

# FRESUBIN® PROTEIN ENERGY DRINK

## DESCRIPTION

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

## PRESENTATION

Fresubin® Protein Energy Drink is a nutritionally complete high calorie (1.5kcal/ml), high protein (27% energy) oral nutritional supplement, fibre free\*.

Fresubin® Protein Energy Drink is ready to use and presented in a 200ml EasyBottle with straw. It is available in five flavours: wild strawberry, vanilla, chocolate, tropical fruits and cappuccino\*\*. Lactose and gluten free.

\*Chocolate flavour contains traces of fibre from cocoa.

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

## CONTRA-INDICATIONS

FOR ENTERAL USE ONLY

NOT SUITABLE FOR CHILDREN UNDER THREE YEARS

NOT SUITABLE FOR PATIENTS WITH GALACTOSAEMIA

## PRECAUTIONS

USE WITH CAUTION IN CHILDREN UNDER 6 YEARS OF AGE

NOT SUITABLE AS A SOLE SOURCE OF NUTRITION

MUST ONLY BE USED UNDER MEDICAL SUPERVISION

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 and protein needs or fluid restrictions.

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

Fresubin® Protein Energy Drink is prescribable on FPIO/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.

## 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 27% Fat 40% Carbohydrate 33% Fibre 0%\*

\* Chocolate Flavour - Protein 27% Fat 40% Carbohydrate 32.3% Fibre 0.7%

## ORDER CODES

Wild Strawberry - 7570601

Vanilla - 7564601

Chocolate - 7575601

Tropical Fruits - 7581601

Cappuccino - 7584601

## INGREDIENTS

### Wild Strawberry flavour

Water, [milk protein](#), vegetable oils (rapeseed oil, sunflower oil), maltodextrin, sucrose, flavourings, potassium citrate, beetroot powder, emulsifiers ([soya lecithin](#), E471), sodium chloride, vit. C, magnesium oxide, magnesium citrate, iron pyrophosphate, potassium chloride, zinc sulphate, niacin, manganese chloride, pantothenic acid, copper sulphate, vit. B<sub>2</sub>, vit. B<sub>6</sub>, sodium fluoride, vit. E, vit. B<sub>9</sub>, β-carotene, vit. A, folic acid, potassium iodide, chromium chloride, sodium selenite, sodium molybdate, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>12</sub>.

### Vanilla flavour

Water, [milk protein](#), sucrose, vegetable oils (rapeseed oil, sunflower oil), maltodextrin, potassium citrate, flavouring, emulsifiers ([soya lecithin](#), E471), sodium chloride, vit. C, magnesium citrate, iron pyrophosphate, potassium chloride, zinc sulphate, niacin, manganese chloride, pantothenic acid, copper sulphate, vit. B<sub>2</sub>, vit. B<sub>6</sub>, sodium fluoride, vit. E, vit. B<sub>9</sub>, β-carotene, vit. A, folic acid, potassium iodide, chromium chloride, sodium selenite, sodium molybdate, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>12</sub>.

### Cappuccino flavour

Water, [milk protein](#), vegetable oils (sunflower oil, rapeseed oil), maltodextrin, sucrose, flavourings, potassium citrate, emulsifiers (E471, [soya lecithin](#)), sodium chloride, vit. C, magnesium oxide, magnesium citrate, iron pyrophosphate, zinc sulphate, niacin, manganese chloride, vit. E, pantothenic acid, copper sulphate, vit. B<sub>2</sub>, vit. B<sub>6</sub>, sodium fluoride, vit. B<sub>9</sub>, β-carotene, vit. A, folic acid, chromium chloride, sodium molybdate, potassium iodide, sodium selenite, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>12</sub>.

### Chocolate flavour

Water, [milk protein](#), sucrose, vegetable oils (sunflower oil, rapeseed oil), maltodextrin, fat reduced cocoa powder, flavouring, emulsifiers (E471, [soya lecithin](#)), potassium citrate, sodium chloride, vit. C, stabilisers (E 460, E 466, E 407), acidity regulator (E 524), iron pyrophosphate, niacin, zinc sulphate, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B<sub>2</sub>, vit. B<sub>6</sub>, sodium fluoride, vit. B<sub>9</sub>, β-carotene, vit. A, folic acid, potassium iodide, sodium molybdate, chromium chloride, sodium selenite, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>12</sub>.

### Tropical Fruits flavour

Water, [milk protein](#), sucrose, vegetable oils (sunflower oil, rapeseed oil), maltodextrin, potassium citrate, flavouring, emulsifiers ([soya lecithin](#), E471), sodium chloride, vit. C, magnesium oxide, magnesium citrate, iron pyrophosphate, zinc sulphate, niacin, manganese chloride, pantothenic acid, copper sulphate, vit. B<sub>2</sub>, vit. B<sub>6</sub>, sodium fluoride, vit. E, vit. B<sub>9</sub>, β-carotene, vit. A, folic acid, potassium iodide, chromium chloride, sodium selenite, sodium molybdate, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>12</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	10	20
<b>CARBOHYDRATE</b> g	12.1 <sup>1</sup> , 12.4	24.2, 24.8
Of which sugars g	6.5-7.4 <sup>1</sup>	13-14.8*
Of which lactose g	0.4	0.8
<b>FAT</b> g	6.7	13.4
Of which saturated fatty acids g	0.6	1.2
Of which monounsaturated fatty acids g	4.9	9.8
Of which polyunsaturated fatty acids g	1.2	2.4
<b>FIBRE</b> g	0/0.5 <sup>1</sup>	0/1 <sup>1</sup>
<b>SALT</b> g (Na x 2.5)	0.13/0.15 <sup>1</sup>	0.25/0.30 <sup>1</sup>
<b>WATER</b> ml	79	158
<b>OSMOLARITY</b> mosmol/l		380, 390 <sup>1</sup>
<b>OSMOLALITY</b> mosmol/kg H <sub>2</sub> O		500, 510 <sup>1</sup>

