

Your Memories Matter



FEATURES

- Proven to nutritionally support memory function in early Alzheimer's disease, when taken daily for at least 6 months.¹⁻³
- Backed by 20 years of evidence based research, supported by an extensive ongoing research program.¹⁻⁴
- Powered by FORTASYN CONNECT®, a unique combination of ingredients formulated to support the growth of brain connections.⁵
- Safe and well tolerated alone or in combination with Alzheimer's disease medication.¹⁻⁴
- Souvenaid® Connections support program available, helping everyone to experience the clinical outcomes available.
- Free from gluten-containing ingredients and low lactose.

DIRECTIONS FOR USE

- Souvenaid® is designed to be taken as one bottle (125ml) once a day, in addition to your normal dietary intake.
- Ready to drink and best served chilled.
- Shake well before use.

PRECAUTIONS

- Souvenaid® contains ingredients obtained from **milk, fish and soy**.
- Souvenaid® is not suitable for people with Galactosaemia.
- Souvenaid® is free from gluten-containing ingredients (<20mg/kg).
- Souvenaid® is low lactose (<300mg/kg).
- People with diabetes can consume Souvenaid®. However, Souvenaid® does contain carbohydrates and, as with other foods containing carbohydrate, it is advisable for people with diabetes to monitor their blood glucose levels in consultation with their diabetes medical team.

PURCHASE SOUVENAID®

- Order online at www.souvenaid.com.au
- Phone Souvenaid® customer care team on **1800 319 420**.
- Buy in-store from your **local pharmacy**.

STORAGE

- Store in a cool, dry place.
- Once opened, store in the refrigerator and discard unused contents after 24 hours.

INGREDIENTS[^] (Vanilla Flavour)

Water, maltodextrin, sugar, **fish** oil, cow's **milk** proteins, flavouring (vanilla), uridine 5'-monophosphate sodium salt, thickeners, microcrystalline cellulose, sodium carboxymethylcellulose, choline chloride, calcium citrate, **soy** lecithin, acidity regulator (citric acid), sodium L-ascorbate, potassium citrate, DL-alpha tocopheryl acetate, magnesium hydroxide, sodium citrate, potassium hydroxide, colour (curcumin), ferrous lactate, zinc sulphate, pyridoxine hydrochloride, copper gluconate, nicotinamide, manganese sulphate, calcium D-pantothenate, pteroylmonoglutamic acid, thiamin hydrochloride, retinyl acetate, riboflavin, sodium selenite, chromium chloride, sodium molybdate, potassium iodide, phytomenadione, D-biotin, cyanocobalamin, cholecalciferol.

[^]Please note the ingredients list is for vanilla flavour only. There are minor variations in the ingredients list between different flavours. For the full ingredients list, please contact the Souvenaid® customer care team on **1800 319 420**.



Souvenaid®
www.souvenaid.com.au

NUTRITIONAL INFORMATION

Nutrition Information		Per 100ml	Per 125mL bottle
Energy	kcal	100	125
	kJ	421	526
Protein	g	2.6 (10%)	3.3
Carbohydratez	g	12.3 (50%)	15.4
Sugars	g	6.4	8.0
as Lactose	g	<0.025	
as Fructose	g	0	0
Fat	g	4.3 (39%)	5.4
Saturates	g	1.5	1.9
Monounsaturates	g	0.95	1.2
Polyunsaturates	g	1.8	2.3
EPA	mg	240	300
DHA	mg	960	1200
Fibre	g	0.55 (1%)	0.7

Minerals			
Sodium	mg	100	125
	mmol	4.3	
Potassium	mg	100	125
	mmol	2.56	
Calcium	mg	80	100
Phosphorus	mg	70	87.5
Magnesium	mg	20	25
Chloride	mg	116	145
Ca:P ratio		1.14:1	

Vitamins		Per 100ml	
Vitamin A	µg-RE	160	200
Vitamin D	µg	0.8	1
Vitamin E	mg-g-T.E.	32	40
Vitamin K	µg	6.17	7.71
Vitamin C	mg	64	80
Thiamin (B1)	mg	0.15	0.19
Riboflavin (B2)	mg	0.17	0.21
Niacin (B3)	mg NE	1.8	2.3
Vitamin B6	mg	0.8	1
Vitamin B12	µg	2.4	3
Folic Acid	µg	320	400
Pantothenic Acid (B5)	mg	0.53	0.66
Biotin	µg	4	5

Trace Elements			
Iron	mg	1.6	2
Zinc	mg	1.2	1.5
Manganese	mg	0.33	0.4125
Copper	mg	0.18	0.225
Iodine	µg	16	20
Molybdenum	µg	10	12.5
Selenium	µg	48	60
Chromium	µg	6.8	8.5

Others			
Uridine-5'-monophosphate	mg	500	625
Choline	mg	320	400



Souvenaid® Strawberry Recipe Idea: Breakfast Delight Smoothie

Ingredients

- 1 Souvenaid® Strawberry 125ml bottle
- ½ cup frozen or fresh blueberries
- 5 almonds
- ¼ cup oats
- ¼ cup natural yoghurt

Method

Add all ingredients into a blender and blend until smooth.

Makes 1 serve.

*TIP

Instead of enjoying as a smoothie, serve it up in a bowl and garnish with granola, shredded coconut and mixed berries for a delicious breakfast treat.

For more information visit www.souvenaid.com.au or call 1800 319 420.