

## Protein Overview:

Protein is essential for every cell in the human body. It is especially important for building and maintaining muscle, skin, hair and nails, as well as enzymes and hormones that circulate in the blood. The different amino acids that make up protein are described as essential or non-essential, depending on whether the body can make them or they must be in the diet.

## Protein Needs:

The body has very limited ability to store amino acids so protein has to be eaten on a daily basis. Protein needs increase during illness when the body is undergoing stress and repair. Insufficient protein intake to meet daily requirements at this time can lead to muscle wasting and loss of skeletal muscle strength.

## Protein in Food:

Protein is found in many different foods, including meat, fish, milk, beans, nuts and whole grains. Meat, poultry, fish and eggs contain the most protein. Protein from these animal foods is considered high-quality protein and supplies all the essential amino acids.

For patients who have been prescribed

# Renapro<sup>®</sup> Shot

20g protein in 60ml fluid

## Patient Information Leaflet



If you require any information from the supplier:

visit [www.stanningleypharma.co.uk](http://www.stanningleypharma.co.uk)

email [info@stanningleypharma.co.uk](mailto:info@stanningleypharma.co.uk)

Call Stanningley Pharma Ltd on **0115 9124253**



## Who should take Renapro® Shot?

Renapro® Shot is for patients who have high protein requirements. This can range from patients who are malnourished, or who have pressure ulcers, to those with liver disease, or cancer, or after surgery. Kidney patients on dialysis can develop low protein levels. Renapro® Shot is particularly suitable because of its relatively low potassium and low phosphate content.

Shots are suitable for adults and children, but not for infants under 1 year of age.

Shots are suitable for diabetics and patients on gluten or fibre free diets.

## What is in Renapro® Shot?

Each 60ml bottle contains 20g protein, 2.9g carbohydrate, less than 0.5g fat and 100kcal of energy.

The protein is of beef origin and other ingredients include citric acid, fructose, preservatives (potassium sorbate and sodium benzoate), sucralose, and flavouring.

Shots are milk free, halal and kosher certified.

Renapro® Shot is available in 3 flavours: wild berry, peach, and cola.

## What is the dose of Renapro® Shot?

The usual dose is generally one shot per day, but referral to a specialist dietitian is always recommended if you are unsure.

## How should Renapro® Shot be taken?

Renapro® Shot is ready to drink, but can also be added into hot or cold drinks, foods, or other supplements. Shake well before use.

Renapro® Shot is not a complete source of nutrition, and should only be taken under medical supervision.



Dilute with water  
to suit taste



Pleasant flavour  
- easy to drink



Pour over  
a dessert



Freeze into  
ice cubes



Store at room temperature.

Keep open shot in the fridge,  
and consume within 3 days.