

Elemental 028 Extra



Description

Elemental 028 Extra is a powder consisting of a mixture of essential and non-essential amino acids, dried glucose syrup, blended vegetable oils, vitamins, minerals and trace elements.

Available in Unflavoured, Banana, Citrus and Orange flavours.



NUTRITIONALLY COMPLETE - Elemental 028 Extra

Nutrition Information	Per 100g Powder				Per 100ml*				
Energy kJ	1793	1793	1793	1871	358	358	358	374	
kcal	427	427	427	443	85	85	85	89	
Protein equivalent g				12.5				2.5	
Total amino acids g				15				3	
Carbohydrate g	55	55	55	59	11	11	11	11.8	
as sugars g	23.3	7.9	9.3	5.31	4.7	1.6	1.9	1.1	
Fat g				17.45				3.5	
as saturates g				6.7				1.3	
monounsaturates g				7.4				1.5	
polyunsaturates g				2.4				0.5	
% MCT				35					
% LCT				65					
Ratio n6 : n3 fatty acids				4:1					
% Energy from linoleic acid				4					
% Energy from α linolenic acid				1					
Fibre g				nil added					
Vitamins									
Vitamin A µg RE				330				66	
IU				1099				220	
Vitamin D µg				2.5				0.5	
IU				100				20	
Vitamin E mg α T.E.				6.1				1.2	
IU				9.1				1.8	
Vitamin C mg				28.3				5.7	
Vitamin K µg				25				5	
Thiamin mg				0.6				0.12	
Riboflavin mg				0.6				0.12	
Niacin mg				4.2				0.84	
Niacin equivalent (mg NE)				9				1.8	
Vitamin B6 mg				0.8				0.16	
Folic acid µg				83.3				16.7	
Vitamin B12 µg				1.7				0.34	
Biotin µg				18				3.6	
Pantothenic acid µg				2				0.4	
Choline mg				91.6				18.3	
Inositol mg				9.2				1.8	
Minerals									
Sodium mg				305				61	
mmol				13.3				2.7	
Potassium mg				466				93.2	
mmol				11.9				2.4	
Chloride mg				333				66.6	
mmol				9.4				1.9	
Calcium mg				245				49	
Phosphorus mg				200				40	
Magnesium mg				81.6				16.3	
Trace Elements									
Iron mg				4.2				0.84	
Copper mg				0.4				0.08	
Zinc mg				4.2				0.84	
Manganese mg				0.6				0.12	
Iodine µg				33.3				6.7	
Molybdenum µg				33.3				6.7	
Selenium µg				15				3	
Chromium µg				15				3	

* At the concentration of 20% w/v

Osmolality

Unflavoured Elemental 028 extra:
340 mosm/kg at 13.3% (0.59kcal/ml)
502 mosm/kg at 20% (0.89kcal/ml)
634 mosm/kg at 22.6% (1kcal/ml)

Orange Elemental 028 extra:
389 mosm/kg at 13.3% (0.57kcal/ml)
636 mosm/kg at 20% (0.85kcal/ml)
821 mosm/kg at 23.4% (1kcal/ml)

Banana Elemental 028 extra:
490 mosm/kg at 20% (0.85kcal/ml)
670 mosm/kg at 23.4% (1kcal/ml)

Citrus Elemental 028 extra:
590 mosm/kg at 20% (0.85kcal/ml)
690 mosm/kg at 23.4% (1kcal/ml)

Presentation

100g sachets

Note: Where a flavour variation occurs, information is represented by colour.



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Indications

Elemental 028 Extra can be used in children from one year of age and adults as a sole source of nutrition or as a supplementary feed for the dietary management of conditions where there is severe impairment on the GI tract, such as:

Crohn's disease
Short bowel syndrome
Intractable malabsorption
Bowel fistulae
Radiation enteritis

Precautions

Must only be used under strict medical supervision.
Not for parenteral use. Not suitable for use under one year of age.

Preparation and administration

The dosage should be determined by a clinician or a dietitian only and is dependent on age, body weight and medical condition of the patient.

The standard recommended feed concentration is 20% w/v (100g powder in 500ml water, 0.89 kcal/ml)*.

For osmotically sensitive patients, an initial dilution of 13.3% w/v (67g of powder in 500ml water, 0.59 kcal/ml) is recommended. These dilutions are guidelines only.

Elemental 028 Extra can be taken as a more concentrated drink but additional water or diluted drinks must be taken immediately after. To achieve a 1 kcal/ml drink, a 22.6% w/v concentration is required (100g powder in 443ml water). Elemental 028 Extra is best given as a chilled drink.

The unflavoured version may be flavoured with Modjul flavours or other appropriate flavourings.

For tube or sip feeding

Weigh out the prescribed amount of Elemental 028 Extra, add a small amount of the prescribed water. Stir with a fork until a smooth paste is obtained. Continue stirring whilst adding the rest of the prescribed amount of water.

Once reconstituted, store in a refrigerator and use within 24 hours. Shake or stir immediately before use.

Storage

Store in a cool, dry place. Once opened, a sachet should be stored in an airtight container and used within two to three days.

Ingredients

Dried glucose syrup, fractionated coconut oil, canola oil, hybrid safflower oil, L-lysine L-aspartate, L-glutamine, L-leucine, L-phenylalanine, L-arginine, trisodium citrate, L-proline, calcium phosphate dibasic, L-valine, glycine, L-isoleucine, L-threonine, N-acetyl, L-methionine, L-histidine, emulsifiers (E471, E472(e)), L-serine, tripotassium citrate, L-alanine, magnesium acetate, potassium chloride, L-tryptophan, choline bitartrate, dipotassium hydrogen phosphate, L-tyrosine, sodium chloride, calcium chloride, L-cystine, taurine, ascorbic acid, stabiliser (E405), L-carnitine, ferrous sulphate, zinc sulphate, DL-alpha tocopheryl acetate, M-inositol, nicotinamide, manganese sulphate, calcium D-pantothenate, copper sulphate, pyridoxine hydrochloride, thiamine hydrochloride, riboflavin, vitamin A acetate, potassium iodide, sodium molybdate, folic acid, chromium chloride, sodium selenite, vitamin K1, D-biotin, vitamin D3, cyanocobalamin.

Ingredients shown are for Elemental 028 Extra unflavoured, for banana, citrus and orange flavoured Elemental 028 Extra ingredient details please contact Nutricia.