MED E-CARE

Food Supplement Ready Reckoner - 40ml & 125ml Products

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

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

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Food Supplement Ready Reckoner 200ml & 220ml Products

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

	220ml Products (e.g. Ensure Plus Yoghurt)			
Dose → / Cycle Day ↓	One Daily	Two Daily	Three Daily	Four Daily
1	6160	12320	18480	24640
2	5940	11880	17820	23760
3	5720	11440	17160	22880
4	5500	11000	16500	22000
5	5280	10560	15840	21120
6	5060	10120	15180	20240
7	4840	9680	14520	19360
8	4620	9240	13860	18480
9	4400	8800	13200	17600
10	4180	8360	12540	16720
11	3960	7920	11880	15840
12	3740	7480	11220	14960
13	3520	7040	10560	14080
14	3300	6600	9900	13200
15	3080	6160	9240	12320
16	2860	5720	8580	11440
17	2640	5280	7920	10560
18	2420	4840	7260	9680
19	2200	4400	6600	8800
20	1980	3960	5940	7920
21	1760	3520	5280	7040
22	1540	3080	4620	6160
23	1320	2640	3960	5280
24	1100	2200	3300	4400
25	880	1760	2640	3520
26	660	1320	1980	2640
27	440	880	1320	1760
28	220	440	660	880

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Food Supplement Ready Reckoner - Bottles

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