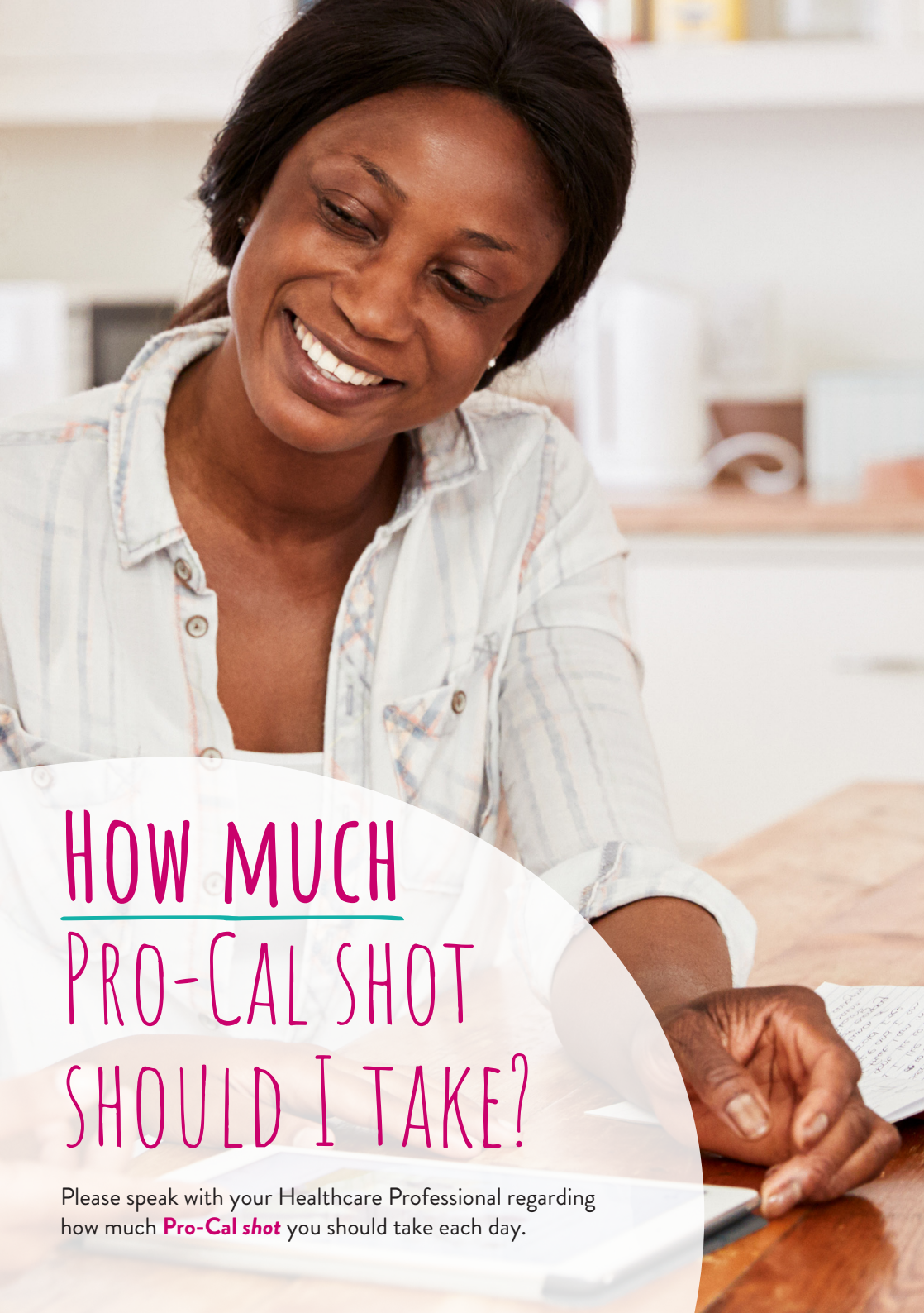




HOW MUCH PRO-CAL SHOT SHOULD I TAKE?

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

THREE GREAT FLAVOURS

BANANA FLAVOUR



STRAWBERRY FLAVOUR



NEUTRAL FLAVOUR



ADDITIONAL INSTRUCTIONS

Visit **Your Nutrition Support.co.uk**

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



Enhancing Lives Together

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IDEAS REGARDING HOW TO USE PRO-CAL SHOT WHILST FOLLOWING A RENAL DIET

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



2. ADDED TO EVERYDAY FOODS AND DRINKS



For these serving suggestions
1 shot = 30ml



120ml
bottle

BREAKFAST IDEAS

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

- **Cereals such as cornflakes, puffed rice and wheat biscuits:** mix into milk and pour onto cereal.
- **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:

- **Sandwiches and pasta:** mix into a portion of salmon (tinned in oil) or tuna (tinned in water or oil) and use as a filling for sandwiches or add to pasta.
- **Cream cheese:** add to cream cheese and use as a spread, dip or pasta sauce. Alter the consistency to suit your preference by adjusting the amount of **Pro-Cal shot** added.
- **Mayonnaise or salad cream:** mix into suitable condiments such as mayonnaise and salad cream and add to sandwiches or use as a dip with meals.

EVENING MEAL IDEAS

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

- **Mashed potato:** boil the potatoes in plenty of water and then discard the water used. Add **Pro-Cal shot** to the potatoes and mash.
- **Gravy:** add 1 shot to a portion of prepared gravy.
- **Sauces:** add to curry or parsley sauce.



Remember to include gravy and any sauces within your daily fluid allowance.

SNACK / DESSERT IDEAS

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

- **Yoghurt, custard, ice cream or rice pudding**
- **Whipped double cream**
- **Cheesecake:** mix with cream cheese and icing sugar then serve on crushed biscuits.
- **Fruit Mousse:** mix with 30ml - 60ml of whipped double cream. Stir in 90g of pureed tinned fruit (in syrup, drained). Add sugar to taste and chill before serving.
- **Meringues:** mix with double cream and add to the meringue nest.



Freeze **Pro-Cal shot** in ice lolly moulds or ice cube trays. This is a great way to quench your thirst.

DRINKS IDEAS

You can make smoothies and milkshakes using **Pro-Cal shot**:

- **Smoothie:** add 1-2 shots of **Pro-Cal shot** (neutral, strawberry or banana flavour) to natural yoghurt and blend with suitable fruit.
- **Milkshake:** add 1-2 shots of **Pro-Cal shot** (neutral, strawberry or banana flavour) to milk (from your daily allowance) and mix well.

If you are following a potassium restricted diet, ask your dietitian which fruits are permitted.

My daily allowance of dairy food is:

You can also add **Pro-Cal shot** to other drinks:

- **Tea:** add **Pro-Cal shot** (neutral flavour) to milk and then add this to a cup of tea. Alternatively, use **Pro-Cal shot** instead of milk in your cups of tea.

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.