

# FRESUBIN® 2kcal CRÈME



### DESCRIPTION

Fresubin® 2kcal Crème is a dessert style nutritional supplement, consisting of protein (milk) vegetable oils (sunflower and rapeseed oil), carbohydrates (sucrose, glucose syrup, maltodextrin and starch), vitamins, minerals and trace elements.

### PRESENTATION

Fresubin® 2kcal Crème is a dessert style nutritionally complete, high calorie (2kcal/g), high protein (20% energy) thickened/ spoonable oral nutritional supplement, fibre free.

Fresubin® 2kcal Crème is ready to use and presented in a 125g pot in five flavours: vanilla, wild strawberry, cappuccino\*, chocolate\*\* and praline.

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

\*\*Chocolate flavour contains traces of fibre from cocoa.

### CONTRA-INDICATIONS

FOR ENTERAL USE ONLY  
NOT SUITABLE WHERE ENTERAL NUTRITION IS NOT PERMITTED  
NOT SUITABLE FOR CHILDREN UNDER 3 YEARS OF AGE  
NOT SUITABLE FOR PATIENTS WITH GALACTOSAEMIA

### PRECAUTIONS

SHOULD ONLY BE USED UNDER MEDICAL SUPERVISION  
USE WITH CAUTION IN CHILDREN UNDER 6 YEARS  
ENSURE ADEQUATE FLUID INTAKE

### INDICATIONS FOR USE

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

Fresubin® 2kcal Crème is a Food for Special Medical Purposes.

Fresubin® 2kcal Crème is prescribable on FPI0/GPI0 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 dietitian according to individual requirements. Recommendation for supplementary nutrition 3-4 cups (750-1000kcal)/ day, for complete nutrition 7-8 cups (17500-2000 kcal)/ day.

### STORAGE

Store in a cool (15- 25°C) dry place, away from direct sunlight. Once opened, can be stored for up to 24 hours in a refrigerator. Best served chilled.  
Stir gently before enjoying.

### PACK SIZE

Fresubin® 2kcal Crème is available in a pack of 4 x 125g single serving pots.

### SHELF LIFE

9 months from date of manufacture.

### ENERGY DISTRIBUTION

Protein 20% Fat 35% Carbohydrate 45% (44.7%\*)  
Fibre 0% (0.3%\*)

### INGREDIENTS

#### Vanilla - Order Code: 7149701

Water, milk protein, sucrose, glucose syrup, vegetable oils (sunflower oil, rapeseed oil), flavouring, maize starch, maltodextrin, thickeners (E1442, E407), potassium citrate, emulsifiers (E471, soya lecithin), vit. C, sodium citrate, sodium chloride, acidity regulator (E501), magnesium oxide, iron pyrophosphate, zinc sulphate, colour (E160c), niacin, manganese chloride, pantothenic acid, vit. E, copper sulphate, vit. B2, vit. B6, sodium fluoride, vit. B1, β-carotene, vit. A, folic acid, chromium chloride, sodium molybdate, sodium selenite, potassium iodide, vit. K1, biotin, vit. D3, vit. B12.

#### Wild Strawberry - Order Code: 7145701

Water, milk protein, sucrose, glucose syrup, vegetable oils (sunflower oil, rapeseed oil), flavourings, maize starch, maltodextrin, thickeners (E1442, E407), potassium citrate, emulsifiers (E471, soya lecithin), vit. C, sodium citrate, sodium chloride, beetroot powder, acidity regulator (E501), magnesium oxide, iron pyrophosphate, zinc sulphate, niacin, manganese chloride, pantothenic acid, vit. E, copper sulphate, vit. B2, vit. B6, sodium fluoride, vit. B1, β-carotene, vit. A, folic acid, chromium chloride, sodium molybdate, sodium selenite, potassium iodide, vit. K1, biotin, vit. D3, vit. B12.

#### Cappuccino - Order Code: 7146701

Water, milk protein, sucrose, glucose syrup, vegetable oils (sunflower oil, rapeseed oil), flavourings, maize starch, maltodextrin, thickeners (E1442, E407), potassium citrate, emulsifiers (E471, soya lecithin), vit. C, sodium citrate, sodium chloride, acidity regulator (E501), magnesium oxide, iron pyrophosphate, zinc sulphate, niacin, manganese chloride, pantothenic acid, vit. E, copper sulphate, vit. B2, vit. B6, sodium fluoride, vit. B1, β-carotene, vit. A, folic acid, chromium chloride, sodium molybdate, sodium selenite, potassium iodide, vit. K1, biotin, vit. D3, vit. B12.

#### Praline - Order Code: 7147701

Water, milk protein, sucrose, glucose syrup, vegetable oils (sunflower oil, rapeseed oil), flavourings, maize starch, maltodextrin, thickeners (E1442, E407), potassium citrate, emulsifiers (E471, soya lecithin), vit. C, sodium citrate, sodium chloride, acidity regulator (E501), magnesium oxide, iron pyrophosphate, zinc sulphate, niacin, manganese chloride, pantothenic acid, vit. E, copper sulphate, vit. B2, vit. B6, sodium fluoride, vit. B1, β-carotene, vit. A, folic acid, chromium chloride, sodium molybdate, sodium selenite, potassium iodide, vit. K1, biotin, vit. D3, vit. B12.

