

WHAT IS SOUVENAIID®?

Souvenaid® is an innovative product clinically proven to nutritionally support memory performance in patients with early Alzheimer's disease.^{1,2,3}

What makes Souvenaid® so unique is its patented formula known as Fortasyn™ Connect, a combination of nutrients which provide the nutritional building blocks to improves memory performance. This innovation is backed by **20 years of evidence based research**, supported by an extensive ongoing research program and has robust demonstration of memory benefit.

Souvenaid® is taken once daily and comprises of a unique combination of omega-3 polyunsaturated fatty acids, uridine monophosphate and choline, together with phospholipids, B vitamins and other nutrients, at levels difficult to achieve from dietary intake alone.

One 125ml bottle of Souvenaid provides:

DHA	1200 mg
EPA	300 mg
UMP	625 mg
CHOLINE	400 mg

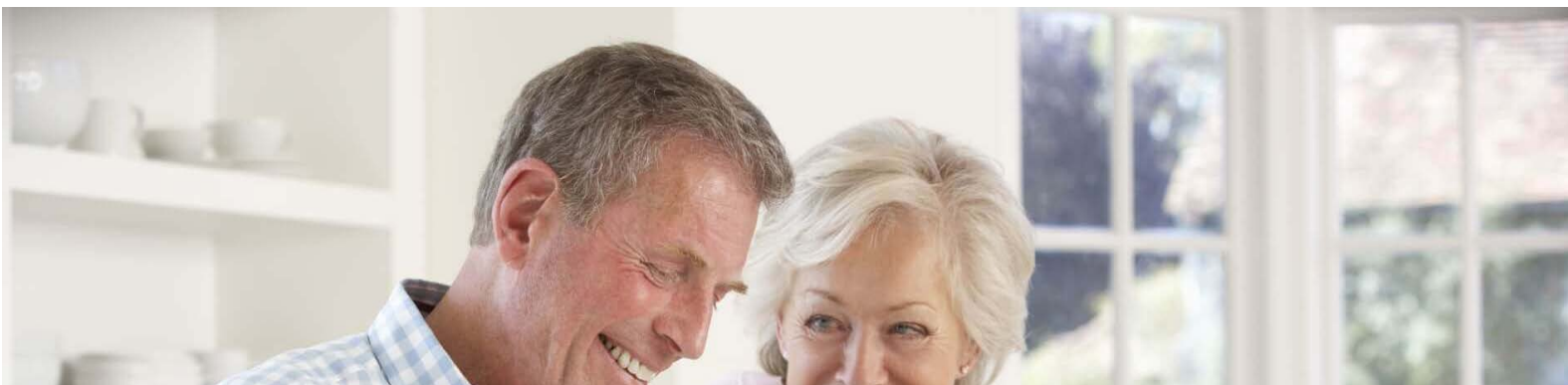
PHOSPHOLIPIDS	106 mg
FOLIC ACID	400 µg
VITAMIN B6	1 mg
VITAMIN B12	3 µg
VITAMIN C	80 mg
VITAMIN E	40 mg
SELENIUM	60 µg

1. Soininen H et al. *Lancet Neurol* 2017; 16: 965–975.
2. Scheltens P et al. *Alzheimers Dement* 2010; 6: 1–10.e1.
3. Scheltens P et al. *J Alzheimers Dis* 2012; 31: 225–236

Souvenaid® is a Food for Special Medical Purposes for the dietary management of early Alzheimer’s disease. Souvenaid® must be used under medical supervision.



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HOW DOES SOUVENAIID® WORK?

There is a growing body of evidence showing that people with early Alzheimer's disease have low levels of several nutrients – omega-3 fatty acids, B vitamins and antioxidants are just some – despite eating a normal diet.¹⁻² These nutrients play an important role in brain health and memory function.

Souvenaid® has been designed to supply specific nutrients to aid the naturally occurring processes in the brain, that are involved in maintaining the brain's integrity. The unique combination of nutrients that Souvenaid® contains, work together to produce a greater effect than when taking them individually. Although, found naturally in food, the amount of these specific nutrients found in Souvenaid® would be difficult to achieve through a normal diet.

SOUVENAIID® – CLINICALLY PROVEN

Souvenaid's® efficacy was originally established in 2 clinical trials, Souvenir I and Souvenir II, which demonstrated memory improvement in patients with mild to moderate Alzheimer's disease taking Souvenaid® once-daily over 12 and 24 weeks, respectively.^{3,4}

A third trial was then conducted which is known as LipiDidiet. It included patients with mild-to-moderate Alzheimer's disease and found that Souvenaid® improved everyday thinking, functional ability and memory performance in the people who drank it every day for 2 years.⁵

More information on each study can be found in the below tabs.

SOUVENIR I	SOUVENIR II	LIPIDIDIET*
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This trial was carried out in several countries across Europe and in the USA. The 225 patients were all in the mild stage of their disease and were not taking any other Alzheimer medication. Patients were randomly assigned to one of two groups, receiving either Souvenaid® or the control product which was similar in flavour and appearance but lacked the key ingredients. Neither the investigators, nor the patients themselves, knew who was taking which product.

A wide range of test parameters was assessed at the beginning of the trial and after 12 weeks. The patients taking Souvenaid® showed improvements in their nutritional status at the end of the 12 week period. Analysis of bloods confirmed that the patients were taking the product regularly and there were no side effects that were attributed to Souvenaid®.

Souvenaid® improved the nutritional status of patients with mild Alzheimer’s disease, after 12 weeks. The results also showed that the product was well-tolerated and compliance was high.

The Souvenir I trial concluded that that in people with mild Alzheimer’s disease, the consumption of Souvenaid® was associated with improved memory performance.³

1. *Lopes da Silva S et al, Alzheimer’s & Dementia* 2014; 10(4); 485-502

2. *Mi W et. al Nutrition* 29:1080-1089

3. *Scheltens P et al. Alzheimers Dement* 2010; 6: 1–10.e1.

4. *Scheltens P et al. J Alzheimers Dis* 2012; 31: 225–236

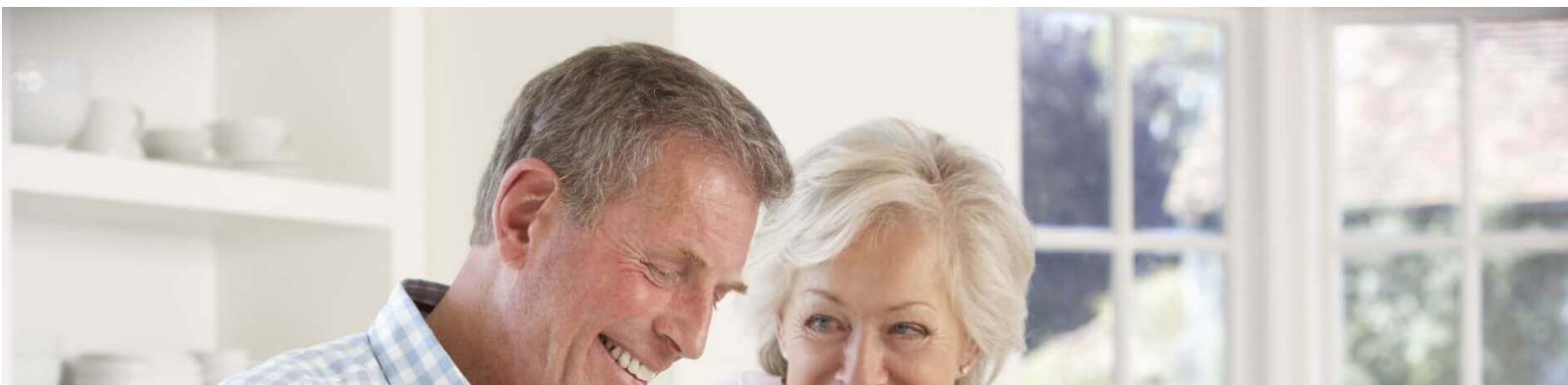
5. *Soininen H et al. Lancet Neurol* 2017; 16: 965–975.

