

STRENGTH & ENERGY

with Complete Nutrition

Formulated Meal Replacement



Supports Muscle Health



Supports Weight Maintenance



Complete Nutrition



Supports Cognitive Health



Neutral 1 scoop per serve



GLUTEN FREE VEGETARIAN

AdVital Hospital Strength Powder

Complete Nutrition, Every Day

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

Key Features:

- ✓ Energy Dense (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:

- Disease-related malnutrition
- Increased energy and protein needs
- Unintentional weight loss
- Healthy ageing and frailty
- During a hospital stay and after discharge
- Wound Care

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. Always use clean and dry scoop provided. All prepared products should be tightly covered and consumed within 6 hours at room temperature or within 24 hours if refrigerated. Food and Drinks should be handled and stored according to Food Safety protocols.



NUTRITION INFORMATION (Average Quantity)

Servings per package: 14 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% [^]
Biotin	µg	5.0	9.6	17% [^]
Pantothenic acid	mg	0.8	1.6	17% [^]
Calcium	mg	294	566	37%*
Chloride	mg	81.6	157	-
Chromium	µg	27.0	51.9	13% [^]
Copper	mg	0.5	1.0	17% [^]
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% [^]
Molybdenum	µg	30.0	57.7	12% [^]
Phosphorus	mg	245	472	25%*
Selenium	µg	17.5	33.7	25%*
Zinc	mg	3.0	5.8	25%*

*Recommended Dietary Intake (RDI).

[^]Estimated Safe and Adequate Daily Dietary Intake (ESADDI).



Health Benefits:

Muscle Health

High dual protein blend (whey and casein) to help maintain and build muscle mass.¹



Bone Health

Calcium and vitamin D to support strong teeth and bones.¹



Nutritionally Complete

Enriched with a signature blend of 27 essential vitamins and minerals for complete nutrition

27



Immune Support

Vitamin C and zinc to support immune function.¹



Weight Maintenance

Energy dense (1.01kcal/mL) to support weight maintenance.



Cognitive Health

Iron and B vitamins to support cognitive health and reduce tiredness and fatigue.¹



Dual Protein Blend (Whey and Casein)



AdVital Hospital Strength Powder offers a dual protein blend of whey protein concentrate and calcium caseinate.

- ✓ **Muscle Maintenance & Mass** – Whey's high leucine content triggers muscle protein synthesis, crucial for preserving muscle mass in ageing.²
- ✓ **Sustained Amino Acid Release** – Caseinate provides a slow, steady supply of nutrients making it effective for prolonged muscle repair and growth.³
- ✓ **Supports Strength & Mobility** – Helps combat age-related muscle loss (sarcopenia) for better mobility and independence.⁴

Medium-Chain Triglycerides (MCTs)



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

- ✓ **Rapid & Sustained Energy** – MCTs are quickly absorbed and converted into ketones, an alternative fuel source for the brain and muscles.⁵
- ✓ **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.⁵
- ✓ **Muscle Preservation & Recovery** – By providing a readily available energy source, MCTs help spare muscle breakdown, ensuring the body maintains strength and function during recovery.⁶

Explore The AdVital Powder Range

AdVital Hospital Strength Powder



NEW

- High Protein (14.6g per Serve)
- Energy Dense (1.01kcal/mL)
- 27 Vitamins & Minerals
- Formulated Meal Replacement
- High Calcium & Vitamin D
- 1-Scoop Per Serve

- Bone Health
- Weight Maintenance
- Muscle Health
- Immune Function
- Cognitive Health

AdVital Nutritionally Complete Powder



- 27 Vitamins & Minerals
- High Protein (15g Per Serve)
- 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

AdVital



First developed in 2014, AdVital uses a food-first nutritional approach to help people of different ages and health statuses 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. Every AdVital product is made in Queensland and uses Australian 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.

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