



**FRESENIUS
KABI**

caring for life

Fresubin® Energy Fibre Drink

Patient Information



Fresubin Energy Fibre Drink



All about Fresubin Energy Fibre Drink

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

What is Fresubin Energy Fibre Drink?

Fresubin Energy 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 Energy Fibre Drink contain?

Fresubin Energy 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 Energy Fibre Drink is also gluten and lactose free.

What flavours are available?

There are six delicious flavours to choose from:

- Banana
- Caramel
- Cherry
- Chocolate
- Strawberry
- Vanilla

How much Fresubin Energy Fibre Drink should I take?

Your dietitian or doctor will advise you about the amount you should be taking. As a guide, 4 bottles per day will provide 1200kcal, 45g protein and contains the average adult daily requirement for vitamins and trace elements.

When should I take Fresubin Energy 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 Energy Fibre Drink rather than drink it all at once.

Fresubin Energy Fibre Drink



How should I take Fresubin Energy Fibre Drink?

Fresubin Energy 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 Energy 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 Energy Fibre Drink?

Fresubin Energy 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 Energy Fibre Drink Ideas:

- Add ice cream to Fresubin Energy Fibre Drink and serve as a thick milkshake.
- Mix 1 tsp coffee granules with 2 tbsp boiling water in a mug. Add warmed Fresubin Energy Fibre Drink (chocolate or vanilla), top with whipped cream if desired.

Fresubin Energy Fibre Drink Breakfast Ideas:

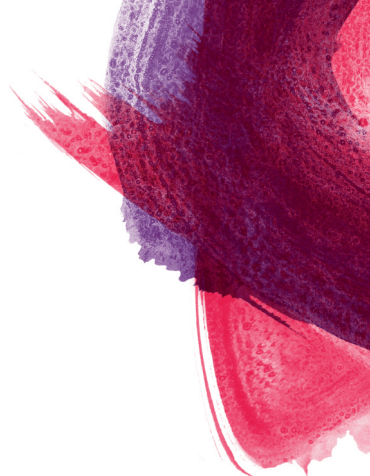
- Mix porridge oats with Fresubin Energy Fibre Drink (vanilla) and milk in a saucepan. Gently heat until just before boiling and simmer for 5 minutes stirring occasionally. Add sugar or honey to taste if desired.

Fresubin Energy Fibre Drink Ice Cream:

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

How should I store Fresubin Energy 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:



**FRESENIUS
KABI**

caring for life

Fresenius Kabi Ltd
Cestrian Court, Eastgate Way, Manor Park
Runcorn, Cheshire WA7 1NT
Tel: 01928 533533
Email: scientific.affairsUK@fresenius-kabi.com
www.fresenius-kabi.com/gb
EN00608 Date of preparation November 2018

© Fresubin is a registered trademark
of Fresenius Kabi AG. Fresenius Kabi Ltd
is an authorised user.

© Fresenius Kabi Ltd. November 2018.