



**FRESENIUS
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Fresubin® YoDrink

Patient Information



Fresubin YoDrink



All about Fresubin YoDrink

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

What is Fresubin YoDrink?

Fresubin YoDrink is a special nutritious yoghurt-style drink for people who are unwell and cannot manage enough normal food to meet their nutritional requirements.

What does Fresubin YoDrink contain?

Fresubin YoDrink 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, vitamins, minerals and trace elements. Fresubin YoDrink is also gluten free. Fresubin YoDrink is high in calcium.

What flavours are available?

There are three delicious flavours to choose from:

- Apricot-Peach
- Lemon
- Raspberry

How much Fresubin YoDrink 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 900kcal, 45g protein and contains all essential vitamins and trace elements.

When should I take Fresubin YoDrink?

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 YoDrink rather than drink it all at once.

Fresubin YoDrink



How should I take Fresubin YoDrink?

Fresubin YoDrink 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 YoDrink 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 YoDrink?

Fresubin YoDrink 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 YoDrink Ideas:

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

Fresubin YoDrink Breakfast Ideas:

- Mix porridge oats with Fresubin YoDrink (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 YoDrink Ice Cream:

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

How should I store Fresubin YoDrink?

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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