

# Fresubin® Dessert Fruit



Available in four delicious flavours  
in 125 g Cup

## Nutritional Information

Average content		100 g	cup = 125 g
<b>Energy value</b>		670 (160)	840 (200)
<b>Fat</b>	g	6.2/5.57 <sup>c</sup>	7.75/7.0 <sup>c</sup>
of which SFA*	g	0.50/0.42 <sup>c</sup>	0.63/0.53 <sup>c</sup>
of which MUFA**	g	3.92/3.49 <sup>c</sup>	4.90/4.38 <sup>c</sup>
of which PUFA***	g	1.80/1.61 <sup>c</sup>	2.25/2.01 <sup>c</sup>
<b>Carbohydrate</b>	g	18.4/18.7 <sup>c</sup>	23.0/23.4 <sup>c</sup>
of which sugars	g	15.7 <sup>a</sup> /15 <sup>b</sup> /16.2 <sup>c</sup> /14.8 <sup>d</sup>	19.7 <sup>a</sup> /18.7 <sup>b</sup> /20.3 <sup>c</sup> /18.5 <sup>d</sup>
of which lactose	g	< 0.5	< 0.6
<b>Fibre</b>	g	0.4/3.5 <sup>c</sup>	0.6 <sup>a</sup> /0.5 <sup>b,d</sup> /4.4 <sup>c</sup>
<b>Protein</b>	g	7.0	8.75
<b>Salt</b> (Na x 2.5)	g	0.15	0.19
<b>Water</b>	ml	64 <sup>a</sup> /65.5 <sup>b,d</sup> /60 <sup>c</sup>	80 <sup>a</sup> /81.9 <sup>b,d</sup> /75 <sup>c</sup>
<b>Minerals and trace elements</b>			
Sodium	mg	61	76
Chloride	mg	139	174
Potassium	mg	148/175 <sup>c</sup>	185/219 <sup>c</sup>
Calcium	mg	90	113
Phosphorus	mg	90	113
Magnesium	mg	32	40
Iron	mg	2.2	2.75/2.8 <sup>c</sup>
Zinc	mg	1.7	2.13
Copper	µg	375	470
Iodine	µg	37.6	47.0
Selenium	µg	11	13.8
Manganese	mg	0.5	0.63
Chromium	µg	13	16.3
Molybdenum	µg	18.8	23.5
Fluoride	mg	0.24	0.3
<b>Vitamins and other<sup>#</sup> nutrients</b>			
Vitamin A	µg RE <sup>o</sup>	213	266
of which β-Carotene	µg RE <sup>o</sup>	62.5	78.3
Vitamin D <sub>3</sub>	µg	2.6	3.25
Vitamin E	mg α-TE <sup>oo</sup>	3.76	4.70
Vitamin K <sub>1</sub>	µg	21.0	26.3
Vitamin C	mg	18.8	23.5
Thiamin (vitamin B <sub>1</sub> )	mg	0.3	0.38
Riboflavin (vitamin B <sub>2</sub> )	mg	0.4	0.5
Vitamin B <sub>6</sub>	mg	0.43	0.54
Niacin	mg/mg NE <sup>ooo</sup>	1.60/3.03	2.0/3.80
Folic Acid	µg	62.6	78
Vitamin B <sub>12</sub>	µg	0.75	0.94
Pantothenic Acid	mg	1.5	1.88
Biotin	µg	9.4	11.8
Choline <sup>#</sup>	mg	32	40
<b>Caloric distribution (energy%)</b>			
Apple, Apple-Peach, Apple-Strawberry: Fat 35, carbohydrates 46, fibre 1, protein 18, Apple-Prune: Fat 31, carbohydrates 47, fibre 4, protein 18			
a = Flavour Apple, b = Flavour Apple-Peach, c = Flavour Apple-Prune, d = Flavour Apple-Strawberry			
*saturated fatty acids (SFA), **monounsaturated fatty acids (MUFA),			
***polyunsaturated fatty acids (PUFA)			
<sup>o</sup> retinol equivalents (RE), <sup>oo</sup> alpha-tocopherol equivalents (α-TE), <sup>ooo</sup> niacin equivalents (NE)			

## General Information

### Food for special medical purposes:

Fruit dessert style, nutritionally complete, high-caloric (1.6 kcal/g), thickened/spoonable oral nutritional supplement low in fibre<sup>#</sup>. Clinically free from lactose, gluten free. For the dietary management of patients with or at risk of disease-related malnutrition in particular for patients with increased energy needs, fluid restrictions and/or dysphagia.

### Dosage:

To be determined by a health care professional according to patients' needs. Recommendation for supplementary nutrition 3-4 cups (600-800 kcal)/day, for complete nutrition 8 cups (1600 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<sup>a</sup>.

### Instruction for use:

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

<sup>a</sup>For Apple-Prune variety: with fibre

<sup>a</sup>For Apple-Prune variety: Fibre content should be considered when consuming > 3 cups/day.

## Ingredients

Water, apple juice concentrate (21 %<sup>a</sup>/18 %), apple purée (18 %<sup>a</sup>/13 %), stewed strawberries (10 %)<sup>a</sup>, peach purée (10 %)<sup>b</sup>, whey protein, rapeseed oil, prune concentrate (5 %)<sup>c</sup>, sucrose, inulin (from chicory)<sup>c</sup>, apple fibre<sup>c</sup>, maize starch, calcium lactate<sup>e</sup>, maltodextrin<sup>e</sup>, glucose syrup<sup>e</sup>, thickener (modified maize starch E 1442)<sup>e</sup>, sodium dihydrogen phosphate<sup>e</sup>, magnesium citrate<sup>e</sup>, emulsifiers (E 471, soya lecithins)<sup>e</sup>, color (E 120)<sup>d</sup>, choline hydrogen tartrate<sup>e</sup>, vit. C<sup>e</sup>, flavouring<sup>e</sup>, sodium citrate<sup>e</sup>, sodium chloride<sup>e</sup>, potassium citrate<sup>e,f</sup>, iron pyrophosphate, zinc sulphate, vit. E, pantothenic acid, niacin, manganese chloride, 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, potassium iodide<sup>e</sup>, chromium chloride<sup>e</sup>, sodium molybdate, sodium selenite, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>12</sub>.

<sup>a</sup>Only in flavour Apple; <sup>b</sup>Only in flavour Apple-Peach; <sup>c</sup>Only in flavour Apple-Prune;

<sup>d</sup>Only in flavour Apple-Strawberry; <sup>e</sup>Position depends on flavour; <sup>f</sup>Not in flavour Apple-Prune

## Flavours

Apple, Apple-Peach, Apple-Prune, Apple-Strawberry

last updated: 09/2019