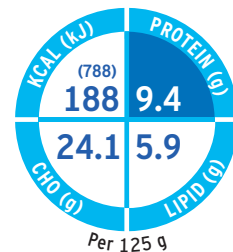
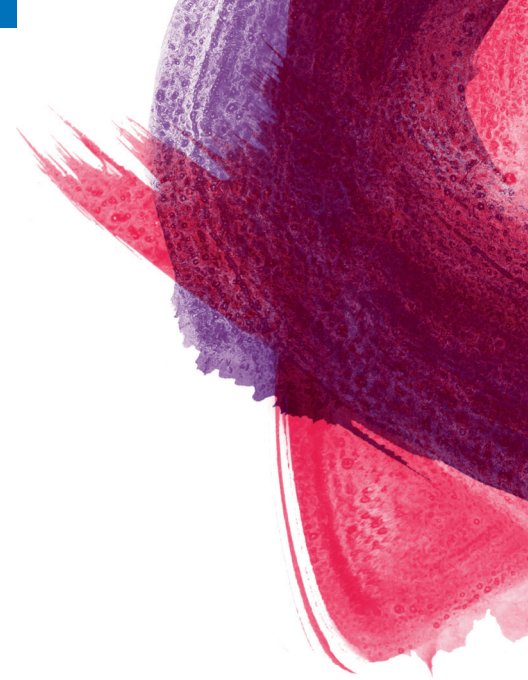




**FRESENIUS
KABI**

caring for life



Fresubin® YOcrème

The fresh yoghurt-style taste to spoon

1.5 kcal/g high protein oral nutritional supplement for the dietary management of patients with or at risk of malnutrition, in particular with increased energy and protein needs and/or fluid restrictions or dysphagia

High protein content (20% energy = 9.4 g/cup) contributes to clinical, functional and nutritional benefits¹

With all micro- and macronutrients for complete nutrition

High in calcium for prevention of bone loss or fractures^{2,3}

A spoonable alternative to sip feeds in a variety of fresh yoghurt-style flavours to support better compliance⁴

IDDSI Level 4*

For Health Care Professionals only.

Fresubin YOcrème



Available in two delicious flavours
in 125 g Cup

Nutritional Information

Average content		100 g	cup = 125 g
Energy value	kJ (kcal)	630 (150)	788 (188)
Fat (28% Energy)	g	4.7	5.9
of which saturated fatty acids	g	0.6	0.8
of which monounsaturated fatty acids	g	3.1	3.9
of which polyunsaturated fatty acids	g	1.0	1.25
Carbohydrate (51.5% Energy)	g	19.3	24.1
of which sugars	g	17.4	21.75
of which lactose	g	≤ 3.0	≤ 3.8
Fibre (0.5% Energy)	g	0.4	0.5
Protein (20% Energy)	g	7.5	9.4
Salt (Na x 2.5)	g	0.15	0.19
Water	mL	64	80
Lactose Content	g	≤ 3.0	≤ 3.8
Gluten Content	ppm	≤ 20	≤ 20
Minerals and trace elements			
Sodium	mg	60	75
Potassium	mg	165	206
Chloride	mg	85	106
Calcium	mg	240	300
Magnesium	mg	18	23
Phosphorus	mg	95	119
Iron	mg	2.5	3.1
Zinc	mg	2.0	2.5
Copper	µg	375	469
Manganese	mg	0.5	0.6
Iodine	µg	37.5	46.9
Fluoride	mg	0.25	0.3
Chromium	µg	13	16
Molybdenum	µg	18.8	23.5
Selenium	µg	14	17.5
Vitamins and other nutrients[†]			
Vitamin A	µg RE°	150	188
Vitamin D ₃	µg	2.5	3.1
Vitamin E	mg α-TE°°	3.75	4.7
Vitamin K ₁	µg	21	26.3
Vitamin B ₁	mg	0.3	0.38
Vitamin B ₂	mg	0.4	0.5
Niacin	mg/mg NE°°°	1.50/2.93	1.88/3.66
Vitamin B ₆	mg	0.43	0.54
Vitamin B ₁₂	µg	0.75	0.94
Pantothenic acid	mg	1.5	1.9
Biotin	µg	9.4	11.8
Folic acid	µg	62.5	78
Vitamin C	mg	18.8	23.5
Choline [†]	mg	32	40