* It is important to acknowledge that the primary outcome of this study did not reach statistical significance, due to lower cognitive decline in the populations than expected. It is anticipated that the positive trend will continue and reach statistical significance at year 3 (Publication expected late 2019). The positive results described come from secondary outcome measure

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More information on each study can be found in the below tabs.

SOUVENIR I	SOUVENIR II	LIPIDIDIET*
<p>The Souvenir II trial involved 259 patients with mild Alzheimer’s disease from several countries across Europe. As in the previous study, these patients were not taking any medication for their Alzheimer’s disease and they were randomly assigned to receive either Souvenaid® or the control product. The patients and investigators were not informed as to which product they were receiving.</p> <p>Various parameters were assessed using a comprehensive collection of tests at the beginning of the trial, at 12 weeks and again at the end of the trial. Patients who were taking Souvenaid®, showed improved nutritional status over the 24 week period. As with the previous trial, analysis of bloods was used to confirm that the patients were taking Souvenaid® regularly. There were no side effects that were thought to be related to the product.</p> <p>The Souvenir II trial concluded that that in people with mild Alzheimer’s disease, the consumption of Souvenaid® was associated with improved memory performance.⁴</p>		

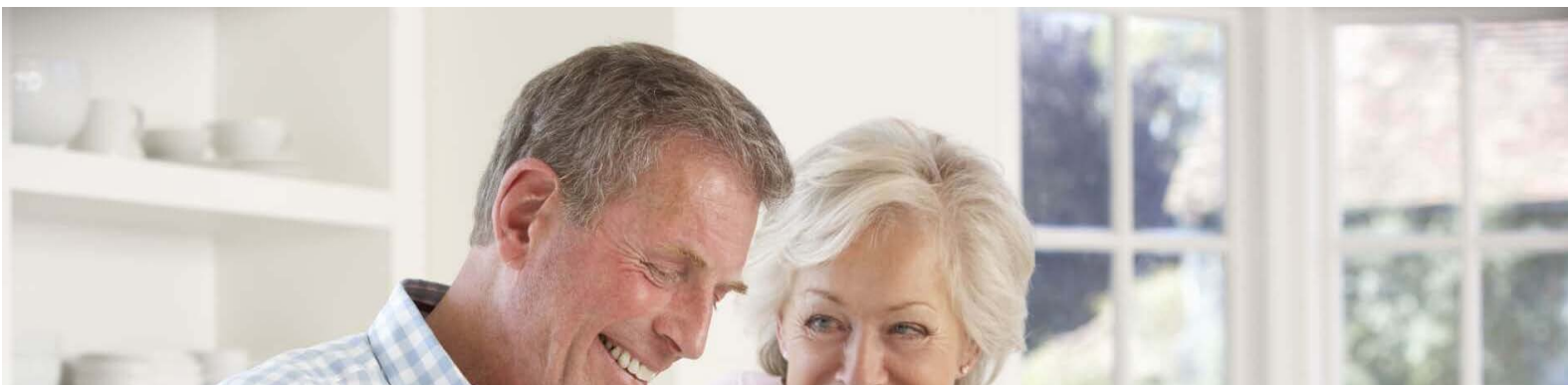
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More information on each study can be found in the below tabs.

SOUVENIR I	SOUVENIR II	LIPIDI DIET*
<p>Based on the results of Souvenir I and II, the independent, European Commission- funded the LipidiDiet trial focused on the long term (2 year) use of Souvenaid® for cognitive function in very early stages of Alzheimer’s disease. The LipidiDiet study involved 311 patients with prodromal Alzheimer’s disease (very early form of Alzheimer’s) who were again randomly assigned to receive either Souvenaid® or the control product. The patients and investigators were not informed as to which product they were receiving.</p> <p>The LipidiDiet trial concluded that in people with prodromal Alzheimer’s disease, the consumption of Souvenaid® was associated with a reduction in brain shrinkage, as well as the stabilisation of everyday cognitive and functional performance.⁵</p>		

1. *Lopes da Silva S et al, Alzheimer’s & Dementia* 2014; 10(4); 485-502

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3. *Scheltens P et al. Alzheimers Dement* 2010; 6: 1–10.e1.

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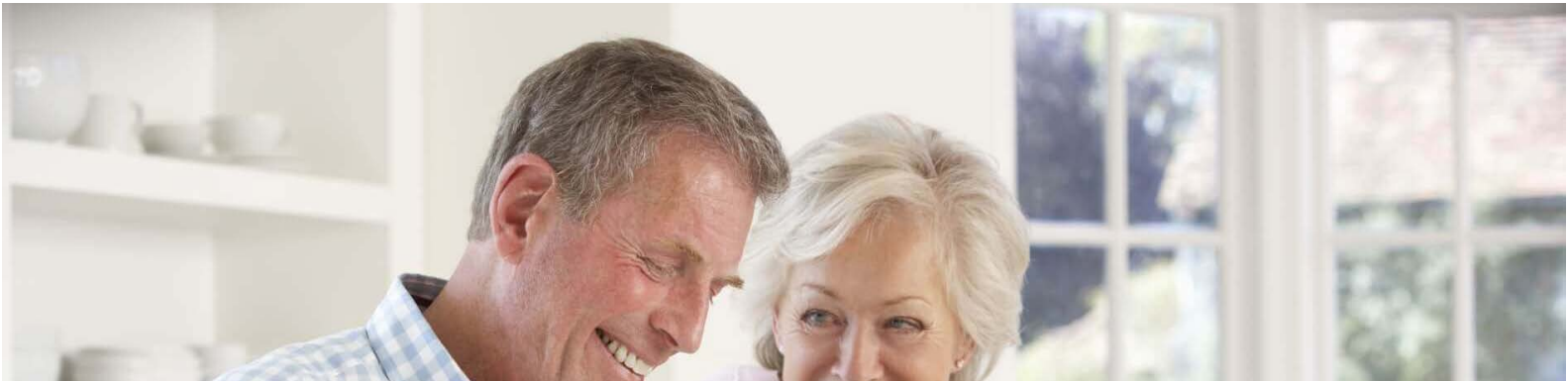
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HOW SHOULD I TAKE SOUVENAIID®?

