



**FRESENIUS  
KABI**

caring for life



# Fresubin<sup>®</sup> 5 kcal Shot

Small appearance - maximum energy

Very high caloric (5 kcal/mL), low volume fat supplement for the dietary management of patients with or at risk of malnutrition, in particular for those with chronic catabolic disease such as cancer, renal or liver disease or with low volume tolerance

Low volume solution to improve compliance: 4 dosages of 30 mL each per day

Adapted fat profile with rapeseed oil and medium chain triglycerides (MCT) to deliver essential and easily absorbed fatty acids<sup>1</sup>

Convenient 120 mL bottle for easy dosing and usage

For Health Care Professionals only.

# Fresubin

## 5 kcal SHOT

Available in lemon flavour  
in 120 mL EasyBottle



### Nutritional Information

Average content		100 mL	bottle = 120 mL
<b>Energy value</b>			
	kJ	2100	2520
	(= kcal)	(500)	(600)
<b>Fat (96.8% Energy)</b>	g	53.8	64.6
of which saturated fatty acids	g	16.7	20.04
of which medium chain triglycerides	g	13.9	16.7
of which monounsaturated fatty acids	g	24.6	29.5
of which polyunsaturated fatty acids	g	12.5	15
<b>Carbohydrate (3.2% Energy)</b>	g	4.0	4.8
of which sugars	g	4.0	4.8
of which lactose	g	0	0
<b>Fibre</b>	g	0.4	0.48
<b>Protein (0% Energy)</b>	g	0	0
<b>Salt (Na x 2.5)</b>	g	0	0
<b>Water</b>	mL	40	48
<b>Lactose Content</b>	g	0	0
<b>Gluten Content</b>	ppm	≤ 5	≤ 5
<b>Vitamins</b>			
Vitamin E	mg α-TE <sup>o</sup>	14.0	16.8
Vitamin K <sub>1</sub>	µg	38.0	45.6
<b>Average content</b>		<b>per 30 mL</b>	
<b>Energy value</b>			
	kJ		630
	(= kcal)		(150)
<b>Fat</b>	g		16.1
of which saturated fatty acids	g		5
of which medium chain triglycerides	g		4.2
of which monounsaturated fatty acids	g		7.4
of which polyunsaturated fatty acids	g		3.8
<b>Carbohydrate</b>	g		1.2
of which sugars	g		1.2
of which lactose	g		0
<b>Fibre</b>	g		0.1
<b>Protein (0% Energy)</b>	g		0
<b>Salt (Na x 2.5)</b>	g		0
<b>Water</b>	mL		12
<b>Lactose Content</b>	g		0
<b>Gluten Content</b>	ppm		≤ 5
<b>Vitamins</b>			
Vitamin E	mg α-TE <sup>o</sup>		4.2
Vitamin K <sub>1</sub>	µg		11.4

<sup>o</sup>α-TE: alpha-tocopherol equivalents

### Prescribing information

#### Food for special medical purposes:

Low volume, very high energy (5 kcal/mL) oral fat supplement with long and medium chain triglycerides. Lactose free and low in gluten. Free from cholesterol. For the dietary management of patients with or at risk of malnutrition, especially with anorexia, low volume tolerance and/or conditions requiring an additional energy intake. For oral application. Suitable for vegan diet.

#### Dosage:

Must be determined by the health care professional according to patients' needs. Recommendation for supplementary nutrition: 4 x 30 mL spread over the day. The intake should not exceed 50% of patients' total energy needs.

#### Important notes:

To be used under medical supervision. Not suitable as the sole source of nutrition. Suitable for energy supplementation only. Assure adequate protein and micronutrient supply. Not suitable for children < 3 years. Ensure adequate fluid intake. **Not for parenteral (I.V.) use!**

#### Instructions for use:

Store at room temperature. Opened bottles may be stored for 24h at room temperature and for 14 days in the refrigerator. Shake well before use. Drink slowly.

#### 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 malassimilation. Not suitable for patients with congenital inability to metabolise nutrients contained in Fresubin 5 kcal Shot.

### Ingredients

Water, rapeseed oil, medium chain triglycerides (MCT), sucrose, emulsifier (E 472c), stabiliser (E 460, E 466)\*, flavourings\*, thickener (E 415).

\*amount/position depending on flavour

### Flavour

Lemon

### References

- Babayan VK (1986). Medium chain triglycerides and structured lipids. *Lipids* 1986; 6(7): 26-29.



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