

FRESUBIN ENERGY FIBRE DRINK

DESCRIPTION

A flavoured liquid consisting of protein (milk), carbohydrate, vegetable oils (rapeseed and sunflower oils), dietary fibre (inulin, wheat, dextrin and cellulose), vitamins, minerals and trace elements.

PRESENTATION

Fresubin energy fibre Drink is a high energy, nutritionally complete sip feed containing fibre. Fresubin energy fibre Drink is ready to use and presented in 200ml bottle. Fresubin energy fibre drink is available in a choice of 6 flavours: Vanilla, Strawberry, Chocolate, Banana, Cherry, Caramel.

Lactose and gluten free

CONTRA-INDICATIONS

NOT FOR PARENTERAL USE

NOT SUITABLE WHERE ENTERAL NUTRITION IS NOT PERMITTED

NOT SUITABLE FOR INFANTS UNDER ONE YEAR OF AGE

PRECAUTIONS

SHOULD ONLY BE USED UNDER MEDICAL SUPERVISION

USE WITH CAUTION IN CHILDREN UNDER 5 YEARS OF AGE

INDICATIONS FOR USE

Fresubin energy fibre Drink is suitable as a nutritional supplement or as a sole source of nutrition for patients who are at risk of malnutrition.

Fresubin energy fibre Drink is prescribable on FP10/GP10 for the following indications: short bowel syndrome, intractable malabsorption, pre-operative preparation of patients who are undernourished, patients with proven inflammatory bowel disease, following total gastrectomy, dysphagia, bowel fistulae, disease related malnutrition.

All prescriptions must be endorsed ACBS (Advisory Committee on Borderline Substances).

DOSAGE

Dosage should be calculated by a clinician or dietitian according to individual requirements.

As a guide:

For supplementary nutrition: 3 x 200ml bottles per day will provide 900kcal, 34g protein and contains the average adult daily requirements for vitamins and trace elements.

When prescribed in the community the maximum dosage should not exceed 7 x 200ml bottles (79g protein) per day.

STORAGE

Store in a cool place, do not store above 25°C.

Once opened, can be stored for up to 24 hours in a refrigerator.

PACK SIZE

24 x 200ml bottles.

SHELF LIFE

12 months from date of manufacture.

ENERGY DISTRIBUTION

Protein 15% Fat 35% Carbohydrate 50%

ORDER CODES

Vanilla 7063601

Strawberry 7064601

Chocolate 7065601

Banana 7066601

Cherry 7068601

Caramel 7067601

INGREDIENTS

Vanilla

Water, maltodextrin, milk protein, vegetable oils, sucrose, wheat dextrin, inulin (from chicory), cellulose, flavouring, potassium citrate, sodium citrate, emulsifiers (soya lecithin, E 471), sodium chloride, potassium chloride, vit. C, choline chloride, magnesium oxide, acidity regulator (E 330), iron pyrophosphate, zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B6, vit. B2, sodium fluoride, vit. B1, β -carotene, vit. A (with fish gelatine), folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K1, biotin, vit. D3, vit. B¹²

Strawberry

Water, maltodextrin, milk protein, vegetable oils, sucrose, wheat dextrin, glucose syrup, inulin (from chicory), flavourings, Cellulose, potassium citrate, sodium citrate, emulsifiers (soya lecithin, E 471), sodium chloride, potassium chloride, vit. C, choline chloride, magnesium oxide, acidity regulator (E 330), iron pyrophosphate, zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B6, vit. B2, sodium fluoride, vit. B1, β -carotene, vit. A (with fish gelatine), folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K1, biotin, vit. D3, vit. B12

Chocolate

Water, maltodextrin, milk protein, vegetable oils, sucrose, cocoa powder (fat reduced), wheat dextrin, inulin (from chicory), flavouring, sodium citrate, emulsifiers (soya lecithin, E 471), stabilisers (E 460, E 466, E 407), sodium chloride, potassium citrate, potassium chloride, vit. C, cellulose, choline chloride, magnesium oxide, iron pyrophosphate, zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B6, vit. B2, sodium fluoride, vit. B1, β -carotene, vit. A (with fish gelatine), folic acid, potassium iodide, sodium molybdate, sodium selenite, chromium chloride, vit. K1, biotin, vit. D3, vit. B12

Banana

Water, maltodextrin, milk protein, vegetable oils, sucrose, wheat dextrin, inulin (from chicory), cellulose, potassium citrate, flavourings, sodium citrate, emulsifiers (soya lecithin, E 471), sodium chloride, potassium chloride, vit. C, choline chloride, magnesium oxide, acidity regulator (E 330), iron pyrophosphate, zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B6, vit. B2, sodium fluoride, vit. B1, β -carotene, vit. A (with fish gelatine), folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K1, biotin, vit. D3, vit. B12

Cherry

Water, maltodextrin, milk protein, vegetable oils, sucrose, wheat dextrin, inulin (from chicory), flavourings, cellulose, potassium citrate, sodium citrate, emulsifiers (soya lecithin, E 471), sodium chloride, potassium chloride, vit. C, choline chloride, magnesium oxide, iron pyrophosphate, zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B6, vit. B2, sodium fluoride, vit. B1, β -carotene, vit. A (with fish gelatine), folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K1, biotin, vit. D3, vit. B12

