



**FRESENIUS
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Fresubin® PRO COMPACT Drink

Patient Information



Fresubin® PRO COMPACT Drink



All about Fresubin PRO COMPACT Drink

This leaflet will answer some of the questions you may have about Fresubin PRO COMPACT Drink. If you have any other questions, you should contact your dietitian, doctor or healthcare professional.

What is Fresubin PRO COMPACT Drink?

Fresubin PRO COMPACT Drink is a Food for Special Medical Purposes, and should be used under medical supervision, intended for people who cannot manage enough normal food to meet their nutritional requirements.

What does Fresubin PRO COMPACT Drink contain?

Fresubin PRO COMPACT Drink is made up of many nutrients that are essential in a healthy, balanced diet. These include protein (milk), carbohydrate (glucose syrup and sucrose), fat (rapeseed oil, sunflower oil), vitamins, minerals and trace elements.

Allergen and dietary information:

Contains: Milk, Soya.

Free from: Gluten, Lactose, Egg, Fish, Nut, Wheat.

Not suitable for patients with galactosaemia.

What flavours are available?

There are three delicious flavours to choose from:

- Vanilla
- Apricot-Peach
- Cappuccino

How much Fresubin PRO COMPACT Drink should I take?

Your dietitian or doctor will advise you about the amount you should be taking.

As a guide, 2-3 bottles/day for supplementary nutrition will provide 600-900 kcal/day.

When should I take Fresubin PRO COMPACT 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 PRO COMPACT Drink rather than drink it all at once.

Fresubin® PRO COMPACT Drink



How should I take Fresubin PRO COMPACT Drink?

Fresubin PRO COMPACT Drink needs to be shaken well and 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. Fresubin PRO COMPACT 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 PRO COMPACT Drink?

Fresubin PRO COMPACT 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 PRO COMPACT Drink Ideas:

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

Fresubin PRO COMPACT Drink Breakfast Ideas:

- Mix porridge oats with Fresubin PRO COMPACT 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 PRO COMPACT Drink Ice Cream:

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

How should I store Fresubin PRO COMPACT Drink?

Unopened bottles should be stored at room temperature. Once opened refrigerate and use within 24 hours.



Additional information

Patient name:

Bottles per day:

Flavour preferences:

Dietitian:

Contact No:



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