



**FRESENIUS  
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# Fresubin® Energy Drink

## Patient Information



# Fresubin Energy Drink

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## 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, doctor or healthcare professional.

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

## How much Fresubin 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 per day will provide 600-900 kcal or complete nutrition 5-7 bottles (1500-2100kcal)/day.

## 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.

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## 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. Shake the bottle well before use and drink slowly.

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:

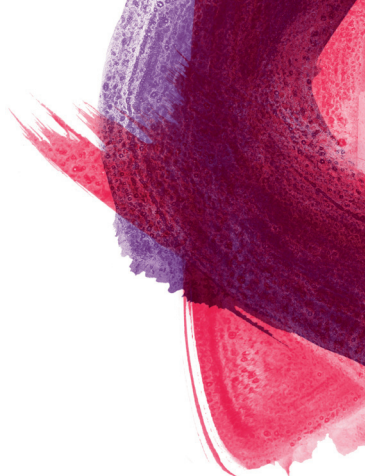
- Gently warm Fresubin Energy Drink (vanilla or neutral) in a saucepan. Pour over 2 Weetabix™ and add sugar, or honey to taste if desired.

### 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.



## Additional information

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Patient name:

Bottles per day:

Flavour preferences:

Dietitian:

Contact No:



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