg	12	11
Biotin	µg	4.8	4.4
Pantothenic Acid	mg	0.7	0.7
Calcium	mg	259	235
Chloride	mg	47	42
Chromium	µg	7	7
Copper	mg	0.25	0.22
Iodine	µg	10	9
Iron	mg	2.4	2.2
Magnesium	mg	24	22
Manganese	mg	0.33	0.30
Molybdenum	µg	10	9
Phosphorus	mg	169	154
Selenium	µg	4.8	4.4
Zinc	mg	1.2	1.1

SCREAMIES Protein

120g

- Shelf Stable (No-Melt)
- 8g Protein
- 2.4 kcal/g
- Creamy Ice-Cream Taste
- Source of Calcium
- Low Sodium (Chocolate only)
- Gluten, Nut & Soy Free
- No Artifical Colours & Flavours
- Amylase Resistant™

4 PUREED

Salted Caramel

Chocolate

Salted Caramel
2 x 120g

Chocolate
2 x 120g

NUTRITION INFORMATION (Average Quantity)

SCREAMIES Protein

Serving Size: 120g		Salted Caramel		Chocolate	
	Units	Per Serve	Per 100g	Per Serve	Per 100g
Energy	kJ	1200	1000	1200	1000
	kcal	288	240	288	240
Protein	g	8.1	6.8	8.1	6.8
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	14.4	12.0	14.5	12.1
- saturated	g	8.7	7.3	8.8	7.3
- trans	g	0.8	0.7	0.8	0.7
Chloesterol	mg	49	41	47	39
Carbohydrate	g	30.9	25.8	31.2	26.0
- sugars	g	19.7	16.4	19.7	16.4
- lactose	g	3.7	3.1	3.6	3.0
- galactose	g	0	0	0	0
Dietary Fibre	g	0.5	0.4	1.0	0.8
Sodium	mg	151	126	100	83
Potassium	mg	128	107	193	161
Calcium	mg	172	144	173	144

SCREAMIES Classic

120g

- Shelf Stable (No-Melt)
- 2.4 kcal/g
- Creamy Ice-Cream Taste
- Source of Calcium
- Low Sodium
- Gluten, Nut & Soy Free
- No Artifical Colours & Flavours
- Amylase Resistant™

4 PUREED

*Strawberry is not Kosher Dairy certified

Chocolate

Vanilla Flavour

Strawberry

Chocolate
2 x 120g

Vanilla Flavour
2 x 120g

Strawberry
2 x120g

NUTRITION INFORMATION (Average Quantity)

SCREAMIES Classic

Serving Size: 120g		Vanilla Flavour		Chocolate		Strawberry	
	Units	Per Serve	Per 100g	Per Serve	Per 100g	Per Serve	Per 100g
Energy	kJ	1210	1010	1250	1040	1210	1010
	kcal	290	242	300	250	290	242
Protein	g	2.5	2.1	2.9	2.4	2.4	2.0
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	15.7	13.1	15.9	13.3	15.6	13.0
- saturated	g	9.5	7.9	9.7	8.1	9.5	7.9
- trans	g	0.8	0.7	0.8	0.7	0.8	0.7
Chloesterol	mg	51	42	51	42	50	42
Carbohydrate	g	34.1	28.4	35.7	29.7	34.5	28.8
- sugars	g	29.9	24.9	30.5	25.4	29.5	24.6
- lactose	g	4.1	3.4	4.1	3.4	3.9	3.3
- galactose	g	0	0	0	0	0	0
Dietary Fibre	g	1.0	0.8	1.6	1.4	1.1	0.9
Sodium	mg	67	56	76	63	66	55
Potassium	mg	120	100	205	171	116	97
Calcium	mg	94.0	78.3	94.5	78.7	91.2	76.0

Flavour Creations Custard

115g

- Low Sodium
- 98% Fat Free
- No Artificial Colours & Flavours
- Amylase Resistant™

4 PUREED

*Strawberry Flavoured is not Kosher Dairy certified

Vanilla Flavoured

Chocolate

Banana Flavoured

Strawberry Flavoured

NUTRITION INFORMATION (Average Quantity)

Custard

Serving Size: 115g		Vanilla Flavoured		Chocolate		Banana Flavoured		Strawberry Flavoured	
	Units	Per Serve	Per 100g	Per Serve	Per 100g	Per Serve	Per 100g	Per Serve	Per 100g
Energy	kJ	385	335	394	342	390	339	390	339
	kcal	92	80	95	82	94	81	94	81
Protein	g	2.0	1.7	2.3	2.0	2.0	1.7	2.0	1.7
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	2.2	1.9	2.3	2.0	2.2	1.9	2.2	1.9
- saturated	g	1.4	1.3	1.6	1.3	1.4	1.3	1.5	1.3
- trans	g	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1
Cholesterol	mg	7	6	7	6	7	6	7	6
Carbohydrate	g	15.2	13.2	15.4	13.4	14.9	13.0	15.4	13.4
- sugars	g	14.9	12.9	14.9	13.0	14.9	13.0	15.0	13.0
- lactose	g	3.4	2.9	3.4	2.9	3.4	2.9	3.4	2.9
- galactose	g	0	0	0	0	0	0	0	0
Dietary Fibre	g	1.4	1.2	1.7	1.5	1.4	1.2	1.4	1.2
Sodium	mg	96	83	116	101	96	83	97	84
Potassium	mg	136	119	167	145	136	119	157	137
Calcium	mg	72	63	72	63	72	63	72	63

Stay Connected with the Flavour Family

WEBSITE
The Flavour Creations website offers an extensive range of dysphagia, nutrition and food service products. For full product information, videos, mixing guides and recipes visit our website today.
FlavourCreations.com.au

FLAVOUR CREATIONS AT HOME
Flavour Creations At Home is a program developed for healthcare professionals to manage patients nutrition at home and in the community. To learn more please contact your local Business Development Manager.
FlavourCreations.com.au/business-development-team/

RIMMS
Resident Inventory Management & Monitoring System is an RIMMS inventory and ordering management system that ensures residents meet fluid requirements, provides annual budgets and automatically orders stock.
RIMMS.FlavourCreations.com.au

E-LEARNING
Flavour Creations online resource centre has a range of training modules to help clients continually improve in the quality and level of service provided to their residents and patients when using Flavour Creations products.
eLearning.FlavourCreations.com.au

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