

# FRESUBIN® PROTEIN ENERGY DRINK



## DESCRIPTION

A flavoured liquid consisting of protein (milk), vegetable oils (rapeseed oil, sunflower oil), carbohydrate (maltodextrin, sucrose), vitamins, minerals and trace-elements.

## PRESENTATION

Fresubin® Protein Energy Drink is a nutritionally complete high calorie (1.5kcal/ml), high protein (27% energy) oral nutritional supplement, fibre free\*.

Fresubin® Protein Energy Drink is ready to use and presented in a 200ml EasyBottle. It is available in five flavours: wild strawberry, vanilla, chocolate, tropical fruits and cappuccino\*\*. Lactose and gluten free.

\*Chocolate flavour contains traces of fibre from cocoa.

\*\*Cappuccino flavour contains traces of caffeine (0.65mg/100ml).

## CONTRA-INDICATIONS

FOR ENTERAL USE ONLY

NOT SUITABLE FOR CHILDREN UNDER THREE YEARS

NOT SUITABLE FOR PATIENTS WITH GALACTOSAEMIA

## PRECAUTIONS

USE WITH CAUTION IN CHILDREN UNDER 6 YEARS OF AGE

NOT SUITABLE AS A SOLE SOURCE OF NUTRITION

MUST ONLY BE USED UNDER MEDICAL SUPERVISION

ENSURE ADEQUATE FLUID INTAKE

## INDICATIONS FOR USE

For the dietary management of patients with or at risk of disease related malnutrition, in particular for patients with increased energy and protein needs or fluid restrictions.

Fresubin® Protein Energy Drink is a Food for Special Medical Purposes.

Fresubin® Protein Energy Drink is prescribable on FPIO/GPIO for the following indications: For the dietary management of disease related malnutrition, short bowel syndrome, intractable malabsorption, pre-operative preparation of malnourished patient, dysphagia, proven inflammatory bowel disease, following total gastrectomy, bowel fistula plus CAPD and haemodialysis.

## DOSAGE

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

Recommendation for supplementary nutrition 2-3 bottles (600-900kcal)/ 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.

Shake well before use. Drink slowly.

## PACK SIZE

24 x 200ml bottles.

## SHELF LIFE

15 months from date of manufacture.

## ENERGY DISTRIBUTION

Protein 27% Fat 40% Carbohydrate 33% Fibre 0%\*

\* Chocolate Flavour - Protein 27% Fat 40% Carbohydrate 32.3% Fibre 0.7%

## ORDER CODES

Wild Strawberry - 7570601

Vanilla - 7564601

Chocolate - 7575601

Tropical Fruits - 7481601

Cappuccino - 7584601

## INGREDIENTS

### Wild Strawberry flavour

Water, [milk protein](#), vegetable oils (sunflower oil, rapeseed oil), maltodextrin, sucrose, flavourings, potassium citrate, beetroot powder, emulsifiers (E 471, [soya lecithins](#)), sodium chloride, vit. C, magnesium oxide, magnesium citrate, iron pyrophosphate, zinc sulphate, manganese chloride, vit. E, pantothenic acid, niacin, copper sulphate, vit. B<sub>2</sub>, vit. B<sub>6</sub>, sodium fluoride, vit. B<sub>12</sub>, β-carotene, vit. A, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>12</sub>.

### Vanilla flavour

Water, [milk protein](#), sucrose, vegetable oils (sunflower oil, rapeseed oil), maltodextrin, potassium citrate, flavouring, emulsifiers (E 471, [soya lecithins](#)), sodium chloride, vit. C, magnesium oxide, magnesium citrate, iron pyrophosphate, zinc sulphate, manganese chloride, vit. E, pantothenic acid, niacin, copper sulphate, vit. B<sub>2</sub>, vit. B<sub>6</sub>, sodium fluoride, vit. B<sub>12</sub>, β-carotene, vit. A, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>12</sub>.

### Cappuccino flavour

Water, [milk protein](#), vegetable oils (sunflower oil, rapeseed oil), maltodextrin, sucrose, flavourings, potassium citrate, emulsifiers (E 471, [soya lecithins](#)), sodium chloride, vit. C, magnesium oxide, magnesium citrate, iron pyrophosphate, zinc sulphate, manganese chloride, vit. E, pantothenic acid, niacin, copper sulphate, vit. B<sub>2</sub>, vit. B<sub>6</sub>, sodium fluoride, vit. B<sub>12</sub>, β-carotene, vit. A, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>12</sub>.

### Chocolate flavour

Water, [milk protein](#), sucrose, vegetable oils (sunflower oil, rapeseed oil), maltodextrin, fat-reduced cocoa powder, flavouring, emulsifiers (E 471, [soya lecithins](#)), potassium citrate, sodium chloride, vit. C, stabilisers (E 460, E 466, E 407), acidity regulator (E 524), iron pyrophosphate, zinc sulphate, vit. E, pantothenic acid, niacin, manganese chloride, copper sulphate, vit. B<sub>2</sub>, vit. B<sub>6</sub>, sodium fluoride, vit. B<sub>12</sub>, β-carotene, vit. A, folic acid, potassium iodide, sodium molybdate, chromium chloride, sodium selenite, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>12</sub>.

### Tropical Fruits flavour

Water, [milk protein](#), sucrose, vegetable oils (sunflower oil, rapeseed oil), maltodextrin, potassium citrate, flavouring, emulsifiers (E 471, [soya lecithins](#)), sodium chloride, vit. C, magnesium oxide, magnesium citrate, iron pyrophosphate, zinc sulphate, manganese chloride, vit. E, pantothenic acid, niacin, copper sulphate, vit. B<sub>2</sub>, vit. B<sub>6</sub>, sodium fluoride, vit. B<sub>12</sub>, β-carotene, vit. A, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>12</sub>.

