



**FRESENIUS  
KABI**

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# Fresubin® 2 kcal Mini & Fresubin® 2 kcal Fibre Mini Drink

## Patient Information



# Fresubin 2 kcal Mini Drink

## Fresubin 2 kcal Fibre Mini Drink

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### All about Fresubin 2 kcal Mini/Fresubin 2 kcal Fibre Mini Drink

This leaflet will answer some of the questions you may have about Fresubin 2 kcal Mini/Fresubin 2 kcal Fibre Mini Drink. If you have any other questions, you should contact your dietitian, doctor or other healthcare professional.

### What is Fresubin 2 kcal Mini/Fresubin 2 kcal Fibre Mini Drink?

Fresubin 2 kcal Mini/Fresubin 2 kcal Fibre Mini Drink are special low volume nutritious drinks for people who are unwell and cannot manage enough normal food to meet their nutritional requirements.

### What does Fresubin 2 kcal Mini/Fresubin 2 kcal Fibre Mini Drink contain?

Fresubin 2 kcal Mini/Fresubin 2 kcal Fibre Mini Drink are made up of many nutrients that are essential in a healthy, balanced diet. These include protein (milk), vegetable oils (rapeseed oil, sunflower oil), carbohydrates, vitamins, minerals and trace elements. Fresubin 2 kcal Mini/Fresubin 2 kcal Fibre Mini Drink are also gluten and lactose free. Fresubin 2 kcal Mini/Fresubin 2 kcal Fibre Mini Drink are high in vitamin D.

### What flavours are available?

There are three delicious Fresubin 2 kcal Mini flavours to choose from:

- Apricot-Peach
- Fruits of the Forest
- Vanilla

There are two delicious Fresubin 2 kcal Fibre Mini flavours to choose from:

- Chocolate
- Vanilla

### How much Fresubin 2 kcal Mini/Fresubin 2 kcal Fibre Mini Drink should I take?

Your dietitian or healthcare professional will advise you about the amount you should be taking. As a guide, for supplementary nutrition 2-3 bottles will provide 500 - 750 kcal/day or for complete nutrition 6-8 bottles will provide 1500-2000 kcal/day.

### When should I take Fresubin 2 kcal Mini/Fresubin 2 kcal Fibre Mini 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 Fresubin 2 kcal Mini/Fresubin 2 kcal Fibre Mini Drink rather than drink it all at once.

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### How should I take Fresubin 2 kcal Mini/Fresubin 2 kcal Fibre Mini Drink?

Fresubin 2 kcal Mini/Fresubin 2 kcal Fibre Mini Drink are 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. Shake the bottle well before use and drink slowly.

Fresubin 2 kcal Mini/Fresubin 2 kcal Fibre Mini 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.

### What about recipe ideas for Fresubin 2 kcal Mini/Fresubin 2 kcal Fibre Mini Drink?

Fresubin 2 kcal Mini/Fresubin 2 kcal Fibre Mini 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:

#### Fresubin 2 kcal Mini/Fresubin 2 kcal Fibre Mini Drink Ideas:

- Add ice cream to Fresubin 2 kcal Mini/Fresubin 2 kcal Fibre Mini Drink and serve as a thick milkshake.
- Mix 1 tsp coffee granules with 2 tbsp boiling water in a mug. Add warmed Fresubin 2 kcal Mini/Fresubin 2 kcal Fibre Mini Drink (vanilla), top with whipped cream if desired.

#### Fresubin 2 kcal Mini/Fresubin 2 kcal Fibre Mini Drink Breakfast Ideas:

- Mix porridge oats with Fresubin 2 kcal Mini/Fresubin 2 kcal Fibre Mini Drink vanilla and milk in a saucepan. Gently heat until just before boiling and simmer for 10 minutes stirring occasionally. Add sugar or honey to taste if desired.

#### Fresubin 2 kcal Mini/Fresubin 2 kcal Fibre Mini Drink Ice Cream:

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

### How should I store Fresubin 2 kcal Mini/Fresubin 2 kcal Fibre Mini Drink?

Unopened bottles can be kept at room temperature, not above 25°C. Opened bottles should be resealed and kept in a fridge and thrown away if not used within 24 hours. It must not be used after the expiry date.



## Additional information

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Patient name:

Bottles per day:

Flavour preferences:

Dietitian:

Contact No:



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