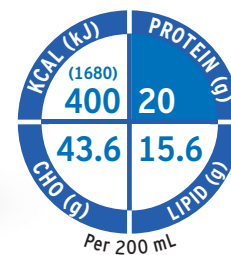




**FRESENIUS
KABI**

caring for life



Fresubin[®] 2 kcal Fibre DRINK

The minimum effective dose in one bottle

2 kcal/mL 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

Contains 400 kcal in one bottle, which is the minimum effective dose needed to improve patient outcomes^{1,2}

High protein content (20% energy = 20g/bottle) contributes to clinical, functional and nutritional benefits³

High Vitamin D content: 10 µg/200 mL For bone health and prevention of fractures and falls^{4,5}

With fibre to maintain gut physiology⁴

For Health Care Professionals only.

Fresubin

2 kcal Fibre DRINK

Available in four delicious flavours
in 200 mL EasyBottle



Nutritional Information

Average content	Fresubin 2 kcal Fibre DRINK	
	100 mL	bottle = 200 mL
Energy value	kJ (kcal)	840 1680 (200) (400)
Fat (35% Energy)	g	7.8 15.6
of which SFA*	g	0.6/0.7 ^a 1.2/1.4 ^a
of which MUFA**	g	5.8 11.6
of which PUFA***	g	1.4 2.8
Carbohydrate (45% Energy)	g	21.8/21.7 ^a 43.6/43.4 ^a
of which sugars	g	5.1-5.9 10.2-11.8
of which lactose	g	≤ 0.3 ≤ 0.6
Fibre (1.5% Energy)	g	1.5/1.6 ^a 3/3.2 ^a
Protein (20% Energy)	g	10 20
Salt (Na x 2.5)	g	0.15 0.3
Water	mL	67 - 70 134 - 140
Lactose content	g	≤ 0.3 ≤ 0.6
Gluten Content	ppm	≤ 5
Osmolarity	mosmol/l	505 - 615
Osmolality	mosmol/kg H ₂ O	750 - 900
Minerals and trace elements		
Sodium	mg	60 120
Chloride	mg	80/60 ^a 160/120 ^a
Potassium	mg	160 320
Calcium	mg	205 410
Phosphorus	mg	120 240
Magnesium	mg	16 32
Iron	mg	2.5 5
Zinc	mg	1.6 3.2
Copper	µg	375 750
Iodine	µg	37.5 75
Selenium	µg	13.5 27
Manganese	mg	0.5 1
Chromium	µg	12.5 25
Molybdenum	µg	18.8 37.6
Fluoride	mg	0.25 0.5
Vitamins		
Vitamin A	µg RE ^o	212.5 425
of which β-Carotene	µg RE ^o	62.5 125
Vitamin D ₃	µg	5 10
Vitamin E	mg α-TE ^{oo}	3.75 7.5
Vitamin K ₁	µg	21 42
Vitamin C	mg	18.8 37.6
Thiamin (vitamin B ₁)	mg	0.3 0.6
Riboflavin (vitamin B ₂)	mg	0.4 0.8
Vitamin B ₆	mg	0.43 0.86
Niacin	mg/mg NE ^{ooo}	3.75/5.58 7.5/11.2
Folic Acid	µg	62.5 125
Vitamin B ₁₂	µg	0.75 1.5
Pantothenic Acid	mg	1.5 3
Biotin	µg	9.4 18.8

a = Fresubin 2 kcal Fibre DRINK Chocolate
*saturated fatty acids (SFA), **monounsaturated fatty acids (MUFA),
***polyunsaturated fatty acids (PUFA)
^oretinol equivalents (RE), ^{oo}alpha-tocopherol equivalents (α-TE), ^{ooo}niacin equivalents (NE)

Prescribing Information

Food for special medical purposes:

Nutritionally complete, high-caloric (2.0 kcal / mL), high protein (20% energy) oral nutritional supplement with fibre. High in vitamin D. Low in lactose and 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 or fluid restrictions.

Dosage:

To be determined by a health care professional according to patients' needs. Recommendation for supplementary nutrition 1-2 bottles (400-800 kcal) / day or complete nutrition 4-5 bottles (1600-2000 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. Shake well before use. Opened bottles may be stored in a refrigerator for up to 24 hours. Drink slowly! 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 malassimilation. Not suitable for patients with congenital inability to metabolise nutrients contained in Fresubin 2 kcal Fibre DRINK.

Ingredients

Fresubin 2 kcal Fibre DRINK: Water, glucose syrup, milk protein, vegetable oils (sunflower oil, rapeseed oil), sucrose^b, inulin (from chicory)^c, cocoa powder (fat reduced)^d, maltodextrin^e, wheat dextrin^e, flavouring(s)^e, potassium citrate^e, emulsifiers (E 471, soya lecithins)^e, potassium carbonate^e, sodium chloride^e, acidity regulator (E 507^e, sodium carbonate^e, vit. C^e, stabilisers (E 460, E 466, E 407)^e, Magnesium oxide^e, iron pyrophosphate^e, niacin, zinc sulphate, manganese chloride, pantothenic acid, vit. E, copper sulphate, vit. B₂, vit. B₆, sodium fluoride, vit. B₁, β-carotene^e, vit. A^e, folic acid^e, chromium chloride, sodium molybdate, potassium iodide, sodium selenite, vit. K₁, biotin, vit. D₃, vit. B₁₂.

b) amount/position depending on flavour, c) not present in the flavour "Neutral", d) only present in the flavour "Chocolate", e) not present in the flavour "Chocolate".

Flavours

Vanilla, Chocolate, Lemon, Neutral

References

- 1) Milne AC, Potter J, Vivanti A, Avenell A: Protein and energy supplementation in elderly people at risk from malnutrition. Cochrane.Database.Syst.Rev 2009, CD003288.
- 2) Raynaud-Simon A, Revel-Delhom C, Hebuterne X: Clinical practice guidelines from the French High Authority for Health: nutritional support strategy in protein-energy malnutrition in the elderly. Clin Nutr 2011, 30: 312-319.
- 3) 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.
- 4) Lochs H, Allison SP, Meier R, Pirlich M, Kondrup J, Schneider S, et al. Introductory to the ESPEN Guidelines on Enteral Nutrition: terminology, definitions and general topics. Clin Nutr 2006; 25: 180-6.
- 5) Hubbard GP, Elia M, Holdoway A, Stratton RJ: A systematic review of compliance to oral nutritional supplements. Clin Nutr 2012, 31: 293-312.