NUTRITIONAL COMPOSITION	Per 100ml	Per 200ml
ENERGY kcal (kJ)	150 (630)	300 (1260)
PROTEIN g	10	20
CARBOHYDRATE g	12.1, 12.4	24.2, 24.8
Of which sugars g	6.5-7.4*	13-14.8*
Of which lactose g	0.4	0.8
FAT g	6.7	13.4
Of which saturated fatty acids g	0.6	1.2
Of which monounsaturated fatty acids g	4.9	9.8
Of which polyunsaturated fatty acids g	1.2	2.4
FIBRE g	0/0.5 <sup>1</sup>	0/1 <sup>1</sup>
SALT g (Na x 2.5)	0.13/0.15 <sup>1</sup>	0.25/0.30 <sup>1</sup>
WATER ml	79	158
OSMOLARITY mosmol/l	380, 390 <sup>1</sup>	
OSMOLALITY mosmol/kg H <sub>2</sub> O	500, 510 <sup>1</sup>	

MINERALS AND TRACE ELEMENTS	Per 100ml	Per 200ml
SODIUM mg (mmol)	50 (2.2)	100 (4.4)
Chocolate	60 (2.6)	120 (5.2)
POTASSIUM mg (mmol)	130 (3.3)	260 (6.6)
Chocolate	135 (3.5)	270 (7)
CHLORIDE mg (mmol)	73 (2.1)	146 (4.2)
Chocolate	58 (1.6)	116 (3.2)
CALCIUM mg (mmol)	205 (5.1)	410 (10.2)
PHOSPHORUS mg (mmol)	120 (3.9)	240 (7.8)
MAGNESIUM mg (mmol)	28 (1.2)	56 (2.4)
Chocolate	18 (0.7)	36 (1.4)
IRON mg	2.5	5
ZINC mg	2	4
COPPER µg	375	750
MANGANESE mg	0.5	1
IODINE µg	37.5	75
CHROMIUM µg	12.5	25
MOLYBDENUM µg	18.8	37.6
FLUORIDE mg	0.25	0.5
SELENIUM µg	13.5	27

VITAMINS	Per 100ml	Per 200ml
VITAMIN A µgRE	213	426
of which β-carotene µg RE	63	126
VITAMIN D <sub>3</sub> µg	2.5	5
VITAMIN E mgαTE	3.75	7.5
VITAMIN K <sub>1</sub> µg	21	42
VITAMIN B <sub>1</sub> mg	0.3	0.6
VITAMIN B <sub>2</sub> mg	0.4	0.8
NIACIN mg	1.5(3.18mg NE)	3(6.36 mg NE)
VITAMIN B <sub>6</sub> mg	0.43	0.86
VITAMIN B <sub>12</sub> µg	0.75	1.5
PANTOTHENIC ACID mg	1.5	3
BIOTIN µg	9.4	18.8
FOLIC ACID µg	62.5	125
VITAMIN C mg	18.8	37.6

<sup>\*</sup> Dependent on flavour

<sup>1</sup> Chocolate flavour

TYPICAL FATTY ACID PROFILE	WILD STRAWBERRY, VANILLA, TROPICAL FRUITS & CAPPUCCINO FLAVOUR g Per 100ml	CHOCOLATE FLAVOUR g Per 100ml
C6 Caproic acid	0.003	0.003
C8 Caprylic acid	0.002	0.002
C10 Capric acid	0.004	0.004
C12 Lauric acid	0.004	0.004
C14 Myristic acid	0.013	0.013
C16 Palmitic acid	0.30	0.34
C16:1 n-7 Palmitoleic acid	0.002	0.003
C18:2 Stearic acid	0.19	0.24
C18:1 n-9 Oleic acid	4.68	4.63
C18:2 n-6 Linoleic acid	0.96	0.93
C18:3 n-3 alpha-Linolenic acid	0.22	0.21
Ratio n-6:n-3	4:1	4:1

## TYPICAL AMINO ACID PROFILE g Per 100ml

### ESSENTIAL

Histidine	0.29
Isoleucine	0.57, 0.56 <sup>1</sup>
Leucine	0.98
Lysine	0.83, 0.82 <sup>1</sup>
Methionine	0.28
Phenylalanine	0.5
Threonine	0.47
Tryptophan	0.10
Valine	0.7

### CONDITIONALLY ESSENTIAL

Cysteine	0.07
Tyrosine	0.53
Glycine	0.19
Arginine	0.36, 0.37 <sup>1</sup>
Glutamine	0.74, 0.72 <sup>1</sup>
Proline	0.98, 0.97 <sup>1</sup>

### NON-ESSENTIAL

Aspartic acid and asparagine	0.93, 0.94 <sup>1</sup>
Glutamic acid	1.03, 1.05 <sup>1</sup>
Alanine	0.33
Serine	0.59

## TYPICAL CARBOHYDRATE PROFILE

	WILD STRAWBERRY & CAPPUCCINO g Per 100ml	VANILLA & TROPICAL FRUITS g Per 100ml	CHOCOLATE g Per 100ml
Glucose	0.09	0.08	0.07
Maltose	0.16	0.14	0.12
Saccharose	6.00	6.70	7.00
Lactose	≤0.4	≤0.4	≤0.4
Starch	-	-	-
Oligosaccharides & Polysaccharides	5.95	5.28	4.72

Date of Preparation:

November 2021

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