

# Fresubin® Powder Fibre

Available in Vanilla flavour in a resealable 500 g tin



## Nutritional Information

| Average content   |                         | per 100 ml ready to use product |            | per 100 g powder |
|---|-------------------------|---------------------------------|------------|------------------|
|   |                         | 100 kcal*                       | 150 kcal** | (435)            |
| <b>Energy value</b>   | kJ (kcal)               | 420 (100)                       | 630 (150)  | 1826 (435)       |
| <b>Fat</b>  | g                       | 3.33                            | 5.0        | 14.5             |
| of which saturated fatty acids  | g                       | 0.27                            | 0.41       | 1.19             |
| of which monounsaturated fatty acids  | g                       | 2.19                            | 3.29       | 9.54             |
| of which polyunsaturated fatty acids  | g                       | 0.86                            | 1.29       | 3.74             |
| <b>Carbohydrate</b>   | g                       | 13.3                            | 19.9       | 57.7             |
| of which sugars   | g                       | 3.8                             | 5.7        | 16.6             |
| of which lactose  | g                       | ≤ 0.20                          | ≤ 0.30     | ≤ 0.87           |
| <b>Fibre</b>  | g                       | 1.0                             | 1.5        | 4.35             |
| <b>Protein</b>  | g                       | 3.7                             | 5.6        | 16.2             |
| <b>Salt (Na x 2.5)</b>  | g                       | 0.18                            | 0.26       | 0.76             |
| <b>Water</b>  | ml                      | 80                              | 70         |                  |
| <b>Osmolarity*</b>  | mosmol/l                | 384                             | 560        |                  |
| <b>Minerals and trace elements</b>  |                         |                                 |            |                  |
| Sodium  | mg                      | 70                              | 105        | 304              |
| Chloride  | mg                      | 107                             | 160        | 464              |
| Potassium   | mg                      | 150                             | 225        | 652              |
| Calcium   | mg                      | 67                              | 100        | 290              |
| Phosphorus  | mg                      | 47                              | 70         | 203              |
| Magnesium   | mg                      | 23                              | 35         | 101              |
| Iron  | mg                      | 1.54                            | 2.3        | 6.7              |
| Zinc  | mg                      | 1.13                            | 1.7        | 4.9              |
| Copper  | µg                      | 160                             | 240        | 696              |
| Iodine  | µg                      | 14                              | 21         | 61               |
| Selenium  | µg                      | 7.2                             | 10.8       | 31               |
| Manganese   | mg                      | 0.36                            | 0.54       | 1.57             |
| Chromium  | µg                      | 7.2                             | 10.8       | 31               |
| Molybdenum  | µg                      | 9.5                             | 14.3       | 41               |
| Fluoride  | mg                      | 0.13                            | 0.2        | 0.58             |
| <b>Vitamins and other<sup>†</sup> nutrients</b>   |                         |                                 |            |                  |
| Vitamin A   | µg RE <sup>°</sup>      | 92                              | 138        | 401              |
| of which β-Carotene   | µg RE <sup>°</sup>      | 22                              | 33         | 97               |
| Vitamin D <sub>3</sub>  | µg                      | 1.33                            | 2.0        | 5.8              |
| Vitamin E   | mg α-TE <sup>°°</sup>   | 1.8                             | 2.7        | 7.8              |
| Vitamin K <sub>1</sub>  | µg                      | 6.5                             | 9.8        | 28               |
| Vitamin C   | mg                      | 13                              | 20         | 57               |
| Thiamin (vitamin B <sub>1</sub> )   | mg                      | 0.15                            | 0.23       | 0.65             |
| Riboflavin (vitamin B <sub>2</sub> )  | mg                      | 0.16                            | 0.24       | 0.70             |
| Vitamin B <sub>6</sub>  | mg                      | 0.18                            | 0.27       | 0.8              |
| Niacin  | mg/mg NE <sup>°°°</sup> | 1.73/2.4                        | 2.6/3.6    | 7.5/10.3         |
| Folic Acid  | µg                      | 21                              | 32         | 61               |
| Vitamin B <sub>12</sub>   | µg                      | 0.34                            | 0.51       | 1.48             |
| Pantothenic Acid  | mg                      | 0.60                            | 0.9        | 2.6              |
| Biotin  | µg                      | 4.5                             | 6.8        | 19.6             |
| Choline <sup>†</sup>  | mg                      | 37                              | 55         | 159              |
| <b>Caloric distribution (energy%)</b>   |                         |                                 |            |                  |
| 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 and tube feed powder to be reconstituted with water. With fibre, low in lactose, gluten free. For the dietary management of patients with or at risk of disease-related malnutrition in particular with moderate to increased energy needs.

### Dosage:

For supplementary and complete nutrition to be determined by a health care professional according to patients' needs. Recommendation for complete nutrition ≥ 1500 kcal/day. Standard preparation for optimal taste is 1.0 kcal/ml, optionally depending on patients' needs and preferences 1.5 kcal/ml preparation is possible.

### 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 dry and at room temperature. After using replace lid tightly. Once opened store dry and use within 3 weeks. 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:

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 with a wire whisk/spoon 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.

## 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, sodium fluoride, vit. A, β-carotene, vit. B<sub>6</sub>, vit. B<sub>2</sub>, vit. B<sub>1</sub>, chromium chloride, folic acid, potassium iodide, sodium selenite, sodium molybdate, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>12</sub>

## Flavour

Vanilla

last updated: 09/2019