arginaid®

Support wound management
from the inside out

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.[1]

ARGINAID serving suggestions (per 9.2g 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 tsps 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
- ¾ 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

- ¾ 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.

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

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

® Reg. Trademark of Société des Produits Nestlé S.A.

Nestlé Healthcare Nutrition, a division of Nestlé Australia Ltd,
1 Homebush Bay Drive, Rhodes NSW 2138, Australia.
For information call **1800 671 628.**

Printed in August 2024.

Nestlé HealthScience