

Tips for taking your supplements

Storage

Unopened supplements can be stored at room temperature. Once you have opened the supplement it needs to be used within 4 hours at room temperature, if left out for longer then it must be thrown away. If you store your opened supplement in the fridge, throw it away after 24 hours.

Taking your supplements

- Chilled supplements can taste better than those left at room temperature, so consider drinking them straight from the fridge.
- You can warm supplements such as chocolate, cappuccino or mocha to make a warm drink. Do not boil them as this can affect the nutrients they contain.
- Try to take your supplements in-between your meals; they should be in addition to your food and should not replace meals.

If you do not like the taste of your supplements please ask your GP for an alternative product

Some people find that supplements have quite a strong taste; if this affects you some of the tips below may help:

- If they are milkshake based try adding some milk to them or serve them with ice.
- If they are juice-style mix them with some lemonade or juice of the same flavour.
- Make into a jelly by using a supplement instead of cold water.
- Make into a smoothie by blending with fruit and ice or ice cream.

If you have neutral flavoured supplements these can be used like milk in home baking for milky puddings or added to savoury soups or mash, to make the foods more nourishing.

If you would like recipes for your supplements, please contact the manufacturers:

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| • Abbott Nutrition | 0800 252882 | www.abbottnutrition.co.uk |
| • Aymes Nutrition | 0845 6805496 | www.aymes.com |
| • Fresenius Kabi | 01928 533 516 | www.fresenius-kabi.co.uk |
| • Nualtra | online support | www.nualtra.co.uk |

Additional advice

- If you are taking supplements, you need to avoid low fat/diet foods, and you have received advice of how to increase nourishment in your diet. Ask your GP or nurse for leaflets if you haven't
- Make sure your GP, Nurse or Dietitian is aware you are still taking your supplements as they may need to be adjusted overtime.
- Please **weigh yourself regularly**. If you continue to experience weight loss, please contact your GP or Dietitian for further input.