



**FRESENIUS
KABI**

caring for life

Fresubin® Energy Drink

Patient Information



Fresubin Energy Drink



All about Fresubin Energy Drink

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

What is Fresubin Energy Drink?

Fresubin Energy 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 Drink contain?

Fresubin Energy 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, vitamins, minerals and trace elements. Fresubin Energy Drink is also gluten and lactose free.

What flavours are available?

There are nine delicious flavours to choose from:

- Banana
- Cappuccino
- Vanilla
- Lemon
- Strawberry
- Tropical Fruits
- Chocolate
- Neutral
- Blackcurrant

How much Fresubin Energy 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 all essential vitamins and trace elements.

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

Fresubin Energy Drink



How should I take Fresubin Energy Drink?

Fresubin Energy Drink is best taken as a chilled drink, either straight from the bottle or poured into a glass. It is recommended that it is stored in the fridge before serving. Fresubin Energy 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 Drink?

Fresubin Energy 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 Drink Ideas:

- Add ice cream to Fresubin Energy 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 Energy Drink (chocolate, vanilla or neutral), top with whipped cream, marshmallows and grated chocolate if desired.

Fresubin Energy Drink Breakfast Ideas:

- Gently warm Fresubin Energy Drink (vanilla or neutral) in a saucepan. Pour over 2 Weetabix™ and add sugar, or honey to taste if desired.

Fresubin Energy Drink Ice Cream:

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

How should I store Fresubin Energy Drink?

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

Product information



PRESENTATION: Fresubin Energy Drink is a nutritionally complete high calorie (1.5kcal/ml) oral nutritional supplement, fibre free*. Fresubin Energy Drink is ready to use and presented in a 200ml EasyBottle. Fresubin Energy Drink is available in a choice of nine flavours: Neutral, Vanilla, Banana, Strawberry, Blackcurrant, Chocolate, Lemon, Tropical Fruits and Cappuccino**. Fresubin Energy Drink is a Food for Special Medical Purposes.

*Chocolate flavour contains traces of fibre from cocoa.

**Cappuccino flavour contains 0.55mg/100ml caffeine.

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

PRECAUTIONS: Must only be used under medical supervision. Use with caution in children under six years of age. Ensure adequate fluid intake.

DOSAGE: Dosage should be calculated by a clinician or dietitian according to individual requirements.

STORAGE: Store in a cool place, do not store above 25°C. Once opened, can be stored for up to 24 hours in a refrigerator. Shake well before use. Drink slowly.

ALLERGEN STATUS: Gluten free. Egg free. Lactose free. Nut free. Wheat free.

INGREDIENTS

Banana Flavour

Water, maltodextrin, milk protein, vegetable oils (rapeseed oil, sunflower oil), sucrose, potassium citrate, flavourings, sodium citrate, emulsifiers (soya lecithin, E471), sodium chloride, potassium chloride, vit. C, acidity regulators (E330), choline chloride, magnesium oxide, iron pyrophosphate, zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B₆, vit. B₂, sodium fluoride, vit. B₁, β-carotene, vit. A, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K₁, biotin, vit. D₃, vit. B₁₂.

Blackcurrant Flavour

Water, maltodextrin, milk protein, vegetable oils (rapeseed oil, sunflower oil), sucrose, flavourings, potassium citrate, sodium citrate, colouring food: beetroot powder, emulsifiers (soya lecithin, E471), sodium chloride, potassium chloride, vit. C, choline chloride, magnesium oxide, acidity regulators (E330), iron pyrophosphate, zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B₆, vit. B₂, sodium fluoride, vit. B₁, β-carotene, vit. A, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K₁, biotin, vit. D₃, vit. B₁₂.

Neutral Flavour

Water, maltodextrin, milk protein, vegetable oils (rapeseed oil, sunflower oil), sucrose, potassium citrate, sodium citrate, emulsifiers (soya lecithin, E471), sodium chloride, potassium chloride, vit. C, acidity regulators (E330), choline chloride, magnesium oxide, iron pyrophosphate, zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B₆, vit. B₂, sodium fluoride, vit. B₁, β-carotene, vit. A, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K₁, biotin, vit. D₃, vit. B₁₂.

Strawberry Flavour

Water, maltodextrin, milk protein, vegetable oils (rapeseed oil, sunflower oil), sucrose, flavourings, potassium citrate, sodium citrate, emulsifiers (soya lecithin, E471), sodium chloride, potassium chloride, vit. C, acidity regulators (E330), colouring food: beetroot powder, choline chloride, magnesium oxide, iron pyrophosphate, zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B₆, vit. B₂, sodium fluoride, vit. B₁, β-carotene, vit. A, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K₁, biotin, vit. D₃, vit. B₁₂.

Vanilla Flavour

Water, maltodextrin, milk protein, vegetable oils (rapeseed oil, sunflower oil), sucrose, flavouring, potassium citrate, sodium citrate, emulsifiers (soya lecithin, E471), sodium chloride, vit. C, acidity regulators (E330), choline chloride, magnesium oxide, iron pyrophosphate, potassium chloride, zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B₆, vit. B₂, sodium fluoride, vit. B₁, β-carotene, vit. A, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K₁, biotin, vit. D₃, vit. B₁₂.

