

Optimal Essentials have been providing products to seniors for over 15 years. Our large range of natural food-based health powders are designed to supplement our client's diet. The products can be taken as shakes or mixed with your meals.



Optimal
ESSENTIALS

Complete Nutrition - Pharma

Eating a balanced diet provides us with the essential nutrients to support good health. As we age it can be harder to eat a healthy diet and an inadequate diet may mean you are not reaching your recommended daily needs.

Complete Nutrition formulated meal replacement differs from similar products on the market because it has no added sugar and is naturally sweetened.

As Complete Nutrition is a formulated meal replacement and is classified as a food for Special Medical Purposes under the FSANZ Code Standard 2.9.5 it is eligible for subsidy through your Support at Home Plan.

- ✓ Contains min. 50% RDI of all essential micronutrients per serve
- ✓ 25% more protein than Sustagen
- ✓ Sugar Free
- ✓ Corn-syrup Free
- ✓ Naturally Sweetened
- ✓ No artificial colours or flavours
- ✓ Low Sodium



Nutritional comparison	Optimal Essentials Complete Nutrition	Sustagen Hospital	Sustagen Hospital + Fibre	Ensure
Gluten Free	✓	✓	✓	✓
No added sugar	✓	✗	✗	✗
Contains SOY	✗	✓	✓	✓
27 essential vitamins and minerals	✓	✓	✓	✓
Prebiotic fibre to support immune health	✓ Inulin	✗	✓ Partially hydrolysed Guar Gum	✓
Calcium necessary for normal bone structure	✓	✓	✓	✓
Vitamin D contributes to support normal muscle function	✓	✓	✓	✓
Antioxidant to support immune health	✓	✓	✓	✓



Eat Well Health
 Level 1, 256 Rundle Street, Adelaide SA 5000
www.eatwellhealth.com.au



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Protein Plus

pharma
for Seniors

the meal replacement you
have been looking for!

A diet sufficient in protein is vital for our body as we age. Seniors need the right amount of protein in order to maintain muscle strength, balance, agility and resilience.

Protein acts as a building block for the body and aids in nearly every cell and body process. Whey protein, in particular, is most effective for seniors that are struggling to rebuild muscle. Optimal Essentials Protein shakes for seniors are the perfect way to help fill any nutritional gaps and ensure your protein needs are met. Protein Plus for Seniors is a formulated supplementary food and is classified as a food for Special Medical Purposes under the FSANZ Code 2.9.5 it is eligible for subsidy through your Support at Home Plan.



Provides 22g Protein per serve:

- ✓ = 46% of your protein needs if you're a Woman aged 19-70yrs
- ✓ = 38% of your protein needs if you're a Woman aged 70yrs+
- ✓ = 33% of your protein needs if you're a man aged 19-70yrs
- ✓ = 27% of your protein needs if you're a man aged 70yrs+
- ✓ Sugar Free
- ✓ Naturally Sweetened
- ✓ No artificial colours or flavours
- ✓ Low Sodium



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