



**FRESENIUS
KABI**

caring for life

Fresubin® 2 kcal Fibre Drink

Patient Information



Fresubin 2 kcal Fibre Drink



All about Fresubin 2 kcal Fibre Drink

This leaflet will answer some of the questions you may have about Fresubin 2 kcal Fibre Drink. If you have any other questions, you should contact your dietitian or doctor.

What is Fresubin 2 kcal Fibre Drink?

Fresubin 2 kcal Fibre Drink is a special nutritious drink for people who are unwell and cannot manage enough normal food to meet their nutritional requirements.

What does Fresubin 2 kcal Fibre Drink contain?

Fresubin 2 kcal Fibre Drink is made up of many nutrients that are essential in a healthy, balanced diet. These include protein (milk), vegetable oils (rapeseed oil, sunflower oil), carbohydrates, fibre, vitamins, minerals and trace elements. Fresubin 2 kcal Fibre Drink is also gluten and lactose free.

What flavours are available?

There are six delicious flavours to choose from:

- Apricot-Peach
- Cappuccino
- Chocolate
- Lemon
- Neutral
- Vanilla

How much Fresubin 2 kcal Fibre Drink should I take?

Your dietitian or doctor will advise you about the amount you should be taking. As a guide, 3 bottles per day will provide 1200kcal, 60g protein and contains all essential vitamins and trace elements.

When should I take Fresubin 2 kcal Fibre Drink?

This is really up to you. However, you may be advised to take it in between meals and in the evening so you can manage to eat normal meals as well. Many people like to sip Fresubin 2 kcal Fibre Drink rather than drink it all at once.

Fresubin 2 kcal Fibre Drink



How should I take Fresubin 2 kcal Fibre Drink?

Fresubin 2 kcal Fibre Drink is best taken as a chilled drink, either straight from the bottle using a straw or poured into a glass. It is recommended that it is stored in the fridge before serving. Fresubin 2 kcal Fibre Drink can also be served warm (do not boil). Gently heat in a saucepan for 4 minutes or pour into a microwave container and heat on medium for 1 minute or until warm.

What about recipe ideas for Fresubin 2 kcal Fibre Drink?

Fresubin 2 kcal Fibre Drink can be used in a wide variety of foods, drinks and smoothies. A recipe book is available on request. Here are a few simple suggestions:

Fresubin 2 kcal Fibre Drink Ideas:

- Add ice cream to Fresubin 2 kcal Fibre Drink and serve as a thick milkshake.
- Mix 3-4 tsp hot chocolate powder with 3 tbsp boiling water in a mug. Add warmed Fresubin 2 kcal Fibre Drink (chocolate, vanilla or neutral), top with whipped cream, marshmallows and grated chocolate if desired.

Fresubin 2 kcal Fibre Drink Breakfast Ideas:

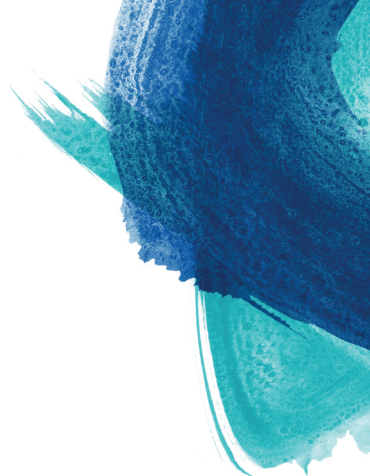
- Mix porridge oats with Fresubin 2 kcal Fibre Drink (vanilla or neutral) and milk in a saucepan. Gently heat until just before boiling and simmer for 10 minutes stirring occasionally. Add sugar or honey to taste if desired.

Fresubin 2 kcal Fibre Drink Ice Cream:

- Decant into a suitable container for freezing and serve as an ice cream.

How should I store Fresubin 2 kcal Fibre Drink?

Unopened bottles can be kept at room temperature, not above 25°C. Opened bottles should be resealed and kept in a fridge and thrown away if not used within 24 hours. It must not be used after the expiry date.



Additional information

Patient name:

Bottles per day:

Flavour preferences:

Dietitian:

Contact No:



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EN00453 Date of preparation November 2018

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