#### Chocolate - Order Code: 7144701

Water, milk protein, sucrose, glucose syrup, vegetable oils (sunflower oil, rapeseed oil), chocolate powder (cocoa powder, sugar, fat reduced cocoa powder, soya lecithin, flavouring), maize starch, fat reduced cocoa powder, maltodextrin, potassium citrate, flavourings, thickeners (E1442, E407), emulsifiers (E471, soya lecithin), vit. C, sodium citrate, colour(E153), sodium chloride, acidity regulator (E501, E500), iron pyrophosphate, zinc sulphate, niacin, magnesium oxide, pantothenic acid, manganese chloride, vit. E, copper sulphate, vit. B2, vit. B6, sodium fluoride, vit. B1, β-carotene, vit. A, folic acid, sodium molybdate, chromium chloride, sodium selenite, potassium iodide, vit. K1, biotin, vit. D3, vit. B12.

### Date of Preparation:

September 2019 EN/Gen/O14.19

NUTRITIONAL COMPOSITION	Per 100g	Per 125g pot
ENERGY kcal (kJ)	200 (840)	250 (1050)
PROTEIN g	10	12.5
CARBOHYDRATE g	22.5/22.4*	28.1/28*
Of which sugars g	13.4	16.7
Of which lactose g	<0.5	<0.6
FAT g	7.8	9.75/9.8
Of which saturated fatty acids g	0.55/0.67*	0.69/0.84*
Of which polyunsaturated fatty acids g	1.4/1.32*	1.75/1.65*
Of which monounsaturated fatty acids g	5.84/5.8*	7.3
FIBRE g	0/0.3*	0/0.4*
SALT g (Na x 2.5)	0.16/0.21*	0.20/0.26*
WATER ml	58/57*	72.5/71.3*

MINERALS AND TRACE ELEMENTS	Per 100g	Per 125g pot
SODIUM mg (mmol)	65(2.8)/82(3.6)*	81(3.5)/103(4.5)*
POTASSIUM mg (mmol)	167(4.3)	209(5.4)
CHLORIDE mg (mmol)	62(1.8)/62(1.7)*	76(2.2)/78(2.2)*
CALCIUM mg (mmol)	196(4.9)/205(5.1)*	245(6.1)/256(6.4)*
PHOSPHORUS mg (mmol)	125 (4.0)	156 (5.1)
MAGNESIUM mg (mmol)	16(0.7)	20(0.8)
IRON mg	2.5	3.13
ZINC mg	2	2.5
COPPER µg	375	469
MANGANESE mg	0.5	0.63
IODINE µg	37.6	47
CHROMIUM µg	13	16.3
MOLYBDENUM µg	18.8	23.5
FLUORIDE mg	0.25	0.30
SELENIUM µg	14	17.5

VITAMINS	Per 100g	Per 125g pot
VITAMIN A µgRE	213	266
of which β- carotene µg RE	62.5	78
VITAMIN D <sub>3</sub> µg	5	6.25
VITAMIN E mgαTE	3.75	4.69
VITAMIN K <sub>1</sub> µg	21	26.3
VITAMIN B1 mg	0.3	0.38
VITAMIN B2 mg	0.4	0.5
NIACIN mg	2.0 (3.75mg NE)	2.5(4.69mg NE)
VITAMIN B6 mg	0.43	0.54
VITAMIN B12 µg	0.75	0.94
PANTOTHENIC ACID mg	1.5	1.88
BIOTIN µg	9.4	11.8
FOLIC ACID µg	62.5	78.1
VITAMIN C mg	18.8	23.5

\*Chocolate flavour

\*\*Vanilla flavour

TYPICAL FATTY ACID PROFILE	g per 100g
C16:0 Palmitic acid	0.3/0.35*
C18:0 Stearic acid	0.21/0.29*
C18:1ω9 Oleic acid	5.46/5.40*
C18:2ω6 Linoleic acid	1.08/1.04*
C18:3ω3 α-linolenic acid	0.25/0.23*

TYPICAL AMINO ACID PROFILE	g per 100g
<b>ESSENTIAL</b>	
Histidine	0.29
Isoleucine	0.57
Leucine	0.99/1.0*
Lysine	0.83/0.84*
Methionine	0.28/0.29*
Phenylalanine	0.50/0.51*
Threonine	0.48
Tryptophan	0.11
Valine	0.70/0.71*

<b>CONDITIONALLY ESSENTIAL</b>	
Cysteine	0.07
Tyrosine	0.54
Taurine	-
Glycine	0.19
Arginine	0.36/0.37*
Glutamine	0.75
Proline	0.99
<b>NON-ESSENTIAL</b>	
Aspartic acid and asparagine	0.94/0.95*
Glutamic acid	1.03/1.05*
Alanine	0.33
Serine	0.59/0.60*

TYPICAL CARBOHYDRATE PROFILE	g per 100g
GLUCOSE	0.23*/0.24/0.31**
FRUCTOSE	0
MALTOSE	0.99*/1.02/1.33**
SACCHAROSE	12.0*/11.8/9.0**
LACTOSE	0.32
OLIGO-/POLYSACCHARIDES	8.04*/8.3/10.7**