

FRESUBIN YOCRÈME

DESCRIPTION

Fresubin® YOcrème is a high energy, high protein yoghurt style nutritional supplement.

PRESENTATION

Presented in a 125g pot. Available in 5 flavours: Neutral, Lemon, Raspberry, Apricot-peach and Biscuit.

Gluten free.

CONTRA-INDICATIONS

NOT FOR PARENTERAL USE

NOT SUITABLE WHERE ENTERAL NUTRITION IS NOT PERMITTED

NOT SUITABLE FOR INFANTS UNDER THREE YEARS OF AGE

PRECAUTIONS

SHOULD ONLY BE USED UNDER MEDICAL SUPERVISION

USE WITH CAUTION FOR CHILDREN UNDER 5 YEARS

INDICATIONS FOR USE

Standard ACBS indications: short bowel syndrome, intractable malabsorption, pre-operative preparation of patients who are undernourished, patients with proven inflammatory bowel disease, following total gastrectomy, bowel fistulae, disease related malnutrition, dysphagia, continuous ambulatory peritoneal dialysis (CAPD) and haemodialysis.

DOSAGE

Dosage should be calculated by a clinician or dietician according to individual requirements. As a guide: For supplementary nutrition: 4 x 125g pots per day will provide 37.5g protein, 750kcal and meets the average adult recommended daily requirements for vitamins and trace elements# (Dietary Reference Values for Food Energy and Nutrients for the United Kingdom, DH 1991).

(# except magnesium - provides 90mg per 500g, and selenium, provides 70µg per 500g).

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

Fresubin® YOcrème is available in a pack of 4 x 125g pots.

ENERGY DISTRIBUTION

Protein 20%

Fat 28%

Carbohydrate 52%

Fibre 0%

INGREDIENTS

Neutral

Water, sucrose, whey protein, fermented skimmed milk powder, vegetable oils, modified starch, acidity regulator (E270), calcium lactate, maltodextrin, emulsifiers (soya lecithin, E471), choline hydrogen tartrate, flavouring, vit. C, sodium chloride, thickener (E407), iron pyrophosphate, zinc sulphate, magnesium oxide, niacin, vit. E, manganese chloride, pantothenic acid, copper sulphate, vit. B₂, vit. B₆, sodium fluoride, vit. B, vit. A, chromium chloride, folic acid, potassium iodide, sodium molybdate, sodium selenite, vit. K, biotin, vit. D₃, vit. B₁₂.

Lemon

Water, sucrose, whey protein, fermented skimmed milk powder, vegetable oils, modified starch, acidity regulator (E270), calcium lactate, maltodextrin, emulsifiers (soya lecithin, E471), flavourings, choline hydrogen tartrate, vit. C, sodium chloride, thickener (E407), iron pyrophosphate, zinc sulphate, magnesium oxide, niacin, vit. E, manganese chloride, pantothenic acid, copper sulphate, vit. B₂, vit. B₆, sodium fluoride, vit. B, vit. A, chromium chloride, folic acid, potassium iodide, sodium molybdate, sodium selenite, vit. K, biotin, vit. D₃, vit. B₁₂.

Raspberry

Water, sucrose, whey protein, fermented skimmed milk powder, vegetable oils, modified starch, acidity regulator (E270), calcium lactate, maltodextrin, emulsifiers (soya lecithin, E471), flavourings, choline hydrogen tartrate, vit. C, sodium chloride, thickener (E407), iron pyrophosphate, zinc sulphate, colouring (E120), magnesium oxide, niacin, vit. E, manganese chloride, pantothenic acid, copper sulphate, vit. B₂, vit. B₆, sodium fluoride, vit. B, vit. A, chromium chloride, folic acid, potassium iodide, sodium molybdate, sodium selenite, vit. K, biotin, vit. D₃, vit. B₁₂.

Apricot-Peach

Water, sucrose, whey protein, fermented skimmed milk powder, vegetable oils, modified starch, acidity regulator (E270), calcium lactate, maltodextrin, flavourings, emulsifiers (soya lecithin, E471), choline hydrogen tartrate, vit. C, sodium chloride, thickener (E407), iron pyrophosphate, zinc sulphate, magnesium oxide, niacin, vit. E, manganese chloride, pantothenic acid, copper sulphate, vit. B₂, vit. B₆, sodium fluoride, vit. B, vit. A, chromium chloride, folic acid, potassium iodide, sodium molybdate, sodium selenite, vit. K, biotin, vit. D₃, vit. B₁₂.