DIRECTIONS	SERVING	STORAGE
<p>Souvenaid® is intended to be taken as one bottle (125ml) once a day.</p> <p>It should be taken under the direction of your healthcare professional.</p> <p>It may help to take Souvenaid® at the same time each day. For example: In the morning with breakfast. This should make it easier to remember to take it each day as it will become a habit.</p> <p>If you forget to take it at the usual time, there is no need to wait until the same time the next day to consume it. You can drink it when you remember or are reminded.</p>		

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HOW SHOULD I TAKE SOUVENAIID®?

DIRECTIONS	SERVING	STORAGE
<p>In order to benefit from taking Souvenaid®, it is recommended that one bottle of Souvenaid® should be consumed once a day for a minimum of 6 months.</p> <p>Souvenaid® is a ready to drink beverage and can be taken straight from the bottle, through a straw or poured into a glass depending on your preference.</p> <p>It tastes best served chilled so we suggest keeping a few bottles in the fridge.</p> <p>If you want to turn your daily Souvenaid® into a delicious creation, check out our great range of recipes.</p>		

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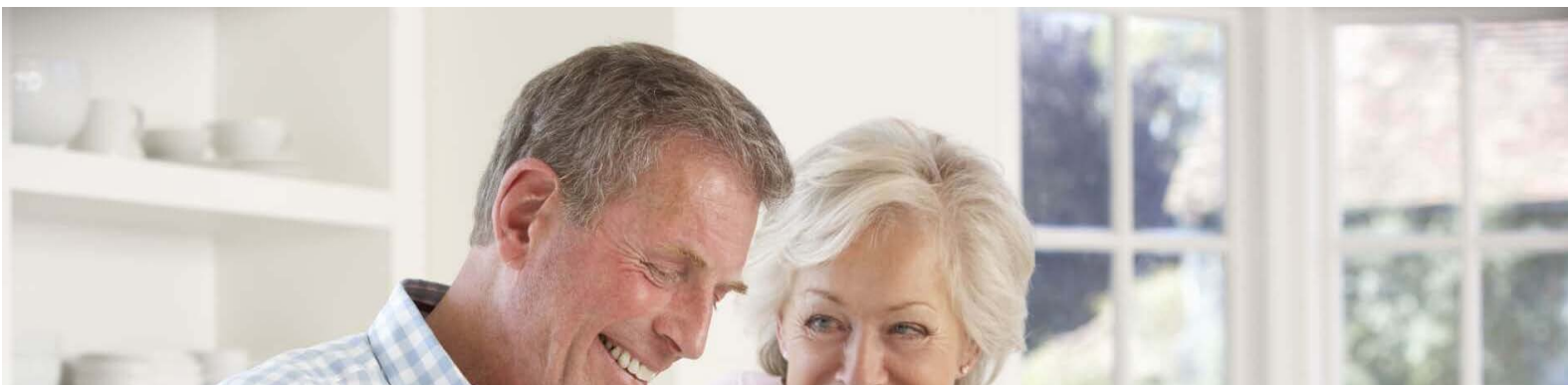
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<p>Souvenaid® can be stored in a cool dry place and is stable for 12 months when kept under these conditions.</p> <p>Once opened, a bottle of Souvenaid® should be closed, kept in the fridge and consumed within 24 hours. We recommend drinking an entire bottle of Souvenaid® at once to ensure that the correct amount is taken each day.</p>		

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HOW SAFE IS SOUVENAIID®?

Souvenaid® contains nutrients that are naturally present in food. Results from three clinical studies showed Souvenaid® was very well tolerated and had a positive safety profile.¹⁻⁴

SOUVENAIID® & OTHER MEDICATION

Souvenaid® has been tested as an add-on therapy to standard medications for Alzheimer's disease. No adverse events were reported as a result of taking Souvenaid® along with these medications.⁴

Many patients who have been involved in clinical trials with Souvenaid® were also taking medications for other conditions. The use of Souvenaid® in combination with these other medications was not associated with any side effects in these patients.

SOUVENAIID® & OTHER MEDICAL CONDITIONS

- Souvenaid® is not suitable as a sole source of nutrition and should be used in addition to normal dietary intake.
- People who have an allergy to milk protein, fish oil or soy may not be able to consume Souvenaid®.

Souvenaid® is not suitable for people with galactosaemia.

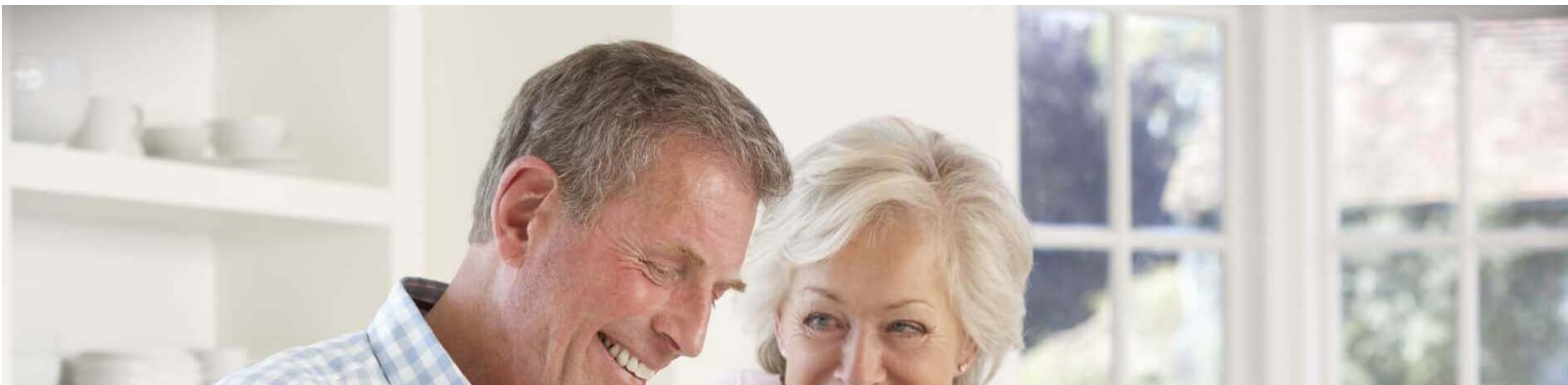
- Souvenaid® is free from gluten-containing ingredients (<20mg/kg).
- Souvenaid® is low lactose (<300mg/kg).
- People with diabetes can consume Souvenaid®. However, Souvenaid® does contain carbohydrates and, as with other foods containing carbohydrate, it is advisable for people with diabetes to monitor their blood glucose levels in consultation with their diabetes medical team.

1. *Soininen H et al. Lancet Neurol 2017; 16: 965–975.*
2. *Scheltens P et al. Alzheimers Dement 2010; 6: 1–10.e1.*
3. *Scheltens P et al. J Alzheimers Dis 2012; 31: 225–236*
4. *Shah RC et al, Alzheimer's Research & Therapy 2013; 5; 59*

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ARE MEMORY LAPSES AN EARLY SIGN OF ALZHEIMER'S DISEASE? MAYBE NOT? WHAT YOU NEED TO KNOW!

