

# FRESUBIN® ENERGY DRINK

## DESCRIPTION

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

## PRESENTATION

Fresubin® Energy Drink is a nutritionally complete high calorie (1.5kcal/ml) oral nutritional supplement, fibre free\*. Fresubin® Energy Drink is ready to use and presented in a 200ml EasyBottle. Fresubin® Energy Drink is available in a choice of 9 flavours: Neutral, Vanilla, Banana, Strawberry, Blackcurrant, Chocolate, Lemon, Tropical Fruits, Cappuccino\*\*.

\*Chocolate flavour contains traces of fibre from cocoa.

\*\*Cappuccino flavour contains 0.55mg/100ml caffeine.

## CONTRA-INDICATIONS

FOR INTERNAL USE ONLY

NOT SUITABLE WHERE INTERNAL NUTRITION IS NOT PERMITTED

NOT SUITABLE FOR CHILDREN UNDER THREE YEARS OLD

NOT SUITABLE FOR PATIENTS WITH GALACTOSAEMIA

## PRECAUTIONS

MUST ONLY BE USED UNDER MEDICAL SUPERVISION

USE WITH CAUTION IN CHILDREN UNDER 6 YEARS OF AGE

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 needs.

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

Fresubin® Energy Drink is prescribable on FP10/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.

## DOSAGE

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

Recommendation for supplementary nutrition 2-3 bottles (600-900kcal)/ day or complete nutrition 5-7 bottles (1500-2100 kcal)/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 15% Fat 35% Carbohydrate 50% Fibre 0%\*

\*Chocolate flavour: Protein 15% Fat 35% Carbohydrate 49.3% Fibre 0.7%

## ORDER CODES

Cappuccino 7278601

Neutral 7279601

Vanilla 7273601

Strawberry 7274601

Blackcurrant 7276601

Chocolate 7002601

Lemon 7006601

Banana 7280601

Tropical Fruits 7277601

Mixed Tray 700061S

## INGREDIENTS

### Banana Flavour

Water, maltodextrin, milk protein, vegetable oils (rapeseed oil, sunflower oil), sucrose, potassium citrate, flavourings, sodium citrate, emulsifiers (soya lecithin, E471), sodium chloride, potassium chloride, vit. C, acidity regulators (E330), choline chloride, magnesium oxide, iron pyrophosphate, zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B<sub>12</sub>, vit. B<sub>6</sub>, sodium fluoride, vit. B<sub>9</sub>, β-carotene, vit. A, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K, biotin, vit. D<sub>3</sub>, vit. B<sub>2</sub>.

### Blackcurrant Flavour

Water, maltodextrin, milk protein, vegetable oils (rapeseed oil, sunflower oil), sucrose, flavourings, potassium citrate, sodium citrate, emulsifiers (soy lecithin, E471), beetroot powder, emulsifiers (soya lecithin, E471), sodium chloride, potassium chloride, vit. C, choline chloride, magnesium oxide, acidity regulators (E330), iron pyrophosphate, zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B<sub>12</sub>, vit. B<sub>6</sub>, sodium fluoride, vit. B<sub>9</sub>, β-carotene, vit. A, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K, biotin, vit. D<sub>3</sub>, vit. B<sub>2</sub>.

### Neutral Flavour

Water, maltodextrin, milk protein, vegetable oils (rapeseed oil, sunflower oil), sucrose, potassium citrate, sodium citrate, emulsifiers (soya lecithin, E471), sodium chloride, potassium chloride, vit. C, acidity regulators (E330), choline chloride, magnesium oxide, iron pyrophosphate, zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B<sub>12</sub>, vit. B<sub>6</sub>, sodium fluoride, vit. B<sub>9</sub>, β-carotene, vit. A, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K, biotin, vit. D<sub>3</sub>, vit. B<sub>2</sub>.

### Strawberry Flavour

Water, maltodextrin, milk protein, vegetable oils (rapeseed oil, sunflower oil), sucrose, flavourings, potassium citrate, sodium citrate, emulsifiers (soya lecithin, E471), sodium chloride, potassium chloride, vit. C, acidity regulators (E330), choline chloride, magnesium oxide, iron pyrophosphate, zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B<sub>12</sub>, vit. B<sub>6</sub>, sodium fluoride, vit. B<sub>9</sub>, β-carotene, vit. A, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K, biotin, vit. D<sub>3</sub>, vit. B<sub>2</sub>.

### Vanilla Flavour

Water, maltodextrin, milk protein, vegetable oils (rapeseed oil, sunflower oil), sucrose, flavouring, potassium citrate, sodium citrate, emulsifiers (soya lecithin, E471), sodium chloride, vit. C, acidity regulators (E330), choline chloride, magnesium oxide, iron pyrophosphate, potassium chloride, zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B<sub>12</sub>, vit. B<sub>6</sub>, sodium fluoride, vit. B<sub>9</sub>, β-carotene, vit. A, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K, biotin, vit. D<sub>3</sub>, vit. B<sub>2</sub>.

