

Fresubin® POWDER

Available in Vanilla flavour in a resealable 500 g tin



Nutritional Information

Average values		per 100 g powder	per 100 ml ready to use product 100 kcal* 150 kcal**	
Energy		kJ (kcal)	1826 (435)	420 (100) 630 (150)
Fat		g	14,5	3,33 5,0
of which saturates		g	1,19	0,27 0,41
of which mono-unsaturates		g	9,54	2,19 3,29
of which polyunsaturates		g	3,74	0,86 1,29
Carbohydrate		g	57,7	13,3 19,9
of which sugars		g	16,6	3,8 5,7
of which lactose		g	≤ 0,87	≤ 0,20 ≤ 0,30
Fibre		g	4,35	1,0 1,5
Protein		g	16,2	3,7 5,6
Salt		g	0,76	0,18 0,26
Vitamins				
Vitamin A	µg RE°	401	92	138
of which β-Carotene	µg RE°	97	22	33
Vitamin D ₃	µg	5,8	1,33	2,0
Vitamin E	mg α-TE°°	7,8	1,8	2,7
Vitamin K ₁	µg	28	6,5	9,8
Vitamin C	mg	57	13	20
Thiamin	mg	0,65	0,15	0,23
Riboflavin	mg	0,70	0,16	0,24
Niacin	mg/mg NE°°°	7,5/10,3	1,73/2,4	2,6/3,6
Vitamin B ₆	mg	0,8	0,18	0,27
Folic Acid	µg	61	21	32
Vitamin B ₁₂	µg	1,48	0,34	0,51
Biotin	µg	19,6	4,5	6,8
Pantothenic Acid	mg	2,6	0,60	0,9
Minerals, trace elements and other* nutrients				
Sodium	mg	304	70	105
Potassium	mg	652	150	225
Chloride	mg	464	107	160
Calcium	mg	300	69	104
Phosphorus	mg	236	54	81
Magnesium	mg	101	23	35
Iron	mg	6,7	1,54	2,3
Zinc	mg	4,9	1,13	1,7
Copper	mg	0,7	0,16	0,24
Manganese	mg	1,57	0,36	0,54
Selenium	µg	31	7,2	10,8
Chromium	µg	31	7,2	10,8
Molybdenum	µg	41	9,5	14,3
Iodine	µg	61	14	21
Choline*	mg	159	37	55
Osmolarity*	mosmol/l		384	560
Water	ml		80	70
Caloric distribution (energy%)				
Fat 30, carbohydrate 53, fibre 2, protein 15				
* solution: 23 g powder + 80 ml water = 100 ml ready to use product				
** solution: 34,5 g powder + 70 ml water = 100 ml ready to use product				
° retinol equivalents (RE), °° alpha-tocopherol equivalents (α-TE), °°° niacin equivalents (NE)				

General Information

Food for special medical purposes:

Nutritionally complete oral nutritional supplement to be prepared with water. Suitable for tube feeding. With fibre, clinically free from lactose, gluten free. For the dietary management in case / risk of malnutrition, esp. moderate to increased energy needs.

Dosage:

For supplementary and complete nutrition. RDD for complete nutrition: ≥ 1500 kcal/day or as advised by a healthcare professional. Flexible preparation to 1,0 kcal/ml or 1,5 kcal/ml depending on patient needs.

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. Not suitable in case of galactosaemia. Ensure adequate fluid intake.

Not for parenteral (I.V.) use!

Instruction for use:

Store dry and at room temperature. For sip feeding: Once reconstituted use within 6 hours at room temperature or within 12 hours if refrigerated and stir again before use. If used for tube feeding, monitor feeding rate. Do not mix with drugs.

Preparation directions:

Use a clean container and fresh potable water. Handle with caution to avoid contamination during preparation and administration.

For 1,0 kcal/ml preparation: Per serving = 200 ml (app. 200 kcal)

1) Pour 160 ml water into a container:

· for sip feeding: preferably cool water

· for tube feeding: room temperature water

2) Add 3 level scoops (enclosed) of powder (46 g)

3) Stir well until dissolved completely

4) Only for tube feeding: Let the product rest for 5 minutes and stir again slowly in order to avoid the creation of foam until dissolved completely.

Use promptly upon preparation.

For 1,5 kcal/ml preparation: Per serving = 200 ml (app. 300 kcal)

Pour 140 ml water and add 4,5 level scoops (enclosed) of powder (69 g) - proceed like described above.

Packaged in a protective atmosphere. Product filled by weight.

Filling volume may vary.

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 POWDER.

Ingredients

Maltodextrin, vegetable oils (rapeseed oil, sunflower oil), sucrose, milk protein, soya protein, inulin (from chicory), wheat dextrin, potassium chloride, sodium citrate, potassium citrate, flavouring, choline hydrogen tartrate, emulsifier (soya lecithins), sodium chloride, acidity regulator (E 330), calcium carbonate, magnesium oxide, vit. C, iron pyrophosphate, zinc sulphate, niacin, vit. E, manganese chloride, pantothenic acid, copper sulphate, vit. B₆, β-carotene, riboflavin, thiamin, folic acid, chromium chloride, potassium iodide, sodium selenite, sodium molybdate, biotin, vit. K, vit. D, vit. B₁₂.

Flavour

Vanilla

1) Phillips SM, Tang JE, Moore DR. The role of milk- and soy-based protein in support of muscle protein synthesis and muscle protein accretion in young and elderly persons. *J Am Coll Nutr.* 2009 Aug; 28(4): 343-54. 2) Tang JE, Phillips SM. Maximizing muscle protein anabolism: the role of protein quality. *Curr Opin Clin Nutr Metab Care.* 2009 Jan; 12(1): 66-71 3) World Health Organization. Protein and amino acid requirements in human nutrition. WHO technical report series. 2007;935. 4) Dawson-Hughes B, Mithal A, Bonjour JP, et al. IOP position statement: vitamin D recommendations for older adults. *Osteoporos Int.* 2010;21(7):1151-1154. 5) Nordic Nutrition Recommendations: Integrating nutrition and physical activity. 5th edition. 2012 6) D-A-C-H: Referenzwerte Für Die Nährstoffzufuhr; 2018. 7) Lochs H, Allison SP, Meier R, et al. Introductory to the ESPEN Guidelines on Enteral Nutrition: terminology, definitions and general topics. *Clin Nutr.* 2006;25:180-186.



**FRESENIUS
KABI**

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Fresenius Kabi Deutschland GmbH
61346 Bad Homburg, Germany
Phone: +49 (0) 61 72 / 686-0
Enteral.nutrition@fresenius-kabi.com
www.fresenius-kabi.com