The truth is that the symptoms of Alzheimer's disease, and of the related condition of mild cognitive impairment (MCI), are very different to an occasional bout of forgetfulness. Unlike people with normal lapses in memory, those with Alzheimer's simply can't retain information, even when prompted. Their memory issues can't be reversed by a change of medication, more sleep or other treatment. Instead, their memory progressively worsens and the condition starts to affect other cognitive functions, such as language and reasoning. MCI, meanwhile, impacts memory but doesn't involve the significant loss of other cognitive functions.

Throughout our lives we continually lose and replace important brain connections known as synapses without noticing. In a healthy brain the amount of new synapses that are formed matches the amounts that are lost. What we consume in our daily diet plays an important part in the process because the brain needs key nutrients – omega-3 fatty acids, phospholipids, choline, uridine monophosphate and B

vitamins – in the right combination and at the right level to replace the synapses.

[Read More](#)

Research has shown that people with memory loss in early Alzheimer’s disease often have low levels of these key nutrients, despite eating a normal diet.^{1,2} Souvenaid® has been designed to provide these essential nutrients at levels otherwise difficult to achieve through diet alone.

HOW DOES SOUVENAID® WORK?

Souvenaid is an innovative product clinically proven to nutritionally support memory loss in people with early Alzheimer’s disease.³⁻⁵ It does this by providing **important nutrients** which are the building blocks required to maintain connections in the brain and this cannot be achieved from dietary intake alone.

It takes time for these nutrients to be taken up and used by the body, so there is no noticeable effect straight away. Therefore, it is important to keep taking Souvenaid® every day to ensure a continuous and adequate supply of important nutrients for the brain.

WHERE CAN I BUY SOUVENAID® FROM?

There are 3 easy ways to buy Souvenaid®.

- Buy it directly from our **online store** and have it delivered directly to your door step.
- Purchase from your local pharmacy
- Call us direct on **1800 319 420**

WHAT IF I STILL HAVE QUESTIONS?

If you feel that you still have questions, please take a look at our **Frequently Asked Questions**, **send us an email** or call our Souvenaid® team on **1800 319 420**.

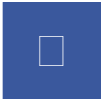
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1. *Lopes da Silva S et al, Alzheimer’s & Dementia* 2014; 10(4): 485-50
2. *Mi W et. al Nutrition* 29:1080-1089
3. *Scheltens P et al. Alzheimers Dement* 2010; 6: 1–10.e1
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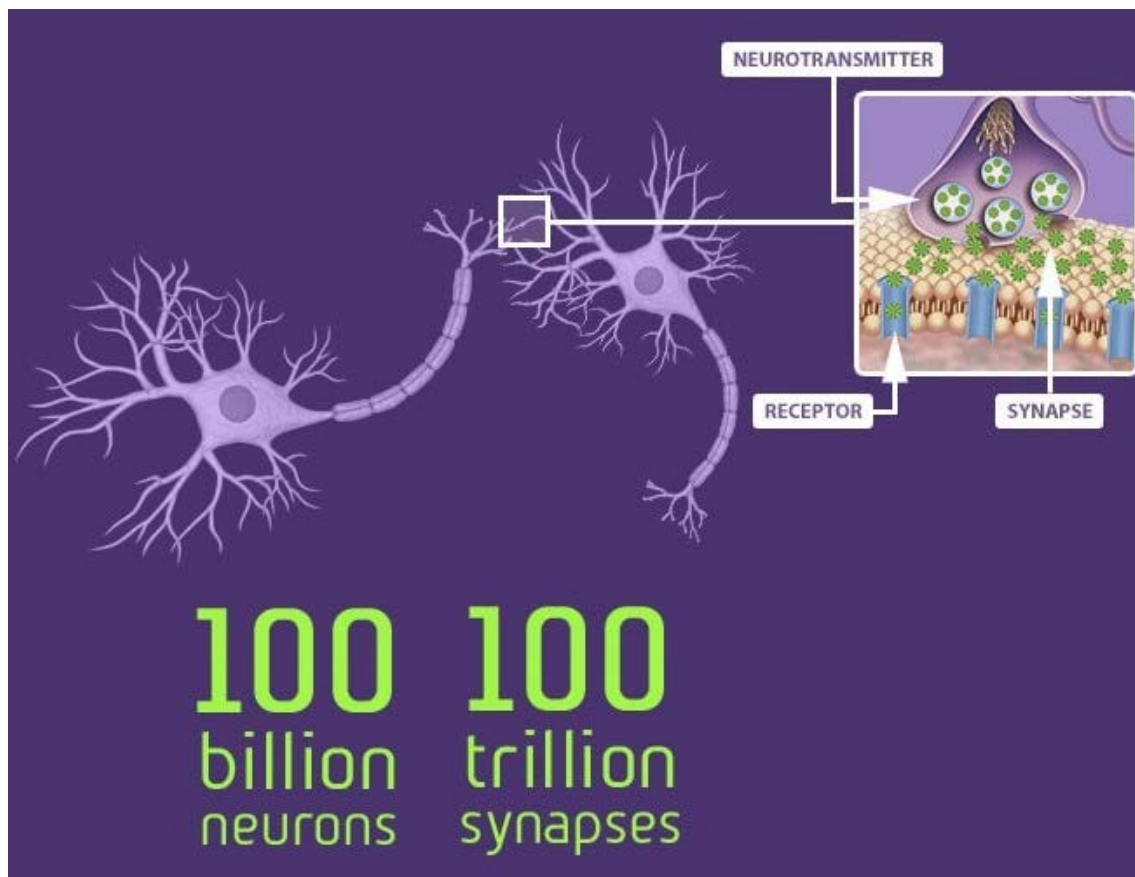


