

Nutlis Fruit Level 4

Description

Nutlis Fruit Level 4 is a Food for Special Medical Purposes for use under medical supervision. Nutlis Fruit Level 4 is a pre-thickened nutritionally complete*, high energy (1.37kcal/g), high protein, ready to eat, dessert style nutritional supplement, containing 3.9g fibre per pot, for the dietary management of disease related malnutrition and dysphagia.

Nutlis Fruit Level 4 is suitable for patients with swallowing difficulties requiring a Level 4 consistency. It can be used to supplement the diet of patients unable to meet their nutritional requirements from other foods or as a sole source of nutrition. Available in 150g single serving pots in two flavours: apple and strawberry.

Indications

For enteral use only. ACBS approved, prescribable on form FP10 (GP10 in Scotland) for the following indications: short bowel syndrome; intractable malabsorption; pre-operative preparation of undernourished patients; total gastrectomy; dysphagia; disease related malnutrition; continuous ambulatory peritoneal dialysis (CAPD); haemodialysis.

Contraindications

Not suitable for children under 3 years of age. Not suitable for patients with galactosaemia. Not suitable for patients requiring a fibre free diet.

Precautions

Not suitable as a sole source of nutrition in children under 6 years of age.

Use with caution in children aged 3-6 years.

Directions for use

Nutlis Fruit Level 4 is ready to eat and is best served chilled. Nutlis Fruit Level 4 can be eaten directly from the pot.

Storage

Store in a dry, cool place (5-25°C). Once opened, store in a refrigerator for a maximum of 24 hours. If consumed directly from the pot, discard leftovers.

Shelf life

12 months. Best before date: see lid of pot.

Ingredients (Strawberry flavour**)

Apple puree (37%), water, whey protein isolate (from cow's milk), strawberry puree (7%), sugar, maltodextrin, vegetable oils (rapeseed oil, sunflower oil), dietary fibres (inulin, arabic gum, oligofructose, soy polysaccharides, cellulose, resistant starch), stabilisers (pectin, agar), calcium lactate, potassium hydroxide, colour (carmines), sodium di hydrogen phosphate, magnesium citrate, flavouring, ascorbic acid, choline chloride, sodium citrate, iron sulphate, zinc sulphate, sodium selenite, potassium citrate, copper sulphate, calcium D-pantothenate, manganese sulphate, sodium fluoride, riboflavin, pyridoxine hydrochloride, thiamin hydrochloride, retinyl acetate, sodium molybdate, potassium iodide, chromium chloride, phytomenadione, pteroylmonoglutamic acid, D-biotin, cholecalciferol, DL- α tocopheryl acetate, nicotinamide, cyanocobalamin.

NUTLIS FRUIT LEVEL 4 IS GLUTEN & LACTOSE FREE.

*Nutritionally complete in 9 pots (using a 19-50 year old males RNI for a comparator (excluding Na, K, Cl and Mg).

**For apple flavour please see individual packaging.

AVERAGE CONTENTS**	UNIT	per 100g	per 150g pot
Energy:	kcal	137	206
	kJ	575	863
Protein:	g	6.9	10.5
nitrogen	g	1.1	1.7
% of total energy	%	20	20
Carbohydrate:	g	17.0	26.0
polysaccharides	g	5.5	8.3
sugars	g	11.5	17.3
- lactose	g	<0.025	<0.038
% of total energy	%	50	50
Fat:	g	4.0	6.0
saturates	g	0.4	0.6
- monounsaturates	g	2.5	3.8
- polyunsaturates	g	1.2	1.8
% of total energy	%	26	26
Dietary fibre:	g	2.6	3.9
soluble	g	1.9	2.9
insoluble	g	0.7	1.1
% of total energy	%	4	4
Minerals:			
sodium	mg (mmol)	56 (2.4)	84 (3.6)
potassium	mg (mmol)	170 (4.3)	255 (6.5)
chloride	mg (mmol)	175 (4.9)	263 (7.4)
calcium	mg (mmol)	59 (1.5)	89 (2.3)
phosphorus	mg (mmol)	50 (1.6)	75 (2.4)
magnesium	mg (mmol)	13 (0.5)	20 (0.8)
iron	mg	0.85	1.28
zinc	mg	0.85	1.28
copper	mg	0.12	0.18
manganese	mg	0.09	0.14
fluoride	mg	0.09	0.14
molybdenum	µg	6	9
selenium	µg	6	9
chromium	µg	6	9
iodine	µg	11	17
Vitamins:			
vitamin A	µg	63	95
vitamin D	µg	0.9	1.4
vitamin E	mg (α -TE)	0.85	1.28
vitamin K	µg	7.0	10.5
thiamin	mg	0.10	0.15
riboflavin	mg	0.14	0.21
niacin	mg (mg NE)	0.22 (2.5)	0.33 (3.8)
pantothenic acid	mg	0.25	0.38
vitamin B6	mg	0.13	0.20
folc acid	µg	17	26
vitamin B12	µg	0.44	0.66
biotin	µg	1.3	2.0
vitamin C	mg	14	21
Others:			
choline	mg	8	12
Water:	g	67	101
osmolarity	mOsmol/l	870	870
osmolality	mOsmol/kg H ₂ O	1200	1200
potential renal solute load	mOsmol/l	519	519
pH		4.0	4.0