[°]RE: retinol equivalents; ^{°°}α-TE: alpha-tocopherol equivalents; ^{°°°}NE: niacin equivalents

Prescribing information

Food for special medical purposes:

Nutritionally complete, high-caloric (1.5 kcal/g), high protein (20% energy), semi-solid oral nutritional supplement. Contains traces of fibre. High in calcium, contains lactose and low in gluten.

For the dietary management of patients with or at risk of disease related malnutrition in particular for patients with increased energy and protein needs and/or fluid restrictions or dysphagia.

Dosage:

To be determined by the health care professional according to patients' needs. Recommendation for supplementary nutrition 4 cups (750kcal) / day, for complete nutrition 8 cups (1500 kcal) / day.

Important notes:

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 for patients with galactosaemia. Ensure adequate fluid intake.

Not for parenteral (I.V.) use!

Instruction for use:

Store at room temperature. Opened cups may be stored in a refrigerator for up to 24 hours. Best served chilled. Packaged in a protective atmosphere.

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 Fresubin YOcrème.

Ingredients

Fresubin YOcrème Raspberry flavour: Water, sucrose, whey protein, fermented skimmed milk powder, vegetable oils (rapeseed oil, sunflower oil), modified starch, acidity regulator (E270), calcium lactate, maltodextrin, thickener (E440), emulsifiers (E471, soya lecithin), flavourings, choline hydrogen tartrate, vit. C, sodium chloride, iron pyrophosphate, colouring (E120). **Allergen Information: This product contains whey, milk and soy.**

Fresubin YOcrème Apricot-Peach flavour: Water, sucrose, whey protein, fermented skimmed milk powder, vegetable oils (rapeseed oil, sunflower oil), modified starch, acidity regulator (E270), calcium lactate, maltodextrin, thickener (E440), flavourings, emulsifiers (E471, soya lecithin), colouring food: paprika extract, choline hydrogen tartrate, vit. C, sodium chloride, iron pyrophosphate. **Allergen Information: This product contains whey, milk and soy.**

All flavours contain: Zinc sulphate, magnesium oxide, niacin, vit. E, manganese chloride, pantothenic acid, copper sulphate, vit. B₂, vit. B₆, sodium fluoride, vit. B₁, vit. A, folic acid, chromium chloride, sodium selenite, potassium iodide, vit. K₁, sodium molybdate, biotin, vit. D₃, vit. B₁₂.

Flavours

Raspberry, Apricot-Peach

References

- 1) Cawood AL, Elia M, Stratton RJ: Systematic review and meta-analysis of the effects of high-protein oral nutritional supplements. *Ageing Res Rev* 2012, 11:278-296.
- 2) Tang BM, Eslick GD, Nowson C, Smith C, Bensoussan A. Use of calcium or calcium in combination with vitamin D supplementation to prevent fractures and bone loss in people aged 50 years and older: a meta-analysis. *Lancet*. 2007;370(9588):657-666.
- 3) Larsen ER, Mosekilde L, Foldspang A. Vitamin D and calcium supplementation prevents osteoporotic fractures in elderly community dwelling residents: a pragmatic population-based 3-year intervention study. *J Bone Miner Res*. 2004;19(3):370-378.
- 4) Hubbard GP, Elia M, Holdaway A, Stratton RJ: A systematic review of compliance to oral nutritional supplements. *Clin Nutr* 2012, 31:293-312.

*IDDSI test performed at room temperature (25 °C +/- 1 °C)



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