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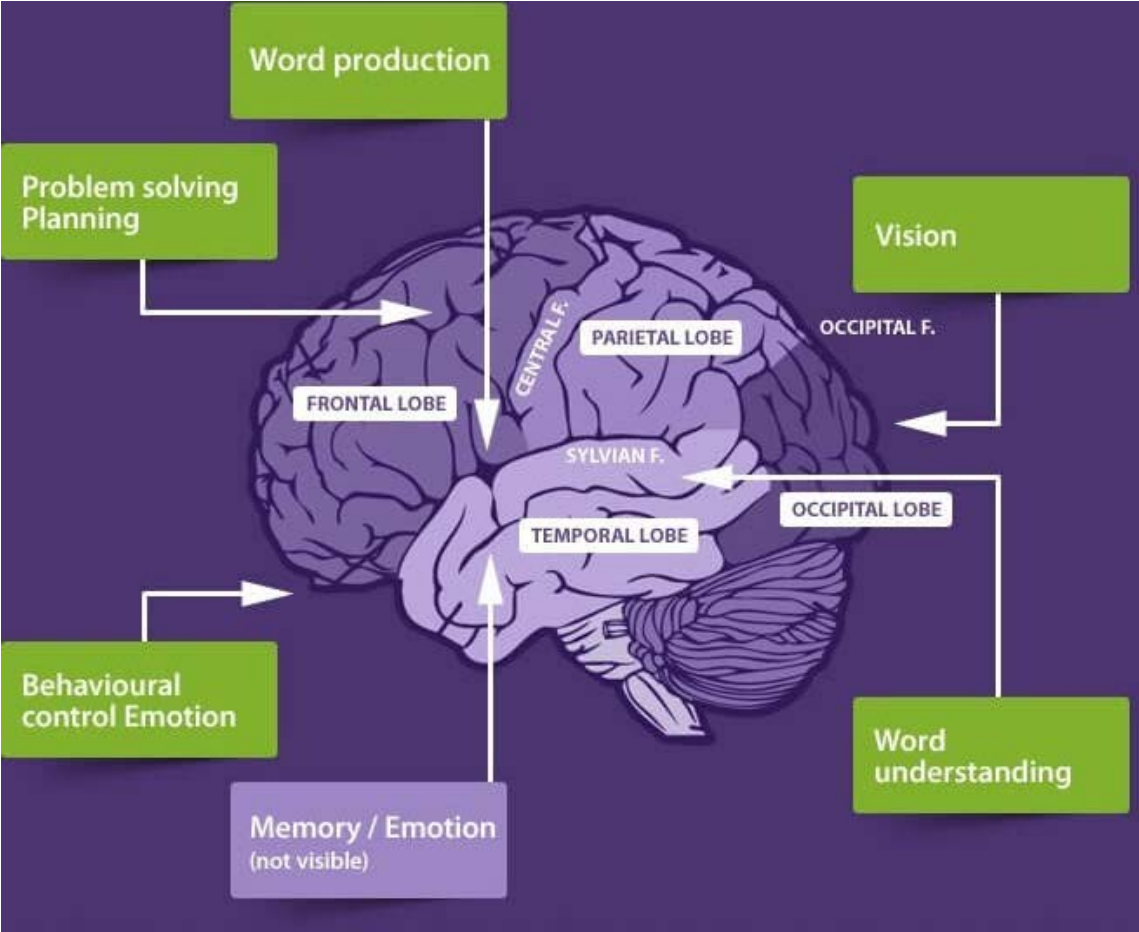
THE BRAIN EXPLAINED

The average adult human brain weighs around approximately 1.4kg and is about the size of a medium cauliflower. It contains around 100 billion nerve cells, called neurones, which are connected by 100 trillion connections, known as synapses. Synapses are found where nerve cells connect with other nerve cells.



Neurones can be seen as the building blocks of the brain network and synapses as the links in the network. Electrical signals, together with chemical reactions that are passed between the neurons and the synapses allow the brain to carry out its many important functions, like for example memory.

Did you know the brain can be divided into 4 areas known as 'lobes'? Although they have strong connections with each other, they can largely be defined by the cognitive processes that they carry out.



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IMPORTANCE OF NUTRITION

The connections in the brain, called synapses, are continuously re-formed throughout life. This means that existing synapses are replaced every 3-6 months with new ones. In a healthy brain the amount of new synapses that are formed matches the amounts that are lost. What we consume plays an important part in the process because the brain needs key nutrients – omega-3 fatty acids, phospholipids, choline, uridine monophosphate and B vitamins – in the right combination and at the right level to replace the synapses.

While a healthy brain can replace the synapses as quickly as they're required, this doesn't occur in someone with Alzheimer's disease. Instead, the loss of synapses occurs at a faster rate than they can be replaced, causing memory loss and the decline of other cognitive functions.

With nutrients being important in this process of synapse replacement, eating plans such as the Mediterranean diet – rich in fruits, vegetables, olive oil, beans, wheat and rice but limited in red meats and poultry – have been found to assist brain health in older adults.

While scientists don't have a definitive answer to why synapses aren't replaced at the optimal rate in people with Alzheimer's, it's known that those in the early stages of the condition typically have low levels of those key nutrients, even if they eat a healthy diet.^{1,2}

Souvenaid® is formulated to provide Alzheimer's patients with these nutrients, in a way they could

never achieve simply by eating. Souvenaid® includes all the nutrients at levels needed to make new synapses.

LEARN MORE ABOUT SOUVENAIID®

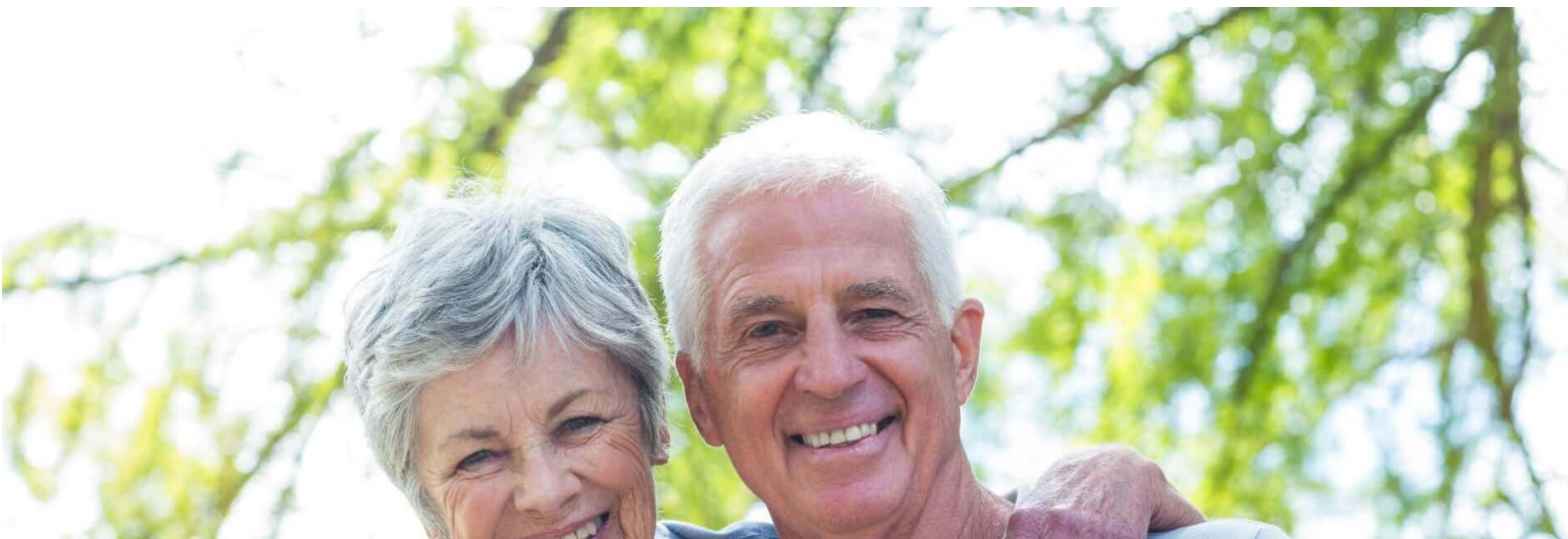
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WHAT IS ALZHEIMER'S DISEASE?

