



**FRESENIUS
KABI**

caring for life

Frebini[®] Energy Fibre Drink

Patient Information



Frebini Energy Fibre Drink

Maximising your child's oral nutritional intake

This leaflet will answer some of the questions you may have about Frebini Energy Fibre Drink. If you have any other questions, you should contact your Dietitian or Doctor.

What is Frebini Energy Fibre Drink?

Frebini Energy Fibre Drink is a special nutritious drink for young people who are unwell and cannot manage enough normal food to meet their nutritional requirements.

What does Frebini Energy Fibre Drink contain?

Frebini Energy Fibre Drink is made up of many nutrients that are essential in a healthy, balanced diet. These include protein, fat, carbohydrate, carbohydrates, vitamins, minerals and trace elements. Frebini Energy Fibre Drink is also gluten and lactose free.

What flavours are available?

There are two delicious flavours to choose from:



How much Frebini Energy Fibre Drink should I take?

Your dietitian or doctor will advise you about the amount you should be taking. As a guide, for supplementary nutrition: 1-3 bottles per day will provide 300-900kcal and 8-23g protein per day.

When should I take Frebini Energy Fibre Drink?

This is really up to you. However, you may be advised to take it in between meals and in the evening so you can manage to eat normal meals as well. Many people like to sip Frebini Energy Fibre Drink rather than drink it all at once.

How should I take Frebini Energy Fibre Drink?

Frebini Energy Fibre Drink is best taken as a chilled drink, either straight from the bottle or poured into a glass. It is recommended that it is stored in the fridge before serving. Frebini Energy Fibre Drink can also be served warm (do not boil). Gently heat in a saucepan for 4 minutes or pour into a microwave container and heat on medium for 1 minute or until warm.

How should I store Frebini Energy Drink?

Store in a cool place, do not store above 25°C. Once opened, it can be stored in a refrigerator for up to 24 hours. It must not be used after the expiry date. Shake well before use. Drink slowly.

What about recipe ideas for Frebini Energy Fibre Drink?

Frebini Energy Fibre Drink can be used in a wide variety of foods, drinks and smoothies. A recipe book is available on request. Here are a few simple suggestions:

Frebini Energy Fibre Drink Ideas:

- Add ice cream to Frebini Energy Fibre Drink and serve as a thick milkshake.
- Mix 3-4 tsp hot chocolate powder with 3 tbsp boiling water in a mug. Add warmed Frebini Energy Fibre Drink (chocolate, vanilla), top with whipped cream, marshmallows and grated chocolate if desired.

Frebini Energy Fibre Drink Breakfast Ideas:

- Gently warm Frebini Energy Fibre Drink (vanilla) in a saucepan. Pour over 2 Weetabix and add sugar, or honey to taste if desired.

Frebini Energy Fibre Drink Ice Cream:

- Decant into a suitable container for freezing and serve as an ice cream.



Product Information

PRESENTATION: Frebini® Energy Fibre Drink is a nutritionally complete, high energy (1.5kcal/ml) oral nutritional supplement, with fibre. Frebini® Energy Fibre Drink is ready to use and presented in a 200ml bottle. Frebini® Energy Fibre Drink is available in Chocolate or Vanilla flavour.

CONTRA-INDICATIONS: For enteral use only. Not suitable for infants under one year of age or adults. Not suitable for patients with Galactosaemia.

PRECAUTIONS: Must only be used under medical supervision. Ensure adequate fluid intake.

DOSAGE: Dosage should be calculated by a clinician or dietitian according to individual requirements. As a guide, for supplementary nutrition:- 1-3 bottles/ day.

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

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

ALLERGEN STATUS: Gluten free, egg free, fish free, lactose free, nut free.

Ingredients List



Chocolate

Water, maltodextrin, rapeseed oil, milk protein, sucrose, medium chain triglycerides (MCT), chocolate powder (sugar, cocoa mass, fat reduced cocoa powder, emulsifier, soya lecithin, natural vanilla), fat reduced cocoa powder, inulin (from chicory), cellulose, dipotassium hydrogen phosphate, emulsifiers (soya lecithin, E471), potassium chloride, sodium chloride, wheat dextrin, sodium citrate, vit. C, choline hydrogen tartrate, acidity regulator (E524), myo-inositol, taurine, magnesium oxide, iron sulphate, flavouring, zinc sulphate, L-carnitine, niacin, vit. E, pantothenic acid, vit. B₂, manganese chloride, vit. B₁, copper sulphate, sodium fluoride, vit. B₆, β-carotene, vit. A, folic acid, potassium iodide, vit. K₁, biotin, sodium selenite, sodium molybdate, chromium chloride, vit. D₃, vit. B₁₂.

