

Fresubin® PLANT-BASED Drink

Available in vanilla flavour
in 200 ml EasyBottle



Nutritional Information

Nutrition values			
		per 100 ml	bottle = 200 ml
Energy	kJ (kcal)	630 (150)	1260 (300)
Fat	g	5,7	11,4
of which saturates	g	0,40	0,80
of which mono-unsaturates	g	3,8	7,6
of which polyunsaturates	g	1,5	3
Carbohydrate	g	16,1	32,2
of which sugars	g	6,3	12,6
Fibre	g	2,3	4,6
Protein	g	7,5	15
Salt	g	0,30	0,60
Vitamins			
Vitamin A	µg RE°	139	278
of which β-Carotene	µg RE°	34	68
Vitamin D	µg	3,8	7,6
Vitamin E	mg α-TE°°	2,7	5,4
Vitamin K	µg	9,8	19,6
Vitamin C	mg	20	40
Thiamin	mg	0,23	0,46
Riboflavin	mg	0,24	0,48
Niacin	mg/mg NE°°°	2,6/4,3	5,2/8,6
Vitamin B ₆	mg	0,27	0,54
Folic Acid	µg	31,5	63
Vitamin B ₁₂	µg	0,60	1,2
Biotin	µg	6,8	13,6
Pantothenic Acid	mg	0,90	1,8
Minerals and trace elements			
Sodium	mg	120	240
Potassium	mg	240	480
Chloride	mg	180	360
Calcium	mg	128	256
Phosphorus	mg	100	200
Magnesium	mg	27,5	55
Iron	mg	2,0	4,0
Zinc	mg	2,1	4,2
Copper	mg	0,24	0,48
Manganese	mg	0,51	1,02
Fluoride	mg	0,22	0,44
Selenium	µg	10	20
Chromium	µg	11	22
Molybdenum	µg	16	32
Iodine	µg	22,4	44,8
Choline	mg	40	80
Osmolarity	mosmol/l	705	
Water	ml	86	172
Caloric distribution (kJ%)			
Fat 34, carbohydrate 43, fibre 3, protein 20			
° retinol equivalents (RE), °° alpha-tocopherol equivalents (α-TE), °°° niacin equivalents (NE)			

General Information

Food for special medical purposes.
For the dietary management in case / at risk of malnutrition, esp. with increased energy and protein needs. Nutritionally complete, high energy (1,5 kcal/ml), high protein oral nutritional supplement with 100¹ plant protein (soy), with fibre. High in vitamin D, suitable for vegans. Free from milk protein, lactose and gluten.

Dosage:
2-3 bottles/day for supplementary nutrition or ≥ 5 bottles/day for complete nutrition, or as advised by a healthcare professional.

Important notice:
To be used under medical supervision. Suitable as sole source of nutrition. Not suitable for children < 3 years. Use with caution in children < 6 years.

Instruction for use:
Storage: At room temperature. Once opened refrigerate and use within 24 hours. Best served chilled. Shake well before use. Packaged in a protective atmosphere.

Additional considerations:
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 malassimilation.
Not suitable for patients with congenital inability to metabolise nutrients contained in Fresubin® PLANT-BASED Drink.

Ingredients

Water, glucose syrup, soya proteins, rapeseed oil, sugar, wheat dextrin, inulin, cellulose, potassium carbonate, potassium chloride, flavouring, choline bitartrate, calcium chloride, sodium chloride, emulsifier (soya lecithins), stabilisers (E 460, E 466, E 407), potassium citrate, magnesium oxide, vitamin C, zinc sulphate, acidity regulator (E 524), ferrous sulphate, niacin, manganese chloride, pantothenic acid, vitamin E, thiamin, sodium fluoride, vitamin B₆, riboflavin, cupric sulphate, vitamin A, beta-carotene, chromium chloride, folic acid, potassium iodide, sodium selenite, biotin, vitamin K, vitamin D, vitamin B₁₂.
Detailed nutrition information can be found at www.fresubin.com

Flavours

Vanilla

1) Cavood, A. L. (2012). Systematic review and meta-analysis of the effects of high protein oral nutritional supplements. *Ageing Res Rev*, 11(2), 278-296. 2) Messina, M. (2022). The health effects of soy: a reference guide for health professionals. *Frontiers in Nutrition*, 9. 3) Herremans, L., Nonnensen, P., Pennings, B. & Laus, M. C. (2020). Comprehensive overview of the quality of plant and animal sourced proteins based on the digestible indispensable amino acid score. *Food science & nutrition*, 8(10), 5379-4) Elorime AL, Alfthan G, Erlund I, Kivimäki H, Paju A, Salminen I, et al. Food and nutrient intake and nutritional status of Finnish vegans and non-vegetarians. *PLoS One* 2016;11:e0148235 5) Alternative Protein Sources: Balancing Food Innovation, Sustainability, Nutrition, and Health: Proceedings of a Workshop. National Academies of Sciences, Engineering, and Medicine: Health and Medicine Division; Food and Nutrition Board; Food Forum; Nicholson A, editor. Washington (DC): National Academies Press (US); 2023 May 2 6) Green, C. J. (2001). Fibre in enteral nutrition. *Clinical Nutrition*, 20, 23-39. <https://doi.org/10.1054/clnu.2001.0425>



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