

# **NEW** AdVital<sup>TM</sup> HOSPITAL STRENGTH

Formulated Meal Replacement



Supports  
Muscle Health



239kcal  
Per Serve



Complete  
Nutrition



Supports  
Cognitive Health



**Neutral**  
1 scoop per serve



**Order Now!**  
Speak with your BDM today

# AdVital Hospital Strength Powder

## Complete Nutrition, Every Day

Backed by science, AdVital Hospital Strength offers complete nutrition in 1-scoop, delivering our signature blend of 27 essential vitamins and minerals; protein, fat, and energy for daily nutritional support. It is suitable as a formulated meal replacement or supplement. AdVital Hospital Strength is designed for people who require high protein and energy in one convenient solution.

## Key Features

- ✓ Energy Dense, 239kcal Per Serve (1.01kcal/mL)
- ✓ High Protein (14.6g Per Serve)
- ✓ Formulated Meal Replacement
- ✓ 27 Vitamins & Minerals (Complete Nutrition)
- ✓ Good Source of Calcium & Vitamin D
- ✓ Good Source of Vitamin C & Zinc
- ✓ Source of Iron & B Vitamins
- ✓ Neutral Flavour
- ✓ 1-Scoop Per Serve (52g)
- ✓ No Artificial Colours or Flavours

## Suitable Diets

- High Protein High Energy
- Gluten, Soy and Nut Free
- Vegetarian
- Halal Certified
- Kosher Dairy Certified

## Indications For Use

- Malnutrition
- Increased energy and protein needs
- Unintentional weight loss
- Healthy ageing and frailty
- During a hospital stay and after discharge
- Wound care
- Pre and post-surgery
- Sarcopenia
- Cachexia
- Busy lifestyle

## Ingredients

Protein Blend (42%) (Calcium Caseinate (**Milk**), Full Cream **Milk** Powder, Whey Protein Concentrate (**Milk**)), Maltodextrin, Medium Chain Triglycerides, Minerals (Potassium Citrate, Calcium Phosphate, Magnesium Oxide, Ferric Pyrophosphate, Cupric Sulphate, Zinc Sulphate, Chromium Chloride, Manganese Sulphate, Sodium Molybdate, Potassium Iodide, Sodium Selenite), Vitamins (Ascorbic Acid, dl-Alpha-Tocopherol Acetate, Niacinamide, Retinol Acetate, Cholecalciferol, Pyridoxine Hydrochloride, Calcium Pantothenate, Thiamine Hydrochloride, Cyanocobalamin, Riboflavin, Phytonadione, Biotin, Folic Acid).

**CONTAINS MILK.**

## Storage

Store in cool dry place and use within 4 weeks after opening. Use the clean and dry scoop provided. Once prepared, cover and refrigerate between serving. Discard leftover product after 24 hours. '2-hour/4-hour' rule recommended.



## NUTRITION INFORMATION (Average Quantity)

Serving size: 52g	Units	Per serve	Per 100g	% Dietary intake per serve
Energy	kJ	995	1910	-
	kcal	239	458	-
Protein	g	14.6	28.1	-
- gluten	mg	Not Detected	-	-
Fat, total	g	8.0	15.3	-
- saturated	g	7.2	13.8	-
- trans	g	0.1	0.2	-
Cholesterol	mg	22	42	-
Carbohydrate	g	26.2	50.4	-
- sugars	g	6.8	13.0	-
- lactose	g	3.6	6.8	-
- galactose	g	0	0	-
Dietary fibre	g	0.6	1.1	-
Sodium	mg	119	228	-
Potassium	mg	209	402	-
Vitamin A	µg	296	570	40%*
Thiamine (Vit B1)	mg	0.6	1.2	50%*
Riboflavin (Vit B2)	mg	0.6	1.2	37%*
Niacin (Vit B3)	mg	5.0	9.6	50%*
Folate	µg	69.7	134	35%*
Vitamin B6	mg	0.8	1.5	50%*
Vitamin B12	µg	0.8	1.5	39%*
Vitamin C	mg	33.5	64.4	50%*
Vitamin D	µg	5.0	9.6	50%*
Vitamin E	mg	6.5	12.5	50%*
Vitamin K	µg	30.1	57.9	38% <sup>^</sup>
Biotin	µg	5.0	9.6	17% <sup>^</sup>
Pantothenic acid	mg	0.8	1.6	17% <sup>^</sup>
Calcium	mg	294	566	37%*
Chloride	mg	81.6	157	-
Chromium	µg	27.0	51.9	13% <sup>^</sup>
Copper	mg	0.5	1.0	17% <sup>^</sup>
Iodine	µg	40	76.9	27%*
Iron	mg	3.3	6.3	27%*
Magnesium	mg	79.5	153	25%*
Manganese	mg	0.6	1.2	12% <sup>^</sup>
Molybdenum	µg	30.0	57.7	12% <sup>^</sup>
Phosphorus	mg	245	472	25%*
Selenium	µg	17.5	33.7	25%*
Zinc	mg	3.0	5.8	25%*

\*Recommended Dietary Intake (RDI).

<sup>^</sup>Estimated Safe and Adequate Daily Dietary Intake (ESADDI).



