



**FRESENIUS
KABI**
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Fresubin® 5 kcal Shot

Patient Information



Fresubin 5 kcal Shot



All about Fresubin 5 kcal Shot

This leaflet will answer some of the questions you may have about Fresubin 5 kcal Shot. If you have any other questions, you should contact your dietitian, doctor or healthcare professional.

What is Fresubin 5 kcal Shot?

Fresubin 5 kcal Shot is a high calorie product which will help to increase energy.

What flavours are available?

There are two delicious flavours to choose from:

- Lemon
- Neutral

How much Fresubin 5 kcal Shot should I take?

Your dietitian or doctor will advise you to take the product in small doses (shots) spread out over the day.

YOUR RECOMMENDED DOSE ISml.....x PER DAY

IT IS IMPORTANT THAT YOU TAKE ALL PRESCRIBED DOSES DAILY

If you find it difficult to take your prescribed doses, the following 'Handy Hints' will help you include your Fresubin 5 kcal Shot daily doses into everyday foods and drinks should you wish to do so.

Adding Fresubin 5 kcal Shot to oral nutritional supplement drinks and puddings:

If you are also being prescribed other oral nutritional supplements which are drinks or puddings, 30ml* can be added to these products**.

Fresubin 5 kcal Shot hot drink ideas:

- Add 30ml* of Fresubin 5 kcal Shot neutral flavour to:
 - Tea
 - Coffee
 - Hot milk
 - Hot chocolate
 - Ovaltine®, Horlicks® or other malted drinks

Fresubin 5 kcal Shot cold drink ideas:

- Add 30ml* of Fresubin 5 kcal Shot neutral or lemon flavour to:
 - Cold milk
 - Milkshake/smoothie (see our recipe idea below)
 - Banana Milkshake (432kcal)
 - 1 x medium banana
 - 150ml full fat milk
 - 2 scoops vanilla ice cream
 - 30ml Fresubin 5 kcal Shot

Fresubin 5 kcal Shot



Fresubin 5 kcal Shot Breakfast Ideas:

Add 30ml* of Fresubin 5 kcal Shot neutral flavour to:

- Milk used for cereal
- Porridge
- Scrambled eggs or omelette (whisk in to mixture before cooking)
- Tinned tomatoes or baked beans

Fresubin 5 kcal Shot Lunch Ideas:

Add 30ml* of Fresubin 5 kcal Shot neutral flavour to:

- Pureed meals (make up to required consistency as advised)
- Tinned, carton or homemade soup
- Baked beans

Fresubin 5 kcal Shot Dinner Ideas:

Add 30ml* of Fresubin 5 kcal Shot neutral flavour to:

- Pureed meals (make up to required consistency as advised)
- Casseroles and stews
- Mince (cottage/shepherds pie, chilli, bolognaise)
- Gravy and sauces
- Mashed potato/vegetables

Fresubin 5 kcal Shot Dessert / Snack Ideas:

Add 30ml* of Fresubin 5 kcal Shot neutral or lemon flavour to:

- Cream or condensed milk to accompany desserts
- Rice pudding
- Custard
- Yoghurt (plain or fruit)
- Mousse
- Tinned, fresh or frozen fruit
- Cake or Gateau

How should I store Fresubin 5 kcal Shot?

Unopened bottles can be kept at room temperature, not above 25°C. Opened bottles should be resealed and kept in a fridge for up to 14 days and used under hygienic conditions. It must not be used after the expiry date.

* *or your recommended dose*

** *except Fresubin Thickened (Level 2 & 3) as this will alter the consistency of the product*

Product information



PRESENTATION: Fresubin 5 kcal Shot is a high calorie (5.0 kcal/ml), oral nutritional supplement (fat emulsion) with long and medium chain triglycerides. Fresubin 5 kcal Shot is a Food for Special Medical Purposes, ready to use and presented in a 120ml EasyBottle. It is available in two flavours: Neutral and Lemon. Lactose and gluten free.

CONTRA-INDICATIONS: For enteral use only. Not suitable for children under three years old.

PRECAUTIONS: Must only be used under medical supervision. Not suitable as a sole source of nutrition. Intake should not exceed 50% of patients' total energy needs.

DOSAGE: Dosage should be calculated by a clinician or dietitian according to individual requirements. As a guide: For supplementary nutrition: 3-4 x 30ml per day will provide (450 - 600kcal).

STORAGE: Store in a cool place, do not store above 25°C. Once opened, can be stored for up to 14 days in a refrigerator.

ALLERGEN STATUS: Gluten free. Egg free. Fish free. Soya free. Milk free. Lactose free. Nut free. Wheat free.

INGREDIENTS

Neutral Flavour

Water, rapeseed oil, medium chain triglycerides (MCT), sucrose, emulsifier (E472c), stabiliser (E460,E466), flavouring, thickener (E415).

Lemon Flavour

Water, rapeseed oil, medium chain triglycerides (MCT), sucrose, emulsifier (E472c), flavourings, stabiliser (E460, E466), thickener (E415).

Nutritional Composition	Per 100ml 500 (2100)	Per 30ml 150 (630)
Energy kcal (kJ)		
Protein g	0	0
Carbohydrate g	4	1.2
Of which sugars g	4	1.2
Of which lactose g	0	0
Fat g	53.8	16.1
Of which saturated fatty acids g	16.7	5
Of which MCT g	13.9	4.2
Of which polyunsaturated fatty acids g	12.5	3.8
Of which monounsaturated fatty acids g	24.6	7.4
Fibre g	0.4	0.1
Salt g (Na x 2.5)	0	0
Water ml	40	12
Vitamins and other Nutrients*		
Vitamin E mg	14.0	4.2
Vitamin K µg	38.0	11.4

* Other mineral, trace elements and vitamins are present in clinically insignificant amounts



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