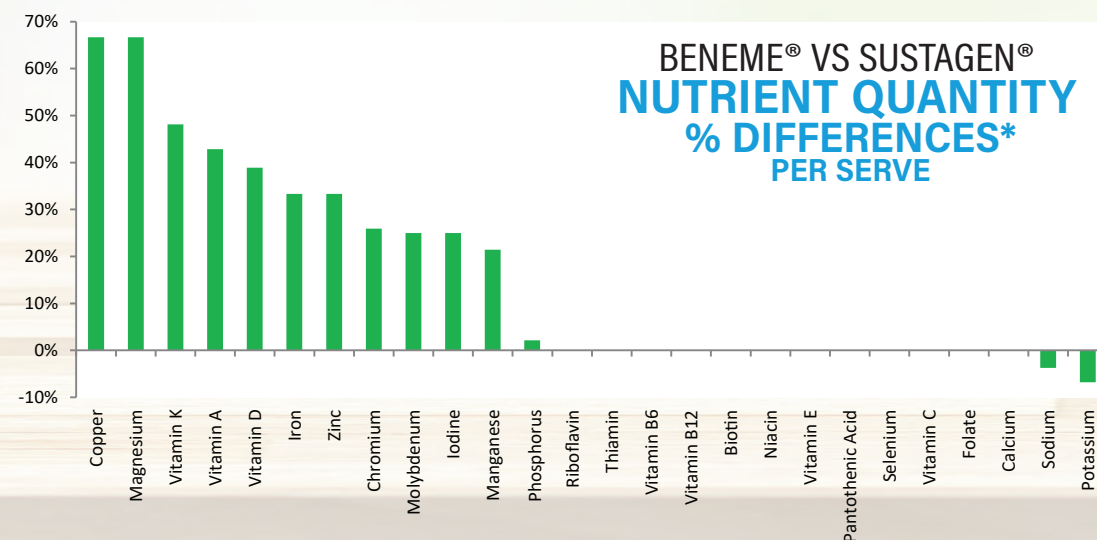


BENEME® VS SUSTAGEN® COMPARED

Made in Australia ✓	✗ Made in Germany
Australian Whole Milk ✓	✗ Not Australian Milk
Nutritionally Complete ✓	✓ Nutritionally Complete
10g Collagen Per Serve ✓	✗ No Collagen
23g Protein Per Serve ✓	✗ 14g Protein Per Serve
5 Digestive Enzymes ✓	✗ No Digestive Enzymes
5-Star Health Rating ✓	✗ No Health Rating
No Added Sugar ✓	✗ Added Sugar
Natural Flavours ✓	✗ Flavours Added
Gluten Free ✓	✓ Gluten Free
Low Fat ✓	✓ Low Fat
GMO-Free Ingredients ✓	✗ No GMO Status Stated
Hospital Quality ✓	✓ Hospital Quality
Halal Suitable ✓	✗ Halal Status Not Stated



*Beneme® Vanilla Compared to Sustagen® Hospital Vanilla

Sustagen is a registered trademark of Societe des Produits Nestle S.A.

COLLAGEN Beneme COLLAGEN ENRICHED NUTRITIONAL MILK DRINK



BENEME WITH COLLAGEN

HEALTHY NUTRITIONAL DRINK

Beneme is a great tasting collagen-enriched milk drink fortified with 26 vitamins and minerals and digestive enzymes.

NUTRITIONALLY COMPLETE

26 ESSENTIAL VITAMINS AND MINERALS

Beneme is not only delicious, but it is also nutritionally complete and provides all the necessary nutrients you need to maintain optimal health. Beneme is suitable for everyone over three years of age and is especially beneficial for older adults.



to ensure good nutrition on a daily basis



when recommended by your healthcare practitioner



pre and post hospitalisation or during times of ill health



when you require extra supplementation in your diet

BENEME FEATURES

- ✓ Nutritionally Complete
- ✓ 10g Collagen Per Serve
- ✓ 26 Vitamins & Minerals
- ✓ 23g Protein Per Serve
- ✓ 5 Digestive Enzymes
- ✓ 5-Star Health Rating
- ✓ No Added Sugar
- ✓ No Artificial Flavours or Colours
- ✓ No Artificial Preservatives
- ✓ Gluten Free
- ✓ Low Fat
- ✓ GMO-Free
- ✓ Hospital Quality
- ✓ All Natural Ingredients
- ✓ Australian Whole Milk
- ✓ Halal Suitable
- ✓ Chocolate and Vanilla Flavours

COLLAGEN

HEALTHY JOINTS, SKIN & MUSCLE

Collagen is an essential component of our entire body, making up 30% of our total body protein.

