

FRESUBIN® POWDER EXTRA



DESCRIPTION

Fresubin® Powder Extra is a powdered supplement containing protein (milk), fat (rapeseed oil, MCT), carbohydrate (maltodextrin, sucrose), vitamins, minerals and trace elements.

PRESENTATION

Fresubin® Powder Extra is an oral nutritional supplement powder to be reconstituted with milk providing a high calorie (1.7 kcal/ml) drink, fibre free.

It is available in a fibre free* choice of four flavours, neutral, strawberry, vanilla and chocolate.

Fresubin® Powder Extra is available in boxes of 7 (62g) sachets (7 servings). Each sachet is reconstituted with 200ml whole milk to produce one serving (approx 400kcal). Gluten free, contains lactose.

CONTRA-INDICATIONS

FOR ENTERAL USE ONLY

NOT SUITABLE WHERE ENTERAL NUTRITION IS NOT PERMITTED
NOT SUITABLE FOR CHILDREN UNDER THREE YEARS OLD
NOT SUITABLE FOR PATIENTS WITH GALACTOSAEMIA

PRECAUTIONS

SHOULD ONLY BE USED UNDER MEDICAL SUPERVISION
NOT SUITABLE AS A SOLE SOURCE OF NUTRITION
USE WITH CAUTION FOR CHILDREN UNDER 6 YEARS OF AGE

INDICATIONS FOR USE

For the dietary management of patients with or at risk of disease related malnutrition, in particular for patients with increased energy needs.

Fresubin® Powder Extra is a Food for Special Medical Purposes.

Fresubin® Powder Extra is prescribable on FP10/GP10 for the following indications: For the dietary management of disease related malnutrition, short bowel syndrome, intractable malabsorption, pre-operative preparation of malnourished patient, dysphagia, proven inflammatory bowel disease, following total gastrectomy, bowel fistula.

DOSAGE

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

Recommendation for supplementary nutrition 1-2 sachets (400-800kcal)/ day. 1 serving= 1 sachet (62g powder). Fresubin® Powder Extra + 200ml whole milk provide approximately 400kcal.

Pour 200ml whole milk into a shaker and add one sachet (62g). Shake for 30 seconds.

*Chocolate contains traces of fibre from cocoa

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STORAGE

Store in a dry place at room temperature.

Once reconstituted use promptly or within 12 hours if refrigerated and stir again before use. Drink slowly. Do not boil.

SHELF-LIFE

15 months from date of manufacture.

ENERGY DISTRIBUTION

Strawberry, Vanilla and Neutral flavours:

Protein 17% Fat 23% Carbohydrate 60% Fibre 0%

Chocolate flavour:

Protein 17% Fat 23% Carbohydrate 59% Fibre 1%

ORDER CODES

Chocolate 7972401 Strawberry 7971401

Vanilla 7970401 Neutral 7973401

INGREDIENTS

Neutral Flavour

Maltodextrin, skimmed milk powder, whey protein, rapeseed oil powder, medium chain triglycerides powder, sucrose, separating agent (E 551), flavouring, calcium carbonate, choline hydrogen tartrate, magnesium citrate, vit. C, sodium chloride, calcium chloride, vit. E, iron pyrophosphate, zinc sulphate, vit. A, niacin, pantothenic acid, manganese chloride, copper sulphate, vit. B₂, vit. B₆, sodium fluoride, vit. B₁₂, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K₁, biotin, vit. D₃, vit. B₁₂.

Strawberry Flavour

Maltodextrin, skimmed milk powder, whey protein, rapeseed oil powder, sucrose, medium chain triglycerides powder, separating agent (E 551), colouring food: beetroot powder, flavourings, calcium carbonate, choline hydrogen tartrate, magnesium citrate, vit. C, sodium chloride, calcium chloride, vit. E, iron pyrophosphate, zinc sulphate, vit. A, niacin, pantothenic acid, manganese chloride, copper sulphate, vit. B₂, vit. B₆, sodium fluoride, vit. B₁₂, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K₁, biotin, vit. D₃, vit. B₁₂.

Vanilla Flavour

Maltodextrin, skimmed milk powder, whey protein, rapeseed oil powder, sucrose, medium chain triglycerides powder, flavourings, separating agent (E 551), calcium carbonate, choline hydrogen tartrate, magnesium citrate, vit. C, sodium chloride, calcium chloride, vit. E, iron pyrophosphate, zinc sulphate, vit. A, niacin, pantothenic acid, manganese chloride, copper sulphate, vit. B₂, vit. B₆, sodium fluoride, vit. B₁₂, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K₁, biotin, vit. D₃, vit. B₁₂.

Chocolate Flavour

Maltodextrin, skimmed milk powder, whey protein, rapeseed oil powder, sucrose, fat reduced cocoa powder, medium chain triglycerides powder, flavourings, separating agent (E 551), calcium carbonate, choline hydrogen tartrate, magnesium citrate, vit. C, sodium chloride, calcium chloride, vit. E, iron pyrophosphate, zinc sulphate, niacin, pantothenic acid, manganese chloride, copper sulphate, vit. B₂, vit. B₆, sodium fluoride, vit. B₁₂, vit. A, folic acid, potassium iodide, chromium chloride, sodium molybdate, sodium selenite, vit. K₁, biotin, vit. D₃, vit. B₁₂.

