

## FRESUBIN® ENERGY FIBRE DRINK

### DESCRIPTION

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

### PRESENTATION

Fresubin® Energy Fibre Drink is a nutritionally complete high calorie (1.5kcal/ml) oral nutritional supplement with fibre. Fresubin® Energy Fibre Drink is ready to use and presented in 200ml EasyBottle. Fresubin® Energy Fibre Drink is available in 3 flavours: Vanilla, Strawberry, Banana.

### CONTRA-INDICATIONS

FOR ENTERAL USE ONLY

NOT SUITABLE WHERE ENTERAL NUTRITION IS NOT PERMITTED

NOT SUITABLE FOR CHILDREN UNDER THREE YEARS

NOT SUITABLE FOR PATIENTS WITH GALACTOSAEMIA

### PRECAUTIONS

SHOULD 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 Fibre Drink is a Food for Special Medical Purposes.

Fresubin® Energy Fibre Drink is currently a PCRS reimbursable item. It is also 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 dietitian 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

12 months from date of manufacture.

### ENERGY DISTRIBUTION

Protein 15% Fat 35% Carbohydrate 47.3% Fibre 2.7%

### PCRS CODES

Vanilla 81615

Strawberry 81615

Banana 81615

### INGREDIENTS

#### Vanilla

Water, maltodextrin, milk protein, vegetable oils (rapeseed oil, sunflower oil), sucrose, wheat dextrin, inulin (from chicory), cellulose, flavourings, potassium citrate, sodium citrate, emulsifiers (soya lecithin, E471), sodium chloride, potassium chloride, vit. C, choline chloride, magnesium oxide, acidity regulator (E330), iron pyrophosphate, zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B<sub>6</sub>, vit. B<sub>12</sub>, sodium fluoride, vit. B<sub>9</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>2</sub>.

#### Strawberry

Water, maltodextrin, milk protein, vegetable oils (rapeseed oil, sunflower oil), sucrose, wheat dextrin, inulin (from chicory), flavourings, cellulose potassium citrate, sodium citrate, emulsifiers (soya lecithin, E471), colouring food: beetroot powder, sodium chloride, potassium chloride, vit. C, choline chloride, magnesium oxide, acidity regulator (E330), iron pyrophosphate, zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B<sub>6</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>2</sub>.

#### Banana

Water, maltodextrin, milk protein, vegetable oils (rapeseed oil, sunflower oil), sucrose, wheat dextrin, inulin (from chicory), cellulose, potassium citrate, flavourings, sodium citrate, emulsifiers (soya lecithin, E471), sodium chloride, potassium chloride, vit. C, choline chloride, magnesium oxide, acidity regulator (E330), iron pyrophosphate, zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B<sub>6</sub>, vit. B<sub>12</sub>, sodium fluoride, vit. B<sub>9</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>2</sub>.

Date of Preparation:

September 2019 EN/Gen/013.19

NUTRITIONAL COMPOSITION	Per 100ml	Per 200ml
ENERGY kcal (kJ)	150 (630)	300 (1260)
PROTEIN g	5.6	11.2
CARBOHYDRATE g	17.8	35.6
Of which sugars g	5-6.4 <sup>1</sup>	10-12.8 <sup>1</sup>
Of which lactose g	≤0.26	≤0.52
FAT g	5.8	11.6
Of which saturated fatty acids g	0.4	0.8
Of which monounsaturated fatty acids g	3.8	7.6
Of which polyunsaturated fatty acids g	1.6	3.2
FIBRE g	2	4
SALT g (Na x 2.5)	0.2	0.4
WATER ml	78	156
OSMOLARITY mosmol/l		390-440 <sup>1</sup>
OSMOLALITY mosmol/kg H <sub>2</sub> O		510-580 <sup>1</sup>

MINERALS AND TRACE ELEMENTS	Per 100ml	Per 200ml
SODIUM mg (mmol)	80(3.5)	160(7.0)
POTASSIUM mg (mmol)	135(3.5)	270(7.0)
CHLORIDE mg (mmol)	100 (2.8)	200 (5.6)
CALCIUM mg (mmol)	135 (3.4)	270 (6.8)
PHOSPHORUS mg (mmol)	80 (2.6)	160 (5.2)
MAGNESIUM mg (mmol)	21(0.9)	42 (1.8)
IRON mg	2	4
ZINC mg	1.5	3
COPPER µg	300	600
MANGANESE mg	0.4	0.8
IODINE µg	30	60
CHROMIUM µg	10	20
MOLYBDENUM µg	15	30
FLUORIDE mg	0.2	0.4
SELENIUM µg	10	20

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

TYPICAL FATTY ACID PROFILE	g Per 100ml
C16 Palmitic acid	0.28
C16:1 n-7 Palmitoleic acid	0
C18 Stearic acid	0.14
C18:1 n-9 Oleic acid	3.57
C18:2 n-6 Linoleic acid	1.13
C18:3 n-3 α-Linolenic acid	0.43
Ratio n-6:n-3	2.6:1

TYPICAL AMINO ACID PROFILE	g Per 100ml
<b>ESSENTIAL</b>	
Histidine	0.16
Isoleucine	0.31
Leucine	0.55
Lysine	0.46
Methionine	0.16
Phenylalanine	0.28
Threonine	0.26
Tryptophan	0.06
Valine	0.39

<b>CONDITIONALLY ESSENTIAL</b>	
Cysteine	0.03
Tyrosine	0.31
Glycine	0.11
Arginine	0.20
Glutamine	0.50
Proline	0.56

<b>NON-ESSENTIAL</b>	
Aspartic acid and asparagine	0.58
Glutamic acid	0.71
Alanine	0.18
Serine	0.33

<sup>2</sup> Chocolate

TYPICAL CARBOHYDRATE PROFILE	VAN	STRA	BAN
Glucose	0.21	0.22	0.22
Fructose	0.07	0.07	0.07
Maltose	0.29	0.54	0.32
Saccharose	5.53	4.53	4.53
Lactose	≤0.26	≤0.26	≤0.26
Oligo/Polysaccharides	11.39	12.13	12.35

VAN (Vanilla), STRA (Strawberry), BAN (Banana),

1. Depending on flavour