MINERALS AND TRACE ELEMENTS	Per 100ml	Per 200ml
<b>SODIUM</b> mg (mmol)	50 (2.2)	100 (4.4)
Chocolate	60 (2.6)	120 (5.2)
<b>POTASSIUM</b> mg (mmol)	130 (3.3)	260 (6.6)
Chocolate	135 (3.5)	270 (7)
<b>CHLORIDE</b> mg (mmol)	73 (2.1)	146 (4.2)
Chocolate	58 (1.6)	116 (3.2)
<b>CALCIUM</b> mg (mmol)	205 (5.1)	410 (10.2)
<b>PHOSPHORUS</b> mg (mmol)	120 (3.9)	240 (7.8)
<b>MAGNESIUM</b> mg (mmol)	28 (1.2)	56 (2.4)
Chocolate	18 (0.7)	36 (1.4)
<b>IRON</b> mg	2.5	5
<b>ZINC</b> mg	2	4
<b>COPPER</b> µg	375	750
<b>MANGANESE</b> mg	0.5	1
<b>IODINE</b> µg	37.5	75
<b>CHROMIUM</b> µg	12.5	25
<b>MOLYBDENUM</b> µg	18.8	37.6
<b>FLUORIDE</b> mg	0.25	0.5
<b>SELENIUM</b> µg	13.5	27

VITAMINS	Per 100ml	Per 200ml
<b>VITAMIN A</b> µgRE	213	426
of which β- carotene µg RE	63	126
<b>VITAMIN D<sub>3</sub></b> µg	2.5	5
<b>VITAMIN E</b> mgαTE	3.75	7.5
<b>VITAMIN K<sub>1</sub></b> µg	21	42
<b>VITAMIN B<sub>1</sub></b> mg	0.3	0.6
<b>VITAMIN B<sub>2</sub></b> mg	0.4	0.8
<b>NIACIN</b> mg	1.5(3.18mg NE)	3(6.36 mg NE)
<b>VITAMIN B<sub>6</sub></b> mg	0.43	0.86
<b>VITAMIN B<sub>12</sub></b> µg	0.75	1.5
<b>PANTOTHENIC ACID</b> mg	1.5	3
<b>BIOTIN</b> µg	9.4	18.8
<b>FOLIC ACID</b> µg	62.5	125
<b>VITAMIN C</b> mg	18.8	37.6

\* Dependent on flavour

<sup>1</sup> Chocolate flavour

TYPICAL FATTY ACID PROFILE	WILD STRAWBERRY, VANILLA, TROPICAL FRUITS & CAPPUCCINO FLAVOUR	CHOCOLATE FLAVOUR
	g Per 100ml	g Per 200ml
C6 Caproic acid	0.003	0.003
C8 Caprylic acid	0.002	0.002
C10 Capric acid	0.004	0.004
C12 Lauric acid	0.004	0.004
C14 Myristic acid	0.013	0.013
C16 Palmitic acid	0.30	0.34
C16:1 n-7 Palmitoleic acid	0.002	0.003
C18 Stearic acid	0.19	0.24
C18:1 n-9 Oleic acid	4.68	4.63
C18:2 n-6 Linoleic acid	0.96	0.93
C18:3 n-3 alpha-Linolenic acid	0.22	0.21
Ratio n-6:n-3	4:1	4:1

#### TYPICAL AMINO ACID PROFILE g Per 100ml

ESSENTIAL	
Histidine	0.29
Isoleucine	0.57, 0.56 <sup>1</sup>
Leucine	0.98
Lysine	0.83, 0.82 <sup>1</sup>
Methionine	0.28
Phenylalanine	0.5
Threonine	0.47
Tryptophan	0.10
Valine	0.7

CONDITIONALLY ESSENTIAL	
Cysteine	0.07
Tyrosine	0.53
Glycine	0.19
Arginine	0.36, 0.37 <sup>1</sup>
Glutamine	0.74, 0.72 <sup>1</sup>
Proline	0.98, 0.97 <sup>1</sup>

NON-ESSENTIAL	
Aspartic acid and asparagine	0.93, 0.94 <sup>1</sup>
Glutamic acid	1.03, 1.05 <sup>1</sup>
Alanine	0.33
Serine	0.59

TYPICAL CARBOHYDRATE PROFILE	WILD STRAWBERRY & CAPPUCCINO g Per 100ml	VANILLA & TROPICAL FRUITS g Per 100ml	CHOCOLATE g Per 100ml
Glucose	0.09	0.08	0.07
Maltose	0.16	0.14	0.12
Saccharose	6.00	6.70	7.00
Lactose	≤0.4	≤0.4	≤0.4
Starch	-	-	-
Oligosaccharides & Polysaccharides	5.95	5.28	4.72