Alzheimer's disease is the most common form of dementia, affecting up to 70% of all people with dementia. It is expected an estimated 447,115 Australians in 2019 will be living with dementia. Worldwide dementia affects almost 50 million people, which is predicted to increase to 131.5 million people by 2050.¹

Alzheimer's is a physical brain disease characterised by the impairment of brain functions such as impaired memory, language, thinking and behaviour. It is a progressive disease caused by the gradual degeneration of brain cells. Alzheimer's disease can broadly be categorised into two areas:²

Sporadic Alzheimer's disease can affect adults at any age, but occurs most often after age 65. This is the most common form of Alzheimer's disease and affects people who may or may not have a family history of the disease.

Familial Alzheimer's disease is a much less common form in which the disease is passed directly from one generation to another.

A person is usually said to have early onset Alzheimer's when they develop the condition in their 20s and by their 40s are severely affected by their symptoms. But Alzheimer's more commonly appears in older adults, with the risk of developing the condition doubling every five years after the age of 60.³

1. *Dementia Australia 2019, 'Dementia statistics', viewed 21st May 2019, <https://www.dementia.org.au/statistics>*
2. *Dementia Australia 2019, 'Alzheimer's disease', viewed 21st May 2019, <https://www.dementia.org.au/information/about-dementia/types-of-dementia>*
3. *Alzheimer's Association 2019, 'Risk factors for Alzheimer's', viewed 21st May 2019, <https://www.alz.org/au/dementia-alzheimers-australia.asp>*

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RISK FACTORS

Although the causes of Alzheimer's disease are still not yet fully understood, scientists are starting to gain a greater understanding of the risk factors that increase the likelihood of developing the disease. These include age, family history, heart health and lifestyle factors, such as diet or physical activity.^{1,2}

AGE

The greatest risk factor for developing Alzheimer's disease is advancing age. Studies have shown that the occurrence of Alzheimer's increases from about the age of 65. After age 65, the risk of Alzheimer's disease doubles every five years. After age 85, the risk reaches nearly one-third.

FAMILY HISTORY

People with a first degree relative, such as a parent or a sibling, who has developed Alzheimer's disease, have an increased risk of developing the disease. This risk is higher if two or more first degree relatives have been affected.

HEART HEALTH

Some of the strongest evidence links your brain health to heart health. Therefore maintaining healthy cholesterol levels and blood glucose levels is important, especially if you have cardiovascular disease or diabetes.

RISK FACTORS YOU CAN CHANGE

Although there are no definitive protective factors for dementia, there are several lifestyle factors that could reduce your risk of developing dementia. These include:

- Maintaining a healthy level of physical activity
- Staying mentally active
- Adopting a healthy diet
- Enjoying a socially active lifestyle

1. *Alzheimer’s and Dementia in Australia 2019, ‘Causes and Risk Factors’, viewed 21st May 2019, <https://alz.org/alzheimers-dementia/what-is-alzheimers/causes-and-risk-factors>*
2. *Risk reduction of cognitive decline and dementia, WHO Guidelines, WHO Organisation, viewed 21st May 2019, https://www.who.int/mental_health/neurology/dementia/guidelines_risk_reduction/en/*

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IDENTIFYING SYMPTOMS OF ALZHEIMER'S DISEASE

DIFFERENCE BETWEEN EARLY ALZHEIMER'S DISEASE AND FORGETFULNESS

We all forget things from time to time and this forgetfulness tends to increase with age. It can be difficult to judge whether this forgetfulness is a part of normal ageing. Typically it is the 'depth' of the memory loss that differs in 'normal forgetfulness' versus that due to Alzheimer's disease. A person with 'normal forgetfulness' can usually still remember other facts associated with the thing they have forgotten. For example, they may briefly forget their neighbour's name but the person they are talking to is their neighbour. A person with Alzheimer's disease will often forget not only their neighbour's name, but also the context in which they know them.

STAGES OF ALZHEIMER'S DISEASE

Alzheimer's disease is a complex condition that can affect people in different ways. There are, however, stages that many people will progress through and these reflect the movement of the disease through the

brain. The symptoms that someone is experiencing will therefore often change, depending on the stage of their disease.

EARLY (OR MILD)	MODERATE	SEVERE
<p>In the very early stages, day-to-day memory problems dominate but these can be subtle so it can be hard to tell if they are due to the normal ageing process. Early warning signs to look out for include:</p> <ul style="list-style-type: none">• Losing or misplacing things• Becoming confused in familiar places• Taking longer to carry out everyday tasks• Changes in mood		

If you recognise signs of memory loss in a loved one that keeps on getting worse, to the point you are concerned, it is strongly recommended that you make an appointment to see a doctor for an assessment. The earlier that Alzheimer’s disease is diagnosed, the more can be done to manage it.

1. *Dementia Australia 2019, ‘Alzheimer’s disease’ viewed 21st May 2019,*
<https://www.dementia.org.au/about-dementia/types-of-dementia/alzheimers-disease>

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EARLY (OR MILD)	MODERATE	SEVERE
<p>In this stage of Alzheimer’s disease, the problems with memory become more pronounced and other cognitive processes also start to become affected. People may:</p> <ul style="list-style-type: none">• Tell the same stories or ask the same question repeatedly• Have difficulty recognising family members or friends• Have word-finding difficulties or non-fluent speech• Show a lack of concern over their appearance• Experience changes in mood and personality		

If you recognise signs of memory loss in a loved one that keeps on getting worse, to the point you are concerned, it is strongly recommended that you make an appointment to see a doctor for an assessment. The earlier that Alzheimer’s disease is diagnosed, the more can be done to manage it.

1. *Dementia Australia 2019, ‘Alzheimer’s disease’ viewed 21st May 2019,*
<https://www.dementia.org.au/about-dementia/types-of-dementia/alzheimers-disease>

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IDENTIFYING SYMPTOMS OF ALZHEIMER'S DISEASE

DIFFERENCE BETWEEN EARLY ALZHEIMER'S DISEASE AND FORGETFULNESS

We all forget things from time to time and this forgetfulness tends to increase with age. It can be difficult to judge whether this forgetfulness is a part of normal ageing. Typically it is the 'depth' of the memory loss that differs in 'normal forgetfulness' versus that due to Alzheimer's disease. A person with 'normal forgetfulness' can usually still remember other facts associated with the thing they have forgotten. For example, they may briefly forget their neighbour's name but the person they are talking to is their neighbour. A person with Alzheimer's disease will often forget not only their neighbour's name, but also the context in which they know them.

STAGES OF ALZHEIMER'S DISEASE

Alzheimer's disease is a complex condition that can affect people in different ways. There are, however, stages that many people will progress through and these reflect the movement of the disease through the

brain. The symptoms that someone is experiencing will therefore often change, depending on the stage of their disease.

EARLY (OR MILD)	MODERATE	SEVERE
<p>In this stage, the disease spreads to engulf most parts of the brain and the person has what is termed ‘a global dementia’. All areas of cognition are severely affected but there are also problems with physical functioning. People at this stage of disease may:</p> <ul style="list-style-type: none">• Be unable to remember their own name or recognise close family members• Suffer from bladder and bowel incontinence• Experience visual/auditory hallucinations• Develop repetitive or ritualistic behaviours• Need help with even the most basic activities of daily living		

If you recognise signs of memory loss in a loved one that keeps on getting worse, to the point you are concerned, it is strongly recommended that you make an appointment to see a doctor for an assessment. The earlier that Alzheimer’s disease is diagnosed, the more can be done to manage it.

