



# HOW MUCH PRO-CAL SHOT SHOULD I TAKE?

Please speak with your Healthcare Professional regarding how much **Pro-Cal shot** you should take each day.

## THREE GREAT FLAVOURS

BANANA FLAVOUR



NEUTRAL FLAVOUR

STRAWBERRY FLAVOUR

### ADDITIONAL INSTRUCTIONS

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For more information about nutrition support and Pro-Cal, including recipe ideas and resources.

**Pro-Cal shot** is a Food for Special Medical Purposes and must be used under medical supervision. Suitable from 3 years of age onwards.  
**Pro-Cal shot** contains Milk (Milk protein, lactose) and Soya (Soya lecithin).

For any queries regarding **Pro-Cal shot**, please call +44 (0)151 709 9020



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# IDEAS FOR HOW TO TAKE PRO-CAL SHOT™

**Pro-Cal shot** can help boost your energy and protein intake

# WHAT IS PRO-CAL SHOT?

**Pro-Cal shot** is an oral nutritional supplement which can be used to provide additional energy (calories) and protein at times of illness, when your appetite is reduced or when you have experienced unintentional weight loss. It is for the dietary management of disease related malnutrition.

## PRO-CAL SHOT CAN BE:

### 1. TAKEN IN SMALL VOLUMES

For example:  
4 x 30ml



120ml  
bottle

### 2. ADDED TO EVERYDAY FOODS AND DRINKS



For the following serving suggestions  
1 shot = 30ml

## BREAKFAST IDEAS

Add 1-2 shots of **Pro-Cal shot** (neutral flavour) to:

- **Cereal:** mix into the milk.
- **Granola:** drizzle over the top.
- **Porridge:** stir in once prepared.
- **Scrambled eggs / omelette:** mix with the eggs and then cook the scrambled eggs / omelette as usual.

## LUNCH IDEAS

Add 1-2 shots of **Pro-Cal shot** (neutral flavour) to:

- **Soup:** add to tinned or prepared packet soups. You can add Pro-Cal shot before or after heating.
- **Sandwiches:** add 1 shot into a portion of tinned fish such as salmon or tuna and use as a filling for sandwiches, jacket potatoes, or use in a pasta salad.

## EVENING MEAL IDEAS

Add 1-2 shots of **Pro-Cal shot** (neutral flavour) to:

- **Sauces:** add to curry, parsley or white sauce once prepared to serve with your favourite meals.
- **Pasta bake / carbonara:** mix into the pasta sauce before cooking.
- **Mashed potato:** add before mashing for creamy mash.
- **Gravy:** add 1 shot to a portion of prepared gravy.

## SNACK / DESSERT IDEAS

Add 1-2 shots of **Pro-Cal shot** (neutral, strawberry or banana flavour) to:

- **Desserts:** pour over your favourite dessert or ice cream.
- Yoghurt, custard or rice pudding.
- **Powdered dessert:** prepare as per packet instructions.
- Whipped cream.
- **Cheesecake:** mix with cream cheese, add icing sugar to sweeten and then serve on crushed biscuits.



Freeze Pro-Cal shot in ice lolly moulds or ice cube trays. The smoothie mix below can also be frozen.

## DRINKS IDEAS

Add 1-2 shots of **Pro-Cal shot** (neutral, strawberry or banana flavour) to:

- **Milkshake:** you can add Pro-Cal shot to ready made milkshakes or make your own milkshake by adding milkshake powder or syrup to milk and then stir in the Pro-Cal shot.
- **Smoothie:** add Pro-Cal shot to 150g of natural / fruit yogurt and blend with a handful of fruit such as raspberries or strawberries. Milk or ice cream can be used in place of yoghurt if preferred.

Add 1-2 shots of **Pro-Cal shot** (neutral flavour) to:

- **Tea or coffee:** use with or in place of milk, or try with iced coffee.
- **Hot chocolate / malted drink:** stir in once prepared.

For all recipes refer to labels for allergen and other product information.

Please always check with your **Healthcare Professional** that these serving hints are suitable for you.