Biscuit

Water, sucrose, whey protein, fermented skimmed milk powder, vegetable oils, modified starch, acidity regulator (E270), calcium lactate, flavourings, maltodextrin, emulsifiers (soya lecithin, E471), choline hydrogen tartrate, vit. C, sodium chloride, thickener (E407), iron pyrophosphate, zinc sulphate, magnesium oxide, niacin, vit. E, manganese chloride, pantothenic acid, copper sulphate, vit. B₂, vit. B₆, sodium fluoride, vit. B, vit. A, chromium chloride, folic acid, potassium iodide, sodium molybdate, sodium selenite, vit. K, biotin, vit. D₃, vit. B₁₂.

ORDER CODES

Neutral 7117701

Lemon 7118701

Raspberry 7120701

Apricot-peach 7119701

Biscuit 7121701

Date of Preparation:

September 2011

ENO0731

NUTRITIONAL COMPOSITION	Per 100g	Per 125g
ENERGY kcal (kJ)	150 (630)	187 (787)
PROTEIN g	7.5	9.3
CARBOHYDRATE g	19.5	24.3
Of which sugars g	16.8	21
Of which lactose g	≤3	≤3.7
FAT g	4.7	5.8
Of which saturated fatty acids g	0.6	0.75
Of which polyunsaturated fatty acids g	1	1.25
Of which monounsaturated fatty acids g	3.1	3.8
FIBRE g	0	0
WATER ml	66.5	83

MINERALS AND TRACE ELEMENTS	Per 100g	Per 125g
SODIUM mg (mmol)	60 (2.6)	75 (3.2)
POTASSIUM mg (mmol)	165 (4.2)	206 (5.2)
CHLORIDE mg (mmol)	85 (2.4)	106 (3)
CALCIUM mg (mmol)	240 (6)	300 (7.5)
PHOSPHORUS mg (mmol)	95 (3.1)	118 (3.8)
MAGNESIUM mg (mmol)	18 (0.7)	22.5 (0.8)
IRON mg	2.5	3.1
ZINC mg	2	2.5
COPPER µg	375	468.7
MANGANESE mg	0.5	0.62
IODIDE µg	37.5	46.8
CHROMIUM µg	13	16.2
MOLYBDENUM µg	18.8	23.5
FLUORIDE mg	0.25	0.31
SELENIUM µg	14	17.5

VITAMINS AND OTHER NUTRIENTS	Per 100g	Per 125g
VITAMIN A µg	150	187.5
VITAMIN D µg	2.5	3.1
VITAMIN E mg	3.75	4.6
VITAMIN K µg	21	26.2
VITAMIN B ₁ mg	0.3	0.37
VITAMIN B ₂ mg	0.4	0.5
NICOTINAMIDE mg	3.75	4.6
VITAMIN B ₆ mg	0.43	0.53
VITAMIN B ₁₂ µg	0.75	0.93
PANTOTHENIC ACID mg	1.5	1.8
BIOTIN µg	9.4	11.7
FOLIC ACID µg	62.5	78.1
VITAMIN C mg	18.8	23.5
CHOLINE mg	32	40

TYPICAL FATTY ACID PROFILE	g Per 100ml
C6 Caproic acid	0.01
C8 Caprylic acid	0.01
C10 Capric acid	0.01
C12 Lauric acid	0.02
C14 Myristic acid	0.05
C16 Palmitic acid	0.30
C16:1 n-7 Palmitoleic acid	0.01
C18 Stearic acid	0.15
C18:1 n-9 Oleic acid	2.92
C18:2 n-6 Linoleic acid	0.72
C18:3 n-3 alpha-Linolenic acid	0.24
C20:3 n-5 Eicosapentaenoic acid	0
C18:3 n-3 Docosahexaenoic acid	0
Other n-3 fatty acids	0

TYPICAL AMINO ACID PROFILE	g Per 100g
ESSENTIAL	
Lysine	0.69
Threonine	0.59
Methionine	0.19
Phenylalanine	0.27
Tryptophan	0.11
Valine	0.54
Leucine	0.78
Isoleucine	0.55

CONDITIONALLY ESSENTIAL	
Tyrosine	0.23
Cysteine	0.13
Histidine	0.15
Arginine	0.21
Glutamine	0.46
NON-ESSENTIAL	
Glycine	0.25
Alanine	0.48
Proline	0.73
Serine	0.46
Glutamic acid	1.12
Aspartic acid and Asparagine	0.9

TYPICAL CARBOHYDRATE PROFILE	g Per 100g
Glucose	0.01
Fructose	0
Maltose	0.01
Saccharose	13.8
Lactose	≤3
Oligo-/polysaccharides	0.73
Starch	2