

# Glutamine Plus

Available in two flavours  
30 single portion sachets à 22.4 g



## Nutritional Information

Average content		per 22.4 g sachet	per 100 g powder
<b>Energy value</b>	kJ (kcal)	340 (80)	1500 (360)
<b>Fat</b>	g	0	0
of which saturated fatty acids	g	0	0
<b>Carbohydrate</b>	g	9.6	42.7
of which sugars	g	2.66*/0.31**	11.9*/1.37**
of which lactose	g	0	0
<b>Fibre</b>	g	1.2	5.4
<b>Protein</b>	g	0	0
<b>Glutamine</b>	g	10	44.8
<b>Salt (Na x 2.5)</b>	g	<0.03*/<0.02**	<0.13*/<0.09**
<b>Osmolarity°</b>	mosmol/l	330*/235**	
<b>Trace elements</b>			
Zinc	mg	3.4	15
Selenium	µg	50	220
<b>Vitamins</b>			
β-carotene	mg	1.7	7.4
Vitamin E	mg α-TE°°	83	370
Vitamin C	mg	250	1100

\*Flavour Orange, \*\*Flavour Neutral  
°Ready to use product: 1 sachet (22.4 g) + 200 ml water, °°alpha-tocopherol equivalents (α-TE)

## Prescribing Information

### Food for special medical purposes:

Oral nutritional supplement powder to be reconstituted with water. High in glutamine and antioxidants (vitamins C and E, beta-carotene, zinc, selenium), lactose free and gluten free. Orange flavour: With sweetener. For the dietary management of patients in need of high glutamine and antioxidants due to surgery, burns or trauma.

### Dosage:

To be determined by a health care professional according to patients' needs. For supplementation: 1 sachet, 2-3 times per day, ≥ 5 days.

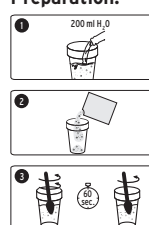
### Important notes:

To be used under medical supervision. Not suitable as sole source of nutrition. Not suitable for children < 10 years. Ensure adequate fluid intake. Packaged in a protective atmosphere.

### Instruction for use:

Store dry and at room temperature.

### Preparation:



Pour 200 ml of preferably cool water into a clean container or shaker.

Add content of one sachet.

Mix thoroughly using a shaker or spoon. Stir again after 1 minute.

### Usage:

Once reconstituted use promptly. If refrigerated, use within 24 hours and stir again before use. Can also be mixed with juices or food like yoghurt, apple puree etc. When prepared with a liquid other than water: consume immediately after mixing.

### Contraindications:

Not suitable whenever enteral nutrition is not permitted such as in acute gastrointestinal bleeding, ileus and shock. Use with caution in severe organ failure with impaired metabolism and severe forms of malabsorption. Not suitable for patients with congenital inability to metabolise nutrients contained in Glutamine Plus.

## Ingredients

**Glutamine Plus flavour Orange:** L-glutamine, starch, orange juice concentrate, maltodextrin, stabilizer (E 414), flavouring, vitamin C, vitamin E, sweetener (sodium saccharin), zinc sulphate, β-carotene, sodium selenate.

**Glutamine Plus flavour Neutral:** L-glutamine, maltodextrin, starch, stabilizer (E 414), vitamin C, vitamin E, zinc sulphate, β-carotene, sodium selenate.

## Flavour

Orange, Neutral

- 1) Garcia-de-Lorenzo A et al. *Nutrition* 2003; 19: 805-811
- 2) Quan ZF, Chong Y Ning L et al. *World J Gastroenterol* 2004; 10(13): 1992-1994
- 3) Aghdassi E et al. *Am J Gastroenterol* 2003; 98: 348-353
- 4) Roggenbuck CR et al. *Europ e-J Clin Nutr Metab* 2006; 1: 176-177.