1. *Dementia Australia 2019, ‘Alzheimer’s disease’ viewed 21st May 2019,*
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GETTING A DIAGNOSIS OF ALZHEIMER’S DISEASE

Finding out you or a family member have been diagnosed with Alzheimer’s can leave you with many emotions. For some people it can be upsetting or may come as a shock. For others, receiving an ‘official’ medical diagnosis can simply confirm what has long been suspected.

The below diagram shows the usual route to diagnosis for a patient in the early stages of Alzheimer’s disease. Typically a patient or sometimes their family members report memory problems to their GP. The GP will ask a series of questions and may conduct a short test of mental ability. On the basis of this, the doctor will decide whether to refer a patient on to a specialist.

HOW TO GET A DIAGNOSIS?

GP

Report memory complaints to a GP. On the basis of an examination, some

SPECIALIST

A specialist and their team may perform a thorough set of

DIAGNOSIS

Doctors will rule out other possible causes of dementia-like conditions. To make a diagnosis of

questions and a brief memory assessment, referral to a specialist may be made.



examinations. This may include in depth memory testing and brain scans.



Alzheimer’s disease, doctors use specific standardised tests and procedures.

TALKING TO YOUR DOCTOR

Whether you are attending an appointment for yourself or for someone you are supporting, you may find the following tips useful:

- Before your visit, think about any symptoms that you want to raise during your consultation.
- Go with someone who will support you and who can write down any important points the professional makes.
- Ask the doctor to write down any medical terms, particularly if English is not your first language.
- Ask what you can expect to happen further on in the future – this can be very useful to help you make plans.
- Request any information they have about contacting local support groups.

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FREQUENTLY ASKED QUESTIONS

What is Souvenaid®?

Souvenaid® is food for special medical purposes for the dietary management of patients diagnosed with mild/early Alzheimer's disease. It must be used under medical supervision. It is a once daily 125mL drink which contains a unique, patented combination of nutrients designed to support memory performance. Souvenaid® taken daily has benefits in the dietary management of mild Alzheimer's disease. [LEARN MORE](#)

Who is Souvenaid® for?

What does Souvenaid® contain?

How does Souvenaid® work?

How does Souvenaid® support memory function?



How should Souvenaid® be taken?

Can Souvenaid® be taken at the same time as medications for Alzheimer's disease?

How does Souvenaid® taste?

How long do I need to take Souvenaid®?

I have a family history of Alzheimer's disease. Should I take Souvenaid® to prevent it developing in the future? Should I take it 'just in case'?

Will Souvenaid® protect me from getting Alzheimer's disease or stop the progression of the disease?

I am already taking coconut oil or food supplements for memory loss, will Souvenaid® provide additional benefits?

Why can't I just take fish oil and other vitamin supplements to get the same benefits for a fraction of the cost?

Can't people living with Alzheimer's disease get the same benefits from consuming foods containing the ingredients present in Souvenaid®?

Are there any contraindications when taking Souvenaid®?

Is Souvenaid® safe to consumer alongside other medical conditions?

Where can I get Souvenaid®?

If I have further questions on Souvenaid®, who should I contact?

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FREQUENTLY ASKED QUESTIONS

What is Souvenaid®?

Who is Souvenaid® for?

Souvenaid® is for people who are in the early stages of Alzheimer's disease. The clinical benefit of Souvenaid® has so far only been demonstrated in people during the early stages of Alzheimer's disease. Souvenaid® must be used under medical supervision.

What does Souvenaid® contain?

How does Souvenaid® work?

How does Souvenaid® support memory function?

How should Souvenaid® be taken?

Can Souvenaid® be taken at the same time as medications for Alzheimer's disease?

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FREQUENTLY ASKED QUESTIONS

What is Souvenaid®?

Who is Souvenaid® for?

What does Souvenaid® contain?

Souvenaid® contains a unique combination of nutrients, called Fortasyn™ Connect, at levels difficult to achieve from normal dietary intake alone. This combination of nutrients in Souvenaid® supports brain health and includes fish oil, phospholipids, choline, uridine monophosphate, vitamin E, vitamin C, vitamin B12, vitamin B6 and folic acid. The unique combination of nutrients is designed to support memory performance in people living with Alzheimer's disease. **LEARN MORE**

How does Souvenaid® work?

How does Souvenaid® support memory function?

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Can Souvenaid® be taken at the same time as medications for Alzheimer's disease?

How does Souvenaid® taste?

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FREQUENTLY ASKED QUESTIONS

What is Souvenaid®?

Who is Souvenaid® for?

What does Souvenaid® contain?

How does Souvenaid® work?

There is a growing body of evidence showing that people with Alzheimer's disease have low levels of certain 'building blocks' (nutrients) and because of their disease, they experience an increased need for such 'building blocks'. Souvenaid® provides the nutritional 'building blocks' that are required for **synapse formation** and memory performance.

How does Souvenaid® support memory function?

How should Souvenaid® be taken?

Can Souvenaid® be taken at the same time as medications for Alzheimer's disease?

How does Souvenaid® taste?

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Why can't I just take fish oil and other vitamin supplements to get the same benefits for a fraction of the cost?

Can't people living with Alzheimer's disease get the same benefits from consuming foods containing the ingredients present in Souvenaid®?

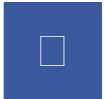
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How does Souvenaid® work?

How does Souvenaid® support memory function?

Souvenaid® provides the nutrients required, in addition to a person's normal daily dietary intake, to support synapse formation which in turn is associated with memory function. Therefore, Souvenaid® nutritionally supports memory function in people during the early stages of Alzheimer's disease.

How should Souvenaid® be taken?

Can Souvenaid® be taken at the same time as medications for Alzheimer's disease?

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What is Souvenaid®?

Who is Souvenaid® for?

What does Souvenaid® contain?

How does Souvenaid® work?

How does Souvenaid® support memory function?

How should Souvenaid® be taken?

Souvenaid® is a single serve drink making it easy and convenient for people to take. It can be drunk straight from the bottle, through a straw or popped into a glass. It comes in three

flavours; vanilla, strawberry and cappuccino. It tastes best served chilled, so we recommend keeping a few bottles in the fridge. Alternatively if you want to turn your daily Souvenaid® into a delicious creation, check out our great **range of recipes**.

Can Souvenaid® be taken at the same time as medications for Alzheimer's disease?

How does Souvenaid® taste?

How long do I need to take Souvenaid®?

I have a family history of Alzheimer's disease. Should I take Souvenaid® to prevent it developing in the future? Should I take it 'just in case'?

Will Souvenaid® protect me from getting Alzheimer's disease or stop the progression of the disease?

