

Fresubin® YOcrème

Available in four delicious flavours
in 125 g Cup



Nutritional Information

Average content

| Energy value | kJ (kcal) | 100 g cup = 125 g | |
|--------------------------------------|--------------|-------------------|--------------|
| | | 630 (150) | 788 (188) |
| Fat | g | 4.7 | 5.9 |
| of which saturated fatty acids | g | 0.58 | 0.73 |
| of which monounsaturated fatty acids | g | 3.1 | 3.9 |
| of which polyunsaturated fatty acids | g | 1.0 | 1.3 |
| Carbohydrate | g | 19.3 | 24.1 |
| of which sugars | g | 17.4 | 21.8 |
| of which lactose | g | 3.0 | 3.8 |
| Fibre | g | 0.4 | 0.5 |
| Protein | g | 7.5 | 9.4 |
| Salt (Na x 2.5) | g | 0.15 | 0.19 |
| Water | ml | 64 | 80 |
| Minerals and trace elements | | | |
| Sodium | mg | 60 | 75 |
| Chloride | mg | 85 | 106 |
| Potassium | mg | 165 | 206 |
| Calcium | mg | 240 | 300 |
| Phosphorus | mg | 95 | 119 |
| Magnesium | mg | 18 | 23 |
| Iron | mg | 2.5 | 3.1 |
| Zinc | mg | 2.0 | 2.5 |
| Copper | µg | 375 | 469 |
| Iodine | µg | 37.5 | 46.9 |
| Selenium | µg | 14 | 17.5 |
| Manganese | mg | 0.5 | 0.6 |
| Chromium | µg | 13 | 16 |
| Molybdenum | µg | 18.8 | 23.5 |
| Fluoride | mg | 0.25 | 0.31 |
| Vitamins and other* nutrients | | | |
| Vitamin A | µg RE° | 150 | 188 |
| Vitamin D ₃ | µg | 3.75 | 4.69 |
| Vitamin E | mg α-TE°° | 3.75 | 4.69 |
| Vitamin K ₁ | µg | 21 | 26 |
| Vitamin C | mg | 18.8 | 23.5 |
| Thiamin (vitamin B ₁) | mg | 0.3 | 0.4 |
| Riboflavin (vitamin B ₂) | mg | 0.4 | 0.5 |
| Vitamin B ₆ | mg | 0.43 | 0.54 |
| Niacin | mg/mg NE°°° | 1.5/2.9 | 1.9/3.6 |
| Folic Acid | µg | 62.5 | 78.1 |
| Vitamin B ₁₂ | µg | 0.75 | 0.94 |
| Pantothenic Acid | mg | 1.5 | 1.9 |
| Biotin | µg | 9.4 | 11.8 |
| Choline# | mg | 32 | 40 |

Caloric distribution (energy%)

Fat 28, carbohydrate 51.5, fibre 0.5, protein 20

*retinol equivalents (RE), °°alpha-tocopherol equivalents (α-TE), °°°niacin equivalents (NE)

General Information

Food for special medical purposes: Yoghurt-style, nutritionally complete, high-caloric (1.5 kcal/g), high protein (20 energy%) thickened/spoonable oral nutritional supplement, low in fibre. High in calcium and vitamin D, contains lactose, gluten free. For the dietary management of patients with or at risk of disease-related malnutrition in particular for patients with increased energy and protein needs, fluid restrictions or dysphagia.

Dosage:

To be determined by a health care professional according to patients' needs. Recommendation for supplementary nutrition 4 cups (750 kcal) / 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.

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.

Ingredients

Fresubin YOcrème, flavour Apricot-Peach: 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 lecithins), colouring food: paprika extract, choline hydrogen tartrate, vit. C, sodium chloride, iron pyrophosphate.

Fresubin YOcrème, flavour Biscuit: 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 lecithins), choline hydrogen tartrate, vit. C, colour (E150d), sodium chloride, iron pyrophosphate.

Fresubin YOcrème, flavour Lemon: 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 lecithins), choline hydrogen tartrate, vit. C, sodium chloride, iron pyrophosphate.

Fresubin YOcrème, flavour Raspberry: 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 lecithins), flavourings, colour (E120), choline hydrogen tartrate, vit. C, sodium chloride, iron pyrophosphate, colouring (E120).

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

Flavours

Apricot-Peach, Biscuit, Lemon, Raspberry

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