



**FRESENIUS
KABI**

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Fresubin[®] Protein Energy Drink



Fresubin® Protein Energy Drink



All about Fresubin® Protein Energy Drink

This leaflet will answer some of the questions you may have about Fresubin® Protein Energy Drink. If you have any other questions, you should contact your dietitian, doctor or other healthcare professional. Fresubin Protein Energy should be used under medical supervision.

What is Fresubin® Protein Energy Drink?

Fresubin® Protein Energy Drink is a Food for Special Medical Purposes for the dietary management of patients with or at risk of disease related malnutrition, in particular for patients with increased energy and protein needs or fluid restrictions.

What does Fresubin® Protein Energy Drink contain?

Fresubin® Protein Energy Drink is made up of many nutrients that are essential in a healthy, balanced diet. These include protein (milk protein), vegetable oils (rapeseed oil, sunflower oil), carbohydrates, vitamins, minerals and trace elements. Fresubin® Protein Energy Drink is fibre free and lactose and gluten free. Contains: **milk** and **soya**.

What flavours are available?

There are six delicious flavours to choose from:

- Vanilla
- Cappuccino**
- Wild Strawberry
- Chocolate*
- Tropical Fruits

*Chocolate flavour contains traces of fibre from cocoa.

**Cappuccino flavour contains traces of caffeine

How much Fresubin® Protein Energy Drink should I take?

Your dietitian or healthcare professional will advise you about the amount you should be taking. As a guide, 2-3 bottles for supplemental nutrition will provide 600-900 kcal/day.

Fresubin® Protein Energy Drink



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

How should I take Fresubin® Protein Energy Drink?

Fresubin® Protein 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. Shake the bottle well before use and drink slowly.

What about recipe ideas for Fresubin® Protein Energy Drink?

Fresubin® Protein 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® Protein Energy Drink Ideas

- Add ice cream to Fresubin® Protein 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® Protein Energy Drink (Chocolate or Vanilla), top with whipped cream, marshmallows and grated chocolate if desired.

Fresubin® Protein Energy Drink Breakfast Ideas

- Gently warm Fresubin® Protein Energy Drink Vanilla flavour in a saucepan. Pour over 2 Weetabix™ and add sugar, or honey to taste if desired.

Fresubin® Protein Energy Drink Ice Cream

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

How should I store Fresubin® Protein Energy 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:

Flavour preferences:

Bottles per day:

Dietitian:

Contact No:



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