

Support wound management from the inside out

# Arginaid®



Nutritional supplements specifically  
designed to assist with wound management

*Simple easy recipes with the added benefits of Arginaid®*

# Support wound management from the inside out

During wound healing, it is important to eat well so that your body is nourished and able to supply the nutrients that are needed to help produce new skin. Arginine, an amino acid, plays an important role in wound healing as it helps increase blood flow to the surface of the wound and it also helps to produce new skin.

ARGINAID® is a specialised nutritional supplement designed to assist with wound management.

2 serves of ARGINAID® daily equated to an approximate 2-fold improvement in healing in well nourished patients.<sup>1</sup>

## **ARGINAID® serving suggestions (per 4.5g ARGINAID® sachet):**

- Mix with 180-240mL water, soda water, lemonade or juice.
- ARGINAID® can be mixed with warm liquids or frozen for a cool treat.
- Mix with a serve of yoghurt (e.g. vanilla flavour), custard or mousse.

**This resource provides additional delicious recipe ideas - enjoy!**



# TROPICAL ORANGE FRUIT JELLY

*Sweet and refreshing dessert*

## INGREDIENTS LIST

- ◆ 1 tsp gelatine
- ◆ 1 tbsp water
- ◆ 1 sachet Orange ARGINAID®
- ◆ 125mL water
- ◆ ½ cup tropical fruit salad

## TO MAKE

Dissolve gelatine in 1 tbsp warm water. Pour Orange ARGINAID® into 125mL water, add gelatine and whisk to dissolve. Stir in tropical fruit salad and place in the refrigerator to set. If texture is a problem blend rather than whisk. The extra body and flavour makes this delicious. Garnish with sliced fruit to serve.



# ORANGE OR LEMON SORBET

*Mouth watering, satisfying treat*

## INGREDIENTS LIST

- ¾ tsp gelatine
- 1 tbsp water
- 180mL cold water
- 2 tps sugar
- 1 sachet Orange or Lemon ARGINAID®

## TO MAKE

Dissolve gelatine in 1 tbsp warm water. Add 180mL of cold water, sugar and sachet of Orange or Lemon ARGINAID®. Blend, freeze until mushy and then whip. Place in a serving dish and freeze until firm. Remove from freezer 5 to 10 minutes before eating to allow it to soften.





# ORANGE COCONUT CREAM PUDDING

*Deliciously creamy, smooth  
textured dessert*

## INGREDIENTS LIST

- 1 tsp gelatine
- 1 tbsp water
- 1 sachet Orange ARGINAID®
- ½ cup milk
- 2 drops coconut essence

## TO MAKE

Dissolve gelatine in 1 tbsp warm water. Add Orange ARGINAID®, milk and coconut essence. Beat with whisk and place in a dish to set. Sprinkle with coconut before serving if texture is not a problem.



# ORANGE PARFAIT

*Perfect sweet dessert,  
that's easy to make*

## INGREDIENTS LIST

- ◆ 1 tsp gelatine
- ◆ 1 tbsp water
- ◆ 1 sachet Orange ARGINAID®
- ◆ ½ cup milk

## TO MAKE

Dissolve gelatine in 1 tbsp warm water. Add Orange ARGINAID® and milk. Partially set for about 1 hour in the freezer. Whip and set for 2 hours in the refrigerator in a parfait glass.



# ORANGE JULEP

*Creamy, frothy, thirst  
quenching drink*

## INGREDIENTS LIST

- ½ cup milk
- ½ cup yoghurt
- 1 sachet Orange ARGINAID®
- ½ tsp chopped mint

## TO MAKE

Blend milk, yoghurt, Orange ARGINAID® and mint.  
Serve well chilled.





# LEMON DELICIOUS

*Thick and creamy dessert,  
which can be prepared in  
a few minutes*

## INGREDIENTS LIST

- 2 tsps custard powder
- $\frac{3}{4}$  cup milk
- 2 tsps sugar
- 1 egg
- 1 sachet Lemon ARGINAID®

## TO MAKE

Blend custard powder with milk, sugar and egg. Cook in microwave for a few minutes until thick. Cool slightly and stir in Lemon ARGINAID®.





# LEMON PASSIONFRUIT SORBET

*Refreshing, chilled dessert*

## INGREDIENTS LIST

- $\frac{3}{4}$  cup water
- Juice of one passionfruit
- 2 tsps sugar or substitute
- 1 sachet Lemon ARGINAID®

## TO MAKE

Mix water with the passion fruit juice, sugar and Lemon ARGINAID®. Blend, freeze until mushy and then whip. Rewhip and freeze in a serving dish. Remove from freezer 5 to 10 minutes before eating to allow it to soften.



# LEMON BERRY EXPLOSION

*Refreshing berry burst,  
packed full of flavour*

## INGREDIENTS LIST

- ◆ 1 sachet Lemon ARGINAID®
- ◆ ½ cup milk
- ◆ ¼ cup frozen berries
- ◆ 1 scoop ice cream

## TO MAKE

Blend Lemon ARGINAID® with milk, frozen berries and ice cream. Drink and enjoy.



# LEMON LASSI

*Delightful, fragrant and  
tangy drink made with  
yoghurt and milk*

## INGREDIENTS LIST

- 1 sachet Lemon ARGINAID®
- ½ cup natural yoghurt
- ½ cup milk

## TO MAKE

Blend Lemon ARGINAID®,  
yoghurt and milk.  
Drink and enjoy.



For more information, contact  
your Nestlé Health Science  
Account Specialist.

References: 1. Brewer, S. et al. Journal of Wound Care, 2010;19(7):311-316.

ARGINOID® is a food for special medical purposes specifically formulated with L-Arginine for the nutritional management of wounds. Not suitable for use as a sole source of nutrition. Contains Phenylalanine.

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