



## Fresubin® Thickened Level 2 + 3

The ready-to-use solution for safer swallowing

1.5 kcal/mL 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 (27% energy = 20g per bottle) contributes to clinical, functional and nutritional benefits<sup>1</sup>

Pre-thickened consistency for convenient usage

Two gradually higher viscosities for individual dysphagia patient management

Meets IDDSI Guidelines for Level 2 and Level 3\*

# Fresubin Thickened Level 2 + 3

Both available in two delicious flavours in 200 mL EasyBottle



## Nutritional Information

| Average content                      |                         | 100 mL                     | bottle = 200 mL   |
|--------------------------------------|-------------------------|----------------------------|---|
| <b>Energy value</b>                  |                         | kJ<br>(kcal)               | 630<br>(150)      1260<br>(300)   |
| <b>Fat (40% Energy)</b>              |                         | g                          | 6.7      13.4   |
| of which saturated fatty acids       |                         | g                          | 0.5      1.0  |
| of which monounsaturated fatty acids |                         | g                          | 5.0      10.0   |
| of which polyunsaturated fatty acids |                         | g                          | 1.2      2.4  |
| <b>Carbohydrate (32% Energy)</b>     |                         | g                          | 12.0      24.0  |
| of which sugars                      |                         | g                          | 7.3 <sup>a,c,d</sup> /6.6 <sup>b</sup> 14.6 <sup>a,c,d</sup> /13.2 <sup>b</sup> |
| of which lactose                     |                         | g                          | ≤ 0.7      ≤ 1.4  |
| <b>Fibre (1% Energy)</b>             |                         | g                          | 0.83      1.66  |
| <b>Protein (27% Energy)</b>          |                         | g                          | 10      20  |
| <b>Salt (Na x 2.5)</b>               |                         | g                          | 0.13      0.26  |
| <b>Water</b>                         |                         | mL                         | 79      158   |
| <b>Lactose content</b>               |                         | g                          | 0.7      1.4  |
| <b>Gluten content</b>                |                         | ppm                        | ≤ 20      ≤ 20  |
| <b>Osmolarity</b>                    |                         | mosmol/l                   | 430      430  |
| <b>Osmolality</b>                    |                         | mosmol/kg H <sub>2</sub> O | 550      550  |
| <b>Minerals and trace elements</b>   |                         |                            |   |
| Sodium                               | mg                      | 52                         | 104   |
| Chloride                             | mg                      | 80                         | 160   |
| Potassium                            | mg                      | 140                        | 280   |
| Calcium                              | mg                      | 200                        | 400   |
| Phosphorus                           | mg                      | 120                        | 240   |
| Magnesium                            | mg                      | 27                         | 54  |
| Iron                                 | mg                      | 2.5                        | 5.0   |
| Zinc                                 | mg                      | 2.0                        | 4.0   |
| Copper                               | µg                      | 375                        | 750   |
| Iodine                               | µg                      | 37.5                       | 75  |
| Selenium                             | µg                      | 13.5                       | 27  |
| Manganese                            | mg                      | 0.5                        | 1.0   |
| Chromium                             | µg                      | 12.5                       | 25  |
| Molybdenum                           | µg                      | 18.8                       | 37.6  |
| Fluoride                             | mg                      | 0.25                       | 0.5   |
| <b>Vitamins</b>                      |                         |                            |   |
| Vitamin A                            | µg RE <sup>o</sup>      | 213                        | 426   |
| of which β-Carotene                  | µg RE <sup>o</sup>      | 63                         | 126   |
| Vitamin D <sub>3</sub>               | µg                      | 2.5                        | 5.0   |
| Vitamin E                            | mg α-TE <sup>oo</sup>   | 3.75                       | 7.50  |
| Vitamin K <sub>1</sub>               | µg                      | 21                         | 42  |
| Vitamin C                            | mg                      | 18.8                       | 37.6  |
| Thiamin (vitamin B <sub>1</sub> )    | mg                      | 0.3                        | 0.6   |
| Riboflavin (vitamin B <sub>2</sub> ) | mg                      | 0.4                        | 0.8   |
| Vitamin B <sub>6</sub>               | mg                      | 0.43                       | 0.86  |
| Niacin                               | mg/mg NE <sup>ooo</sup> | 1.5/3.20                   | 3/6.40  |
| Folic Acid                           | µg                      | 62.5                       | 125   |
| Vitamin B <sub>12</sub>              | µg                      | 0.75                       | 1.5   |
| Pantothenic Acid                     | mg                      | 1.5                        | 3.0   |
| Biotin                               | µg                      | 9.4                        | 18.8  |

a = Fresubin Thickened Level 2 flavour Vanilla, b = Fresubin Thickened Level 2 flavour Wild Strawberry, c = Fresubin Thickened Level 3 flavour Vanilla, d = Fresubin Thickened Level 3 flavour Wild Strawberry  
<sup>o</sup> retinol equivalents (RE), <sup>oo</sup> alpha-tocopherol equivalents (α-TE), <sup>ooo</sup> niacin equivalents (NE)

## Prescribing Information

### Food for special medical purposes:

High-caloric (1.5 kcal/mL), high protein (27% energy) thickened (Level 2/ Level 3) oral nutritional supplement with fibre. Low in lactose and gluten. For the dietary management of patients with or at risk of disease-related malnutrition in particular with dysphagia and/or increased protein and energy needs.