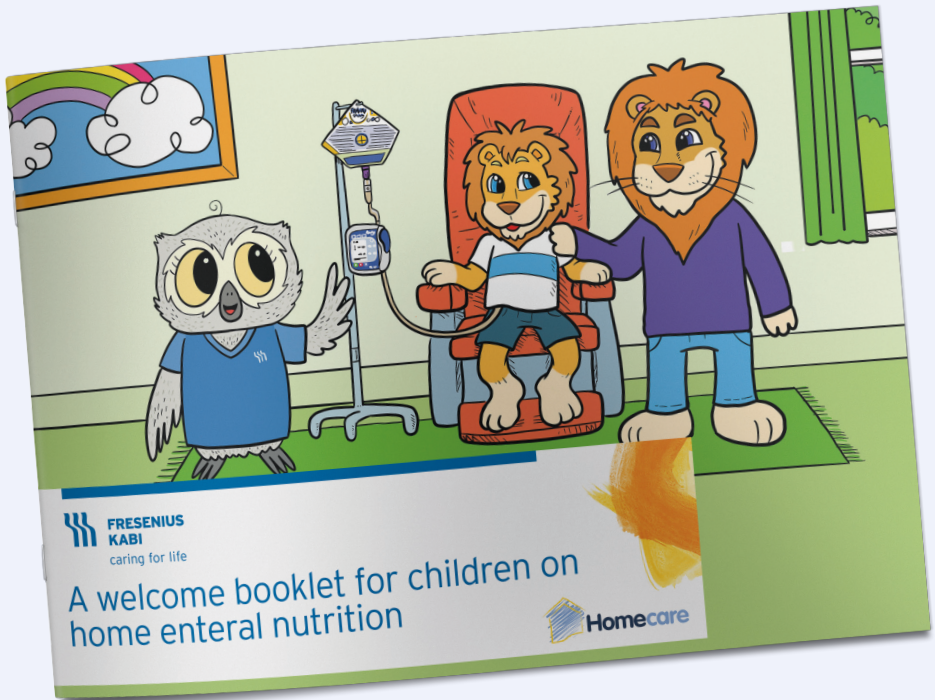


Vanilla

Water, maltodextrin, rapeseed oil, milk protein, sucrose, medium chain triglycerides (MCT), inulin (from chicory), cellulose, emulsifiers (soya lecithin, E471), flavourings, dipotassium hydrogen phosphate, potassium chloride, sodium citrate, sodium chloride, wheat dextrin, choline hydrogen tartrate, vit. C, magnesium oxide, myo-inositol, acidity regulator (524), taurine, iron sulphate, zinc sulphate, L-carnitine, niacin, vit. E, pantothenic acid, manganese chloride, vit. B₂, vit. B₁, copper sulphate, sodium fluoride, vit. B₆, β-carotene, vit. A, folic acid, potassium iodide, chromium chloride, sodium selenite, sodium molybdate, vit. K₁, biotin, vit. D₃, vit B₁₂.

Meet Noah...

Noah the Lion is here to help you manage your journey with Frebini and enteral feeding at home, with an interactive welcome booklet for young children and their families.



Ask your Dietitian for more information or visit the website below to find out more.

www.fresubin.com/uk/patient-resources



Colour me in...

Using the template, show us just how creative you can be by colouring in the bottle in your own colours.





Design your own bottle

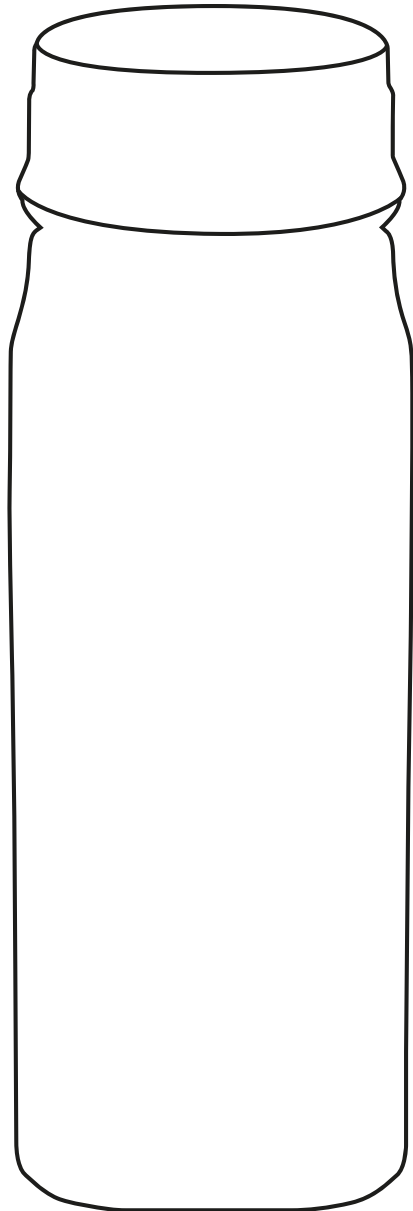
Using the bottle template, show us just how creative you can be by designing your very own sip feed bottle. All we ask is you use the words 'Frebini Energy Fibre Drink'. Everything else - colour, patterns and letter style is entirely up to you!



Join **FreseniusKabi@Home** and upload your Frebini designs to the closed Facebook.

Name: _____

Age: _____





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Job Code: EN1015
Date of preparation: April 2021