

# Enprocal®

Everyday Healthy Living



## Nutritional Supplement for Everyday Healthy Living

### Features

- ✔ A scientifically formulated high energy high protein nutritional supplement powder that provides concentrated nutrition
- ✔ Gluten free
- ✔ Low GI = 20, Low Glycemic Load = 2
- ✔ Neutral flavour
- ✔ Designed and made in Australia
- ✔ Can easily be used to fortify food or make into nutritional supplement drinks (1.2 kcal/ml, 1.5 kcal/ml, 2 kcal/ml or 2.5 kcal/ml)



Each **35g**  
scoop  
contains:



**19**  
vitamins &  
minerals

### Inulin

as a source of dietary fibre. Inulin is a prebiotic that enhances production of the gut-friendly bacteria, Bifi dobacterium longum.

**Energy**  
**598kJ**  
predominantly  
from protein.

### Protein

**15g**

formulated with whey protein concentrate. Rich in branch chain amino acids (BCCA's) to aid in building and maintaining lean muscle mass.

### Calcium

**49% RDI<sup>^</sup>**

to assist with maintaining bone density.

**Ingredients:** Whey protein concentrate [Whey protein concentrate, Sunflower lecithin], Milk solids [Milk solids, Soy lecithin], Vegetable oil powder [Sunflower oil, Corn syrup solids, Sodium caseinate, Emulsifier (E471), Flowing agent (E551), Thickener (E451)], Vegetable fibre, Vitamins and Minerals (Calcium Carbonate, Magnesium Sulphate, Vitamin C, Zinc Sulphate, Ferric Pyrophosphate, Vitamin E, Vitamin A, Vitamin D, Vitamin B3, Vitamin B2, Vitamin B1, Vitamin B6, Folic Acid), Maltodextrin. **Allergens:** Contains milk and soy

Enprocal  
is a product of



## Recipe Ideas

### Enprocal Fortified milk



**Single Serve**  
200mL full cream milk  
1 scoop (35g) Enprocal

**Serves 5**  
1L full cream milk  
5 scoops (175g) Enprocal

Per Serve 240mL

Energy: 1118kJ  
(267kcal)  
Protein: 22g  
Calcium: 642mg

Per Serve 100mL

Energy: 465kJ  
(111kcal)  
Protein: 9g  
Calcium: 267mg

Maintain a balanced nutrition with

**ENergy  
PROtein  
CALcium**

### Enprocal 2kcal per mL drink



**Single Serve**  
55mL skim milk  
10g flavouring of choice  
1 scoop (35g) Enprocal

**Serves 10**  
550mL skim milk  
100g flavouring of choice  
10 scoop (350g) Enprocal

Per Serve 90mL

Energy: 754kJ  
(180kcal)  
Protein: 18g  
Calcium: 455mg

Per Serve 100mL

Energy: 838kJ  
(200kcal)  
Protein: 20g  
Calcium: 505mg



Scan here for more recipes!

Serving size: 35g

Nutrient	Unit	per Serve (35g)	per 100 g	% DI** or RDI <sup>A</sup> per serve
<b>Macronutrient Profile</b>				
Energy	kJ	598	1709	7%
Protein, Total	g	15.0	42.8	30%
Glycomacropeptide	g	2.3	6.6	
Alpha Lactalbumin	g	1.0	2.8	
Alpha Lactoglobulin	g	4.5	12.9	
Serum Albumin*	g	0.2	0.6	
Lactoferrin*	g	0.05	0.14	
Immunoglobulin G*	g	0.2	0.6	
Fat, Total	g	4.7	13.3	7%
Saturated	g	1.6	4.5	7%
Trans	g	Less than 1.0	Less than 1.0	
Polyunsaturated	g	Less than 1.0	Less than 1.0	
Monounsaturated	g	2.2	6.4	
Carbohydrates	g	10.2	29.1	3%
Sugars	g	8.8	25.1	10%
Dietary Fibre	g	1.5	4.4	5%
Sodium	mg	96.3	275.0	3%
<b>Vitamin &amp; Mineral Profile</b>				
Vitamin A	ug	191.0	545.7	25%
Thiamin (B1)	mg	0.3	0.9	28%
Riboflavin (B2)	mg	0.6	1.7	36%
Niacin (B3)	mg	1.2	3.4	11%
Pantothenic Acid (B5)	ug	0.6	1.7	11%
Pyridoxine (B6)	mg	0.3	0.9	19%
Biotin (B7)	ug	5.0	14.3	17%
Folate (B9)	mg	63.0	180.0	32%
Cyanocobalamin (B12)	ug	2.0	5.7	99%
Vitamin C	mg	20.0	57.1	50%
Vitamin D	ug	3.0	8.6	30%
Vitamin E	mg	1.5	4.3	15%
Calcium	mg	392.0	1120.0	49%
Iodine	ug	57.0	162.9	38%
Iron	mg	1.5	4.3	12%
Magnesium	mg	79.0	225.7	25%
Phosphorus	mg	184.0	525.7	18%
Zinc	mg	3.4	9.7	28%

\*a sub group of nutrient, \*\*percentage daily intake are based on average adult diet of 8700 kJ. Your daily needs may be higher or lower depending on your energy needs. <sup>A</sup>Recommended Dietary Intake.

## Storage

- Store in a cool, dry place.
- Once opened, it is recommended that the contents be used within 4 weeks.
- Keep prepared beverage refrigerated and consume within 24 hours.

## Directions For Use

- Whisk, blend or shake 1 level scoop with 200mL of water, milk or juice (depending on taste).



- Recommended consumption: 2 serves per day. Please seek advice from a dietitian or medical doctor.
- Adult use only.

## Pack Size and Serves

Enprocal	10kg	900g
35g serve per scoop	285	25



Enprocal is a formulated supplementary food, which may be used to address situations where nutrition and energy intake are inadequate to meet individual requirements.

Not intended as a sole source of nutrition.