### Dosage:

To be determined by a health care professional according to patients' needs. Recommendation for supplementary nutrition 2-3 bottles (600-900 kcal)/day. For complete nutrition 4-5 bottles (1200-1500 kcal)/day.

### Important notes:

To be used under medical supervision. Not 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 bottles may be stored in a refrigerator for up to 24 hours. Shake gently before use. Drink slowly! Best served at room temperature. 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 Thickened.

## Ingredients

**Fresubin Thickened Level 2, flavour Vanilla:** Water, milk protein, sucrose, vegetable oils (sunflower oil, rapeseed oil), maltodextrin, inulin (from chicory), thickeners (E 1442, E 407), potassium citrate, flavouring, emulsifiers (E 471, soya lecithins), sodium chloride, vit. C, magnesium oxide, magnesium citrate, iron pyrophosphate, zinc sulphate, manganese chloride, pantothenic acid, vit. E, niacin, copper sulphate, vit. B<sub>2</sub>, vit. B<sub>6</sub>, sodium fluoride, vit. B<sub>1</sub>, β-carotene, vit. A, folic acid, chromium chloride, sodium molybdate, sodium iodide, potassium iodide, sodium selenite, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>12</sub>

**Fresubin Thickened Level 2, flavour Wild Strawberry:** Water, milk protein, sucrose, vegetable oils (sunflower oil, rapeseed oil), maltodextrin, inulin (from chicory), thickeners (E 1442, E 407), flavourings, potassium citrate, emulsifiers (E 471, soya lecithins), beetroot powder, sodium chloride, vit. C, magnesium oxide, magnesium citrate, iron pyrophosphate, zinc sulphate, manganese chloride, pantothenic acid, vit. E, niacin, copper sulphate, vit. B<sub>2</sub>, vit. B<sub>6</sub>, sodium fluoride, vit. B<sub>1</sub>, β-carotene, vit. A, folic acid, chromium chloride, sodium molybdate, potassium iodide, sodium selenite, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>12</sub>

**Fresubin Thickened Level 3, flavour Vanilla:** Water, milk protein, sucrose, vegetable oils (sunflower oil, rapeseed oil), maltodextrin, inulin (from chicory), thickeners (E 1442, E 407), potassium citrate, flavouring, emulsifiers (E 471, soya lecithins), sodium chloride, vit. C, magnesium oxide, magnesium citrate, iron pyrophosphate, zinc sulphate, manganese chloride, pantothenic acid, vit. E, niacin, copper sulphate, vit. B<sub>2</sub>, vit. B<sub>6</sub>, sodium fluoride, vit. B<sub>1</sub>, β-carotene, vit. A, folic acid, chromium chloride, sodium molybdate, potassium iodide, sodium selenite, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>12</sub>

**Fresubin Thickened Level 3, flavour Wild Strawberry:** Water, milk protein, sucrose, vegetable oils (sunflower oil, rapeseed oil), maltodextrin, inulin (from chicory), thickeners (E 1442, E 407), flavourings, potassium citrate, emulsifiers (E 471, soya lecithins), beetroot powder, sodium chloride, vit. C, magnesium oxide, magnesium citrate, iron pyrophosphate, zinc sulphate, manganese chloride, pantothenic acid, vit. E, niacin, copper sulphate, vit. B<sub>2</sub>, vit. B<sub>6</sub>, sodium fluoride, vit. B<sub>1</sub>, β-carotene, vit. A, folic acid, chromium chloride, sodium molybdate, potassium iodide, sodium selenite, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>12</sub>

## Flavours

**Fresubin Thickened Level 2:** Vanilla, Wild Strawberry

**Fresubin Thickened Level 3:** Vanilla, Wild Strawberry

## 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.

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



**FRESENIUS  
KABI**

caring for life

Fresenius Kabi Australia Pty Limited  
 Level 2, 2 Woodland Way,  
 Mount Kuring-gai NSW 2080  
 Phone 1300 732 001  
 Fax 1300 304 384  
 www.fresenius-kabi.com.au

Fresenius Kabi New Zealand Limited  
 60 Pavilion Drive, Māngere  
 Auckland 2022 New Zealand  
 Phone 0800 144 892  
 Fax +64 9925 2721  
 PM2019.554V2 Pub: October 2019