Collagen is crucial for mobile joints, stable bones, healthy muscles, strong ligaments and tendons, smooth skin, glossy hair and healthy fingernails. As we age, our body naturally produces less collagen.

We use a form of collagen protein called collagen hydrolysate (also called collagen peptides), at a scientifically supported dose of 10g per serve⁽¹⁾.

Hydrolysed collagen has a neutral odour and taste and is soluble in both hot and cold water. This micro active form of collagen has been optimised for cellular absorption and effectiveness.

DIGESTIVE ENZYMES

TO AID DIGESTION

Beneme contains a proprietary blend of five specific plant-derived enzymes to assist digestion⁽⁵⁾.

Many of us, particularly as we age or if we have food sensitivities, lack sufficient enzyme production for efficient digestion.

Beneme contains **Amylase** (Carbohydrates) **Protease** (Proteins) **Cellulase** (Plant Fibre) **Lipase** (Dietary Fats) and **Lactase** (Lactose).

Lactase assists lactose intolerant or dairy sensitive individuals to digest the milk sugar lactose⁽⁶⁾, which is commonly linked to digestive discomfort when consuming dairy products. Approximately 65% of the human population has a reduced ability to digest the milk sugar lactose after infancy⁽⁷⁾.

PROTEIN DO YOU NEED MORE?

Beneme contains a market-leading 23g of protein per serve.

Protein is necessary for tissue building and repair. As your body cannot store protein, you need to obtain it daily from your diet.

The Australian Recommended Dietary Intake (RDI)⁽²⁾ for protein recognises that as we age or are in certain life stages, our protein requirements increase significantly. Studies show that additional protein intake is helpful for wound healing⁽³⁾ are surgery or injury and recovery from illness (1.2 to 2.0g/kg)⁽⁴⁾.

You can calculate your specific requirement by multiplying your weight in kg by the gram amount. For example, a 100 kg 40 year old male would need 100 x 0.84 = 84 g/day.

PROTEIN REQUIREMENTS RDI

AGE/LIFE STAGE	MALE RDI	FEMALE RDI
4-8 years	20g (0.91 g/kg)	20g (0.91 g/kg)
9-13 years	40g (0.94 g/kg)	35g (0.87 g/kg)
14-18 years	65g (0.99 g/kg)	45g (0.77 g/kg)
19-70 years	64g (0.84 g/kg)	46g (0.75 g/kg)
70+ years	81g (1.07 g/kg)	57g (0.94 g/kg)
Pregnancy - 19-50 years 2nd & 3rd trimesters	-	60g (1.00 g/kg)
Lactation - 19-50 years	-	67g (1.1 g/kg)

NO ADDED SUGAR

OR HIDDEN FORMS OF SUGAR SUCH AS CORN SYRUP SOLIDS OR MALTODEXTRIN

Unlike many nutritional drinks which use large amounts of added sugar, Beneme contains natural plant-based stevia.

Stevia does not affect blood sugar levels, has no calories and has an estimated glycemic load of zero⁽⁸⁾. Most of the sweetness found in Beneme comes from milk, which is naturally sweet.

Studies show that a diet high in added sugar is associated with obesity⁽⁹⁾, diabetes, and non-alcoholic fatty liver disease⁽¹⁰⁾. However, there are no reported adverse effects found from consuming naturally occurring sugars⁽¹¹⁾ such as those found in whole fruit, vegetables, and milk.

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HOSPITAL QUALITY



DIGESTIVE ENZYMES



GMO-FREE



GLUTEN FREE



NATURAL INGREDIENTS



LOW FAT

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