## Health Benefits

<b>Muscle Health</b> Complex triple protein blend to help maintain and build muscle mass. <sup>1</sup>		<b>Cognitive Health</b> Iron and B vitamins to support cognitive health and reduce tiredness and fatigue. <sup>1</sup>	
<b>Nutritionally Complete</b> Enriched with our signature blend of 27 essential vitamins and minerals for complete nutrition. <sup>1</sup>		<b>Bone Health</b> Calcium and vitamin D to support strong teeth and bones. <sup>1</sup>	
<b>Energy Dense</b> 239kcal per serve to support weight maintenance. <sup>1</sup>		<b>Immune Support</b> Vitamin C and zinc to support immune function. <sup>1</sup>	



### Complex Triple Protein Blend

AdVital Hospital Strength Powder offers a triple protein blend of whey protein concentrate, calcium caseinate and full cream milk powder.

- ✓ **Muscle Maintenance & Mass** – Whey's high leucine content triggers muscle protein synthesis, crucial for preserving muscle mass in ageing.<sup>2</sup>
- ✓ **Sustained Amino Acid Release** – Caseinate provides a slow, steady supply of nutrients making it effective for prolonged muscle repair and growth.<sup>3</sup>
- ✓ **Supports Strength & Mobility** – Helps combat age-related muscle loss (sarcopenia) for better mobility and independence.<sup>4</sup>
- ✓ **Full cream milk powder** is nutrient-dense, providing essential proteins, fats, and carbohydrates to support weight and muscle maintenance.



### Medium-Chain Triglycerides (MCTs)

AdVital Hospital Strength contains Medium-Chain Triglycerides (MCTs) offering fast, efficient energy.

- ✓ **Easier Digestion & Absorption** – MCTs are easier to digest than other fats because they go straight to the liver for quick energy, making them ideal for those with digestive issues, malabsorption, or recovering from illness.<sup>5</sup>
- ✓ **Muscle Preservation & Recovery** – By providing a readily available energy source, MCTs help spare muscle breakdown, ensuring the body maintains strength and function during recovery.<sup>6</sup>

## Explore The AdVital Range

### AdVital Hospital Strength



- High Protein (14.6g per Serve)
- Energy Dense, 239 kcal Per Serve
- 27 Vitamins & Minerals
- Formulated Meal Replacement
- High Calcium & Vitamin D
- 1-Scoop Per Serve
- Cognitive Health
- Immune Function
- Bone Health
- Muscle Health
- Busy Lifestyle

### AdVital Nutritionally Complete



- High Protein (15g Per Serve)
- 27 Vitamins & Minerals
- Low Lactose
- Monash FODMAP Certified\*
- Low GI
- 1-Scoop Per Serve
- Muscle Health
- Bone Health
- Gut Intolerances
- Suitable For Diabetes
- Immune Function
- Normal Growth & Development In Children
- Busy Lifestyle



## The AdVital Story

In conjunction with Queensland Clinical Dietitians, AdVital was developed in 2015 to deliver - a one scoop per serve solution, true neutral taste, and a food-first approach to nutrition.

Our Aussie AdVital continues to help people of all ages and health status achieve their nutritional goals.

Enriched with protein and our signature blend of 27 vitamins and minerals, AdVital products are designed to make everyday nutrition convenient, affordable, and accessible for everyone.

All AdVital products are made in Queensland using Australian grown ingredients where possible.

**Be completely you, with complete nutrition!**



**AdVital**  
COMPLETE NUTRITION



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**AdVital Powder (Neutral, Chocolate & Vanilla) and AdVital Smooth Fruits & Mousse:** Suitable as a sole source of nutrition. Food for special medical purposes. Formulated to provide protein, energy, vitamins, and minerals for medical conditions where nutritional needs cannot be met by diet modification alone. Use under medical supervision. Not for parenteral use. Not suitable for children under 1 year of age.

**AdVital Hospital Strength Neutral Powder:** Formulated meal replacement. Formula provides protein, energy, vitamins, and minerals for where nutritional needs cannot be met by diet modification alone. Not to be used as a total diet replacement. Not suitable for children under 3 years of age. Recommended serves per day: 2.

\*Monash University has assessed this product as being low in FODMAPs only. One serving of this product is low in FODMAPs.

**References** 1. Food Standards Australia New Zealand. (n.d.). Australia New Zealand Food Standards Code – Schedule 4 – Nutrition, health and related claims. <https://www.foodstandards.gov.au/food-standards-code/schedule4>. 2. Luiking YC, Deutz NE, Memelink RG, Verlaan S, Wolfe RR. Postprandial muscle protein synthesis is higher after a high whey protein, leucine-enriched supplement than after a dairy-like product in healthy older people: a randomized controlled trial. *Nutr J*. 2014 Jan 22;13:9. doi: 10.1186/1475-2891-13-9. PMID: 24450500; PMCID: PMC3909458. 3. Kim J. Pre-sleep casein protein ingestion: new paradigm in post-exercise recovery nutrition. *Phys Act Nutr*. 2020 Jun 30;24(2):6-10. doi: 10.20463/pan.2020.0009. PMID: 32698256; PMCID: PMC7451833. 4. Antonio J, Ellerbroek A, Peacock C, Silver T. Casein Protein Supplementation in Trained Men and Women: Morning versus Evening. *Int J Exerc Sci*. 2017 May 1;10(3):479-486. doi: 10.70252/QWHA8703. PMID: 28515842; PMCID: PMC5421981. 5. Watanabe, S., & Tsujino, S. (2022). Applications of medium-chain triglycerides in foods. *Frontiers in Nutrition*, 9, 802805. <https://doi.org/10.3389/fnut.2022.802805> 6. Lindgren BF, Ruokonen E, Magnusson-Borg K, Takala J. Nitrogen sparing effect of structured triglycerides containing both medium-and long-chain fatty acids in critically ill patients; a double blind randomized controlled trial. *Clin Nutr*. (2001) 20:43–8. doi: 10.1054/clnu.2000.0156