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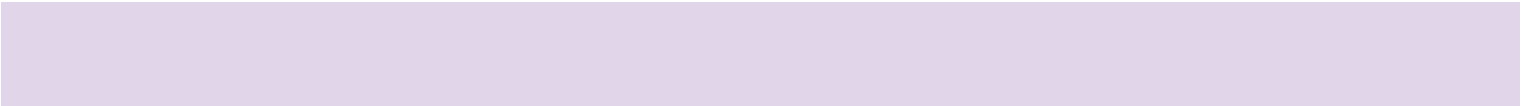
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How does Souvenaid® work?

How does Souvenaid® support memory function?

How should Souvenaid® be taken?

Can Souvenaid® be taken at the same time as medications for

Alzheimer's disease?

Souvenaid® is food for special medical purposes for the dietary management of patients diagnosed with mild/early Alzheimer's disease. It must be used under medical supervision. Clinical studies have demonstrated that Souvenaid® can be used safely alongside commonly prescribed Alzheimer's disease medication.

How does Souvenaid® taste?

How long do I need to take Souvenaid®?

I have a family history of Alzheimer's disease. Should I take Souvenaid® to prevent it developing in the future? Should I take it 'just in case'?

Will Souvenaid® protect me from getting Alzheimer's disease or stop the progression of the disease?

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Can Souvenaid® be taken at the same time as medications for Alzheimer's disease?

How does Souvenaid® taste?

Souvenaid® comes in three flavours; vanilla, cappuccino and strawberry. It tastes best served chilled, so we recommend keeping a few bottles in the fridge. To taste all 3 flavour, request your **free sample pack** today.

How long do I need to take Souvenaid®?

I have a family history of Alzheimer's disease. Should I take Souvenaid® to prevent it developing in the future? Should I take it 'just in case'?

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How does Souvenaid® taste?

How long do I need to take Souvenaid®?

In order to benefit from taking Souvenaid®, it is recommended that one 125mL bottle of Souvenaid® should be consumed once a day for a minimum of 6 months. The length of use of Souvenaid® by an individual should be determined by their recommending healthcare professional.

I have a family history of Alzheimer's disease. Should I take Souvenaid® to prevent it developing in the future? Should I take it 'just in case'?

Will Souvenaid® protect me from getting Alzheimer's disease or stop the progression of the disease?

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I have a family history of Alzheimer's disease. Should I take Souvenaid® to prevent it developing in the future? Should I take it 'just in case'?

Souvenaid® is indicated for the dietary management of patients with early Alzheimer's disease. Souvenaid® has not been tested in people who do not have Alzheimer's disease. You should consult your health care professional about whether it is appropriate to take Souvenaid®.

Will Souvenaid® protect me from getting Alzheimer's disease or stop the progression of the disease?

I am already taking coconut oil or food supplements for memory loss, will Souvenaid® provide additional benefits?

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Will Souvenaid® protect me from getting Alzheimer's disease or stop the progression of the disease?

Souvenaid® is an Food for Special Medical Purpose for the dietary management of early Alzheimer's disease. It is not intended to prevent the disease nor is it a treatment and it should only be used by people who have already been diagnosed with early Alzheimer's disease. It must be used under medical supervision.

I am already taking coconut oil or food supplements for memory loss, will Souvenaid® provide additional benefits?

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Will Souvenaid® protect me from getting Alzheimer's disease or stop the progression of the disease?

I am already taking coconut oil or food supplements for memory loss, will Souvenaid® provide additional benefits?

Souvenaid® should only be used under medical supervision and this should be discussed with your healthcare professional. Souvenaid® is a nutritional drink clinically proven to be beneficial in the dietary management of patients with early Alzheimer's disease. Clinical trials of Souvenaid® in combination with coconut oil or food supplements have not been carried out.

Why can't I just take fish oil and other vitamin supplements to get the same benefits for a fraction of the cost?

Can't people living with Alzheimer's disease get the same benefits from consuming foods containing the ingredients present in Souvenaid®?

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I am already taking coconut oil or food supplements for memory loss, will Souvenaid® provide additional benefits?

Why can't I just take fish oil and other vitamin supplements to get the same benefits for a fraction of the cost?

This question is best answered by your healthcare professional. Clinical trials directly comparing Souvenaid® with fish oil and vitamin supplements have not been carried out.

Can't people living with Alzheimer's disease get the same benefits from consuming foods containing the ingredients present in Souvenaid®?

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Why can't I just take fish oil and other vitamin supplements to get the same benefits for a fraction of the cost?

Can't people living with Alzheimer's disease get the same benefits from consuming foods containing the ingredients present in Souvenaid®?

Souvenaid® contains a unique combination of nutrients at levels difficult to achieve from diet alone. In early Alzheimer's disease, dietary intake of nutrients may be affected by worsening of appetite, taste and smell, which lead to reduced food consumption, food neglect and changes in food preferences.

In addition, research suggests that people with early Alzheimer's disease have higher requirements than people without the disease for certain nutrients supporting brain function. It would be extremely difficult to modify your diet to achieve the right combination of specific nutrients and unreasonable to expect people to eat enough of the right foods.

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Why can't I just take fish oil and other vitamin supplements to get the same benefits for a fraction of the cost?

Can't people living with Alzheimer's disease get the same benefits from consuming foods containing the ingredients present in Souvenaid®?

Are there any contraindications when taking Souvenaid®?

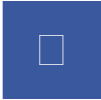
Souvenaid® is not suitable for patients with galactosaemia. Galactosaemia is a genetic disease where a person cannot metabolise galactose.

Is Souvenaid® safe to consumer alongside other medical conditions?

Where can I get Souvenaid®?

If I have further questions on Souvenaid®, who should I contact?

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FREQUENTLY ASKED QUESTIONS

What is Souvenaid®?

Who is Souvenaid® for?

What does Souvenaid® contain?

How does Souvenaid® work?

How does Souvenaid® support memory function?

How should Souvenaid® be taken?

Can Souvenaid® be taken at the same time as medications for Alzheimer's disease?

How does Souvenaid® taste?

How long do I need to take Souvenaid®?

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Souvenaid® should only be used under medical supervision and this should be discussed with your healthcare professional.

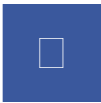
- Souvenaid® is not suitable as a sole source of nutrition and should be used in addition to normal dietary intake.
- People who have an allergy to milk protein, fish oil or soy may not be able to consume Souvenaid®.
- Souvenaid® is not suitable for people with galactosaemia.
- Souvenaid® is free from gluten-containing ingredients (<20mg/kg).
- Souvenaid® is low lactose (<300mg/kg).

- People with diabetes can consume Souvenaid®. However, Souvenaid® does contain carbohydrates and, as with other foods containing carbohydrate, it is advisable for people with diabetes to monitor their blood glucose levels in consultation with their diabetes medical team.

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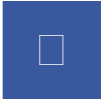
Is Souvenaid® safe to consumer alongside other medical conditions?

Where can I get Souvenaid®?

Upon recommendation by your healthcare professional, Souvenaid® can be purchased directly from our **online store** or from your local pharmacy.

If I have further questions on Souvenaid®, who should I contact?

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To see if this product is right for you, please contact your healthcare professional. Alternatively if you have specific questions about the product, please call the Souvenaid® customer care team on **1800 319 420**.

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