### Tropical Fruits

Water, maltodextrin, milk protein, vegetable oils (rapeseed oil, sunflower oil), sucrose, flavourings, potassium citrate, sodium citrate, emulsifiers (soya lecithin, E471), sodium chloride, potassium chloride, vit. C, acidity regulators (E330), choline chloride, magnesium oxide, iron pyrophosphate, zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B<sub>12</sub>, vit. B<sub>6</sub>, sodium fluoride, vit. B<sub>9</sub>, β-carotene, vit. A, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K, biotin, vit. D<sub>3</sub>, vit. B<sub>2</sub>.

### Cappuccino

Water, maltodextrin, milk protein, vegetable oils (rapeseed oil, sunflower oil), sucrose, flavourings, potassium citrate, sodium citrate, emulsifiers (soya lecithin, E471), sodium chloride, potassium chloride, vit. C, acidity regulators (E330), choline chloride, magnesium oxide, iron pyrophosphate, zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B<sub>12</sub>, vit. B<sub>6</sub>, sodium fluoride, vit. B<sub>9</sub>, β-carotene, vit. A, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K, biotin, vit. D<sub>3</sub>, vit. B<sub>2</sub>.

### Chocolate

Water, maltodextrin, milk protein, vegetable oils (rapeseed oil, sunflower oil), sucrose, fat reduced cocoa powder, flavouring, sodium citrate, emulsifiers (soya lecithin, E471), stabilisers (E460, E466, E407), sodium chloride, potassium citrate, potassium chloride, vit. C, choline chloride, magnesium oxide, iron pyrophosphate, zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B<sub>12</sub>, vit. B<sub>6</sub>, sodium fluoride, vit. B<sub>9</sub>, β-carotene, vit. A, folic acid, chromium chloride, vit. K, biotin, vit. D<sub>3</sub>, vit. B<sub>2</sub>.

### Lemon

Water, maltodextrin, milk protein, vegetable oils (rapeseed oil, sunflower oil), sucrose, flavourings, potassium citrate, sodium citrate, emulsifiers (soya lecithin, E471), sodium chloride, potassium chloride, vit. C, acidity regulators (E330), choline chloride, magnesium oxide, iron pyrophosphate, zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B<sub>12</sub>, vit. B<sub>6</sub>, sodium fluoride, vit. B<sub>9</sub>, β-carotene, vit. A, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K, biotin, vit. D<sub>3</sub>, vit. B<sub>2</sub>.

**Date of Preparation:**  
**June 2019**

NUTRITIONAL COMPOSITION	Per 100ml	Per 200ml
<b>ENERGY</b> kcal (kJ)	150 (630)	300 (1260)
<b>PROTEIN</b> g	5.6	11.2
<b>CARBOHYDRATE</b> g	18.8/18.5 <sup>2</sup>	37.6/37 <sup>2</sup>
Of which sugars g	3.9-6.3 <sup>1</sup>	7.8-12.6 <sup>1</sup>
Of which lactose g	≤0.27	≤0.54
<b>FAT</b> g	5.8	11.6
Of which saturated fatty acids g	0.4, 0.5 <sup>2</sup>	0.8, 1 <sup>2</sup>
Of which monounsaturated fatty acids g	3.8, 3.7 <sup>2</sup>	7.6, 7.4 <sup>2</sup>
Of which polyunsaturated g	1.6	3.2
<b>FIBRE</b> g	0/0.5 <sup>2</sup>	0/1 <sup>2</sup>
<b>SALT</b> g (Na x 2.5)	0.20/0.21 <sup>2</sup>	0.40/0.42 <sup>2</sup>
<b>WATER</b> g	78	156
<b>OSMOLARITY</b> mosmol/l		355-405 <sup>1</sup>
<b>OSMOLALITY</b> mosmol/kg H <sub>2</sub> O		460-530 <sup>1</sup>

