

Food Supplement Ready Reckoner –
Millilitres (mls) per cycle

40ml products (e.g. Calogen Shots)

Day of Cycle	One Daily	Two Daily	Three Daily	Four Daily
1	40	80	120	160
2	80	160	240	320
3	120	240	360	480
4	160	320	480	640
5	200	400	600	800
6	240	480	720	960
7	280	560	840	1120
8	320	640	960	1280
9	360	720	1080	1440
10	400	800	1200	1600
11	440	880	1320	1760
12	480	960	1440	1920
13	520	1040	1560	2080
14	560	1120	1680	2240
15	600	1200	1800	2400
16	640	1280	1920	2560
17	680	1360	2040	2720
18	720	1440	2160	2880
19	760	1520	2280	3040
20	800	1600	2400	3200
21	840	1680	2520	3360
22	880	1760	2640	3520
23	920	1840	2760	3680
24	960	1920	2880	3840
25	1000	2000	3000	4000
26	1040	2080	3120	4160
27	1080	2160	3240	4320
28	1120	2240	3360	4480

125ml products (e.g. Fortisip Compact, Ensure Compact)

Day of Cycle	One Daily	Two Daily	Three Daily	Four Daily
1	125	250	375	500
2	250	500	750	1000
3	375	750	1125	1500
4	500	1000	1500	2000
5	625	1250	1875	2500
6	750	1500	2250	3000
7	875	1750	2625	3500
8	1000	2000	3000	4000
9	1125	2250	3375	4500
10	1250	2500	3750	5000
11	1375	2750	4125	5500
12	1500	3000	4500	6000
13	1625	3250	4875	6500
14	1750	3500	5250	7000
15	1875	3750	5625	7500
16	2000	4000	6000	8000
17	2125	4250	6375	8500
18	2250	4500	6750	9000
19	2375	4750	7125	9500
20	2500	5000	7500	10000
21	2625	5250	7875	10500
22	2750	5500	8250	11000
23	2875	5750	8625	11500
24	3000	6000	9000	12000
25	3125	6250	9375	12500
26	3250	6500	9750	13000
27	3375	6750	10125	13500
28	3500	7000	10500	14000

200ml products (e.g. Fortisip, Fresubin Energy)

Day of Cycle	One Daily	Two Daily	Three Daily	Four Daily
1	200	400	600	800
2	400	800	1200	1600
3	600	1200	1800	2400
4	800	1600	2400	3200
5	1000	2000	3000	4000
6	1200	2400	3600	4800
7	1400	2800	4200	5600
8	1600	3200	4800	6400
9	1800	3600	5400	7200
10	2000	4000	6000	8000
11	2200	4400	6600	8800
12	2400	4800	7200	9600
13	2600	5200	7800	10400
14	2800	5600	8400	11200
15	3000	6000	9000	12000
16	3200	6400	9600	12800
17	3400	6800	10200	13600
18	3600	7200	10800	14400
19	3800	7600	11400	15200
20	4000	8000	12000	16000
21	4200	8400	12600	16800
22	4400	8800	13200	17600
23	4600	9200	13800	18400
24	4800	9600	14400	19200
25	5000	10000	15000	20000
26	5200	10400	15600	20800
27	5400	10800	16200	21600
28	5600	11200	16800	22400

220ml Products (e.g. Ensure Plus Yoghurt)

Day of Cycle	One Daily	Two Daily	Three Daily	Four Daily
1	220	440	660	880
2	440	880	1320	1760
3	660	1320	1980	2640
4	880	1760	2640	3520
5	1100	2200	3300	4400
6	1320	2640	3960	5280
7	1540	3080	4620	6160
8	1760	3520	5280	7040
9	1980	3960	5940	7920
10	2200	4400	6600	8800
11	2420	4840	7260	9680
12	2640	5280	7920	10560
13	2860	5720	8580	11440
14	3080	6160	9240	12320
15	3300	6600	9900	13200
16	3520	7040	10560	14080
17	3740	7480	11220	14960
18	3960	7920	11880	15840
19	4180	8360	12540	16720
20	4400	8800	13200	17600
21	4620	9240	13860	18480
22	4840	9680	14500	19360
23	5060	10120	15180	20240
24	5280	10560	15840	21120
25	5500	11000	16500	22000
26	5720	11440	17160	22880
27	5940	11880	17820	23760
28	6160	12320	18480	24640

Number of bottles required:

Day of Cycle	One Daily	Two Daily	Three Daily	Four Daily
1	1	2	3	4
2	2	4	6	8
3	3	6	9	12
4	4	8	12	16
5	5	10	15	20
6	6	12	18	24
7	7	14	21	28
8	8	16	24	32
9	9	18	27	36
10	10	20	30	40
11	11	22	33	44
12	12	24	36	48
13	13	26	39	52
14	14	28	42	56
15	15	30	45	60
16	16	32	48	64
17	17	34	51	68
18	18	36	54	72
19	19	38	57	76
20	20	40	60	80
21	21	42	63	84
22	22	44	66	88
23	23	46	69	92
24	24	48	72	96
25	25	50	75	100
26	26	52	78	104
27	27	54	81	108
28	28	56	84	112