Tropical Fruits

Water, maltodextrin, milk protein, vegetable oils (rapeseed oil, sunflower oil), sucrose, flavourings, potassium citrate, sodium citrate, emulsifiers (soya lecithin, E471), sodium chloride, potassium chloride, vit. C, acidity regulators (E330), choline chloride, magnesium oxide, iron pyrophosphate, zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B₆, vit. B₂, sodium fluoride, vit. B₁, β-carotene, vit. A, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K₁, biotin, vit. D₃, vit. B₁₂.

Cappuccino

Water, maltodextrin, milk protein, vegetable oils (rapeseed oil, sunflower oil), sucrose, flavourings, potassium citrate, sodium citrate, emulsifiers (soya lecithin, E471), sodium chloride, potassium chloride, vit. C, acidity regulators (E330), choline chloride, magnesium oxide, iron pyrophosphate, zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B₆, vit. B₂, sodium fluoride, vit. B₁, β-carotene, vit. A, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K₁, biotin, vit. D₃, vit. B₁₂.

Chocolate

Water, maltodextrin, milk protein, vegetable oils (rapeseed oil, sunflower oil), sucrose, fat reduced cocoa powder, flavouring, sodium citrate, emulsifiers (soya lecithin, E471), stabilisers (E460, E466, E407), sodium chloride, potassium citrate, potassium chloride, vit. C, choline chloride, magnesium oxide, iron pyrophosphate, zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B₆, vit. B₂, sodium fluoride, vit. B₁, β-carotene, vit. A, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K₁, biotin, vit. D₃, vit. B₁₂.

Lemon

Water, maltodextrin, milk protein, vegetable oils (rapeseed oil, sunflower oil), sucrose, flavourings, potassium citrate, sodium citrate, emulsifiers (soya lecithin, E471), sodium chloride, potassium chloride, vit. C, acidity regulators (E330), choline chloride, magnesium oxide, iron pyrophosphate, zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B₆, vit. B₂, sodium fluoride, vit. B₁, β-carotene, vit. A, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K₁, biotin, vit. D₃, vit. B₁₂.

Nutritional Composition

	Per 100ml	Per 200ml
Energy kcal (kJ)	150 (630)	300 (1260)
Protein g	5.6	11.2
Carbohydrate g	18.8/18.5 ²	37.6/37 ²
Of which sugars g	3.9-6.3 ¹	7.8-12.6 ¹
Of which lactose g	≤0.27	≤0.54
Fat g	5.8	11.6
Of which saturated fatty acids g	0.4/0.5 ²	0.8/1 ²
Of which monounsaturated fatty acids g	3.8/3.7 ²	7.6/7.4 ²
Of which polyunsaturated g	1.6	3.2
Fibre g	0/0.5 ²	0/1 ²
Salt g (Na x 2.5)	0.20/0.21 ²	0.40/0.42 ²
Water g	78	156
Osmolarity mosmol/l	355-405 ¹	355-405 ¹
Osmolality mosmol/kg H ₂ O	460-530 ¹	460-530 ¹

Minerals and Trace Elements

Sodium mg (mmol)	80 (3.5)/85 (3.7) ²	160 (7.0)/170 (7.4) ²
Potassium mg (mmol)	135 (3.5)/140 (3.6) ²	270 (7.0)/280 (7.2) ²
Chloride mg (mmol)	100 (2.8)	200 (5.6)
Calcium mg (mmol)	135 (3.4)/130 (3.2) ²	270 (6.8)/260 (6.5) ²
Phosphorus mg (mmol)	80 (2.6)/85 (2.7) ²	160 (5.1)/170 (5.4) ²
Magnesium mg (mmol)	21 (0.9)/24 (1) ²	42 (1.7)/48 (2) ²
Iron mg	2	4
Zinc mg	1.5	3
Copper µg	300	600
Manganese mg	0.4	0.8
Iodine µg	30	60
Chromium µg	10	20
Molybdenum µg	15	30
Fluoride mg	0.2	0.4
Selenium µg	10	20

Vitamins and other Nutrients*

Vitamin A µgRE	170	340
Of which β-carotene µgRE	50	100
Vitamin D ₃ µg	2	4
Vitamin E mgαTE	3	6
Vitamin K ₁ µg	16.7	33.4
Vitamin B ₁ mg	0.23	0.46
Vitamin B ₂ mg	0.32	0.64
Niacin mg (mgNE)	3 (4mg NE)	6 (8mg NE)
Vitamin B ₆ mg	0.33	0.66
Vitamin B ₁₂ µg	0.6	1.2
Pantothenic Acid mg	1.2	2.4
Biotin µg	7.5	15
Folic acid µg	50	100
Vitamin C mg	15	30
Choline* mg	26.7	53.4

¹ Dependent on flavour

² Chocolate



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