Caramel

Water, maltodextrin, milk protein, vegetable oils, sucrose, wheat dextrin, inulin (from chicory), flavourings, cellulose, potassium citrate, sodium citrate, emulsifiers (soya lecithin, E 471), sodium chloride, potassium chloride, vit. C, choline chloride, magnesium oxide, acidity regulator (E 330), iron pyrophosphate, zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B6, vit. B2, sodium fluoride, vit. B1, β -carotene, vit. A (with fish gelatine), folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K1, biotin, vit. D3, vit. B12

NUTRITIONAL COMPOSITION	Per 100ml	Per 200ml
ENERGY kcal (kJ)	150 (630)	300 (1260)
PROTEIN g	5.6	11.2
CARBOHYDRATE g	18.8	37.6
Of which sugars g	5-6.4 ¹	10-12.8 ¹
Of which lactose g	≤0.27	≤0.54
FAT g	5.8	11.6
Of which saturated fatty acids g	0.4, 0.5 ²	0.8, 1 ²
Of which monounsaturated fatty acids g	3.8, 3.7 ²	7.6, 7.2 ²
Of which polyunsaturated fatty acids g	1.6	3.2
FIBRE g	2	4
WATER ml	77.5	155
Osmolarity mosmol/l		390-440 ¹
Osmolality mosmol/kg H ₂ O		510-580 ¹

Flavour:

¹ Dependant on flavour

² Chocolate

MINERALS AND TRACE ELEMENTS	Per 100ml	Per 200ml
SODIUM mg (mmol)	80 (3.4)	160 (6.8)
Chocolate mg (mmol)	85 (3.6)	170 (7.2)
POTASSIUM mg (mmol)	135 (3.3)	270 (6.6)
Chocolate mg (mmol)	140 (3.5)	280 (7)
CHLORIDE mg (mmol)	100 (2.8)	200 (5.6)
CALCIUM mg (mmol)	135 (3.3), 130 ² (3.2)	270 (6.7), 260 ² (6.5)
PHOSPHORUS mg	80 (2.5), 85 ² (2.7)	160 (5.1), 170 ² (5.4)
MAGNESIUM mg	21 (0.8), 24 ² (0.9)	42 (1.7), 44 ² (1.8)
IRON mg	2	4
ZINC mg	1.5	3
COPPER mg	0.3	0.6
MANGANESE mg	0.4	0.8
IODIDE µg	30	60
CHROMIUM µg	10	20
MOLYBDENUM µg	15	30
FLUORIDE mg	0.2	0.4
SELENIUM µg	10	20

VITAMINS AND OTHER NUTRIENTS*	Per 100ml	Per 200ml
VITAMIN A mg/RE	0.12	0.24
SSETA CAROTENE mg	0.3	0.6
VITAMIN D µg	2	4
VITAMIN E mg	3	6
VITAMIN K µg	16.7	33.4
VITAMIN B ₁ mg	0.23	0.46
VITAMIN B ₂ mg	0.32	0.64
NIACIN mg	3	6
VITAMIN B ₆ mg	0.33	0.66
VITAMIN B ₁₂ µg	0.6	1.2
PANTOTHENIC ACID mg	1.2	2.4
BIOTIN µg	7.5	15
FOLIC ACID µg	50	100
VITAMIN C mg	15	30
CHOLINE* mg	26.7	53.4

TYPICAL FATTY ACID PROFILE	g Per 100ml
C16 Palmitic acid	0.28, 0.3 ²
C16:1n-7 Palmitoleic acid	0, 0.001 ²
C18 Stearic acid	0.14, 0.19 ²
C18:1 n-9 Oleic acid	3.57, 3.48 ²
C18:2 n-6 Linoleic acid	1.13, 1.09 ²
C18:3 n-3 alpha-Linolenic acid	0.43, 0.41 ²
Ratio n-6:n-3	2.6:1

TYPICAL AMINO ACID PROFILE	g Per 100ml
ESSENTIAL	
Lysine	0.46, 0.45 ²
Threonine	0.26, 0.25 ²
Methionine	0.16, 0.15 ²
Phenylalanine	0.28
Tryptophan	0.08
Valine	0.39
Leucine	0.55, 0.54 ²
Isoleucine	0.31, 0.30 ²

CONDITIONALLY ESSENTIAL	
Tyrosine	0.31, 0.30 ²
Cysteine	0.03, 0.04 ²
Histidine	0.16, 0.15 ²
Arginine	0.20, 0.21 ²
Glutamine	0.50, 0.47 ²

NON-ESSENTIAL	
Glycine	0.11
Alanine	0.18
Proline	0.56, 0.54 ²
Serine	0.33, 0.32 ²
Glutamic acid	0.71
Aspartic acid and asparagine	0.58, 0.57 ²

2 Chocolate

TYPICAL CARBOHYDRATE PROFILE	VAN	CHOC	STRA	BAN,CHER	CAR
Glucose	0.22	0.22	0.21	0.24	0.25
Fructose	0.07	0.06	0.07	0.07	0.07
Maltose	0.32	0.33	0.57	0.34	0.34
Sucrose	5.53	5.04	4.53	4.53	4.04
Lactose	≤0.27	≤0.27	≤0.27	≤0.27	≤0.27
Oligo-/Polysaccharides	12.34	12.61	13.08	13.3	13.78

VAN (Vanilla), CHOC (Chocolate), STRA (Strawberry), BAN (Banana),
CHER (Cherry), CAR (Caramel)