MINERALS AND TRACE ELEMENTS	Per 100ml	Per 200ml
<b>SODIUM</b> mg (mmol)	80(3.5)/85(3.7) <sup>2</sup>	160(7)/170(7.4) <sup>2</sup>
<b>POTASSIUM</b> mg (mmol)	135(3.5)/140(3.6) <sup>2</sup>	270(7)/280(7.2) <sup>2</sup>
<b>CHLORIDE</b> mg (mmol)	100 (2.8)	200 (5.6)
<b>CALCIUM</b> mg (mmol)	135 (3.4), 130 (3.2) <sup>2</sup>	270 (6.8), 260 (6.5) <sup>2</sup>
<b>PHOSPHORUS</b> mg (mmol)	80 (2.6), 85 (2.7) <sup>2</sup>	160 (5.1), 170 (5.4) <sup>2</sup>
<b>MAGNESIUM</b> mg (mmol)	21 (0.9), 24 (1) <sup>2</sup>	42 (1.7), 48 (2) <sup>2</sup>
<b>IRON</b> mg	2	4
<b>ZINC</b> mg	1.5	3
<b>COPPER</b> µg	300	600
<b>MANGANESE</b> mg	0.4	0.8
<b>IODINE</b> µg	30	60
<b>CHROMIUM</b> µg	10	20
<b>MOLYBDENUM</b> µg	15	30
<b>FLUORIDE</b> mg	0.2	0.4
<b>SELENIUM</b> µg	10	20

VITAMINS AND OTHER NUTRIENTS*	Per 100ml	Per 200ml
<b>VITAMIN A</b> µgRE	170	340
of which β- carotene µg RE	50	100
<b>VITAMIN D<sub>3</sub></b> µg	2	4
<b>VITAMIN E</b> mgαTE	3	6
<b>VITAMIN K<sub>1</sub></b> µg	16.7	33.4
<b>VITAMIN B<sub>1</sub></b> mg	0.23	0.46
<b>VITAMIN B<sub>2</sub></b> mg	0.32	0.64
<b>NIACIN</b> mg	3(4mg NE)	6(8mg NE)
<b>VITAMIN B<sub>6</sub></b> mg	0.33	0.66
<b>VITAMIN B<sub>12</sub></b> µg	0.6	1.2
<b>PANTOTHENIC ACID</b> mg	1.2	2.4
<b>BIOTIN</b> µg	7.5	15
<b>FOLIC ACID</b> µg	50	100
<b>VITAMIN C</b> mg	15	30
<b>CHOLINE*</b> mg	26.7	53.4

<sup>1</sup> Dependent on flavour

<sup>2</sup> Chocolate

TYPICAL FATTY ACID PROFILE	g Per 100ml
C16 Palmitic acid	0.28, 0.3 <sup>2</sup>
C16: 1n-7 Palmitoleic acid	0, 0.001 <sup>2</sup>
C18 Stearic acid	0.14, 0.19 <sup>2</sup>
C18:1 n-9 Oleic acid	3.57, 3.48 <sup>2</sup>
C18:2 n-6 Linoleic acid	1.13, 1.09 <sup>2</sup>
C18:3 n-3 alpha-Linolenic acid	0.43, 0.41 <sup>2</sup>
Ratio n-6:n-3	2.61

TYPICAL AMINO ACID PROFILE	g Per 100ml
<b>ESSENTIAL</b>	
Histidine	0.16, 0.15 <sup>2</sup>
Isoleucine	0.31, 0.30 <sup>2</sup>
Leucine	0.55, 0.54 <sup>2</sup>
Lysine	0.46, 0.45 <sup>2</sup>
Methionine	0.16, 0.15 <sup>2</sup>
Phenylalanine	0.28
Threonine	0.26, 0.25 <sup>2</sup>
Tryptophan	0.06
Valine	0.39

<b>CONDITIONALLY ESSENTIAL</b>	
Tyrosine	0.31, 0.30 <sup>2</sup>
Cysteine	0.03, 0.04 <sup>2</sup>
Glycine	0.11
Arginine	0.20, 0.21 <sup>2</sup>
Glutamine	0.50, 0.47 <sup>2</sup>
Proline	0.56, 0.54 <sup>2</sup>
<b>NON-ESSENTIAL</b>	
Aspartic acid and asparagine	0.58, 0.57 <sup>2</sup>
Glutamic acid	0.71
Alanine	0.18
Serine	0.33, 0.32 <sup>2</sup>

<sup>2</sup> Chocolate

TYPICAL CARBOHYDRATE PROFILE	VAN	CHOC	STRA	BLA LEM BAN TROP	NEU	CAP
Glucose	0.20	0.20	0.21	0.21	0.23	0.22
Fructose	0	0	0	0	0	0
Maltose	0.33	0.33	0.57	0.35	0.39	0.36
Saccharose	5.50	5.01	4.50	4.50	3.00	4
Lactose	≤0.27	≤0.27	≤0.27	≤0.27	≤0.27	≤0.27
Oligo-/Polysaccharides	12.45	12.45	13.20	13.42	14.86	13.90

VAN (Vanilla), CHOC (Chocolate), STRA (Strawberry),  
BLA (Blackcurrant), LEM (Lemon), BAN (Banana),  
TROP (Tropical Fruits), CAP (Cappuccino), NEU (Neutral)