Date of Preparation:

EN00998

November 2021

| NUTRITIONAL COMPOSITION | Per 100g [#] | Per serving* |
|--|---|--|
| ENERGY kcal (kJ) | 420(1764) | 397(1658) |
| PROTEIN g | 17.5 | 17.7 |
| CARBOHYDRATE g | 62.0/63.0 ^{2,3,4} | 47.9/48.5 |
| of which sugars g | 22.7/24.7 ³ /18.6 ⁴ | 23.5/24.9 ³ /20.9 ⁴ |
| of which lactose g | 12.6/14.4 | 16.6/17.7 |
| FAT g | 10.9 | 14.8 |
| of which saturated fat g | 2.8/3.0 | 7.2 |
| of which MCT g | 1.2/1.8 | 1.6/1.9 |
| of which monounsaturated fatty acids g | 5.4/5.3 | 5.8/5.7 |
| of which polyunsaturated fatty acids g | 2.7/2.6 | 1.9/1.8 |
| FIBRE g | 1.8/0.0 | 1.1/0.0 |
| SALT g (Na x 2.5) | 0.49/0.53 | 0.52/0.55 |
| OSMOLARITY mosmol/L | - | 670/605 ² /630 ³ /530 ⁴ |
| OSMOLALITY mosmol/kg H ₂ O | - | 920/830 ² /860 ³ /730 ⁴ |

| MINERALS AND TRACE ELEMENTS | Per 100g [#] | Per serving* |
|-----------------------------|-----------------------|-----------------|
| SODIUM mg (mmol) | 195(9)/211(9) | 209(9)/219(10) |
| POTASSIUM mg (mmol) | 675(17)/498(13) | 739(19)/629(16) |
| CHLORIDE mg (mmol) | 316(9)/350(10) | 380(11)/401(12) |
| CALCIUM mg (mmol) | 521(13)/525(13) | 567(14)/570(14) |
| PHOSPHORUS mg (mmol) | 316(10)/319(10) | 388(13)/390(13) |
| MAGNESIUM mg (mmol) | 92(4)/64(3) | 79(3)/62(3) |
| IRON mg | 8.1 | 5.0 |
| ZINC mg | 6.45 | 4.5 |
| COPPER µg | 1210 | 750 |
| MANGANESE mg | 1.61 | 1.0 |
| IODINE µg | 121 | 139 |
| CHROMIUM µg | 40 | 24.8 |
| MOLYBDENUM µg | 60.6 | 37.2 |
| FLUORIDE mg | 0.8 | 0.5 |
| SELENIUM µg | 44 | 28.7 |

| VITAMINS AND OTHER NUTRIENTS** | Per 100g [#] | Per serving* |
|--------------------------------|-------------------------|------------------------|
| VITAMIN A µgRE | 565 | 420 |
| of which β- carotene µg RE | 0 | 6.7 |
| VITAMIN D ₃ µg | 8.1 | 5.0 |
| VITAMIN E mgαTE | 12.1 | 7.7 |
| VITAMIN K ₁ µg | 68 | 42 |
| VITAMIN B ₁ mg | 0.97 | 0.65 |
| VITAMIN B ₂ mg | 1.29 | 1.3 |
| NIACIN mg | 12.1(13.5mgNE/14.8mgNE) | 7.9(10.3mgNE/11.1mgNE) |
| VITAMIN B ₆ mg | 1.4 | 1.0 |
| VITAMIN B ₁₂ µg | 2.4 | 3.3 |
| PANTOTHENIC ACID mg | 4.8 | 4.2 |
| BIOTIN µg | 30.3 | 23.6 |
| FOLIC ACID µg | 202 | 141.6 |
| VITAMIN C mg | 60.6 | 42 |
| CHOLINE** mg | 129 | 80 |

| TYPICAL FATTY ACID PROFILE | g/100g [#] |
|---------------------------------|---------------------|
| C6 Caproic acid | 0.01 |
| C8 Caprylic acid | 0.66/1.05 |
| C10 Capric acid | 0.37/0.58 |
| C12 Lauric acid | 0.02 |
| C14 Myristic acid | 0.06 |
| C16 Palmitic acid | 0.66/0.51 |
| C16:1 n-7 Palmitoleic acid | 0.01 |
| C18 Stearic acid | 0.39/0.17 |
| C18:1 n-9 Oleic acid | 4.82/4.62 |
| C18:2 n-6 Linoleic acid | 1.72/1.71 |
| C18:3 n-3 α-Linolenic acid | 0.83 |
| C20:5 n-3 Eicosapentaenoic acid | 0 |
| C22:6 n-3 Docosahexaenoic acid | 0 |

| TYPICAL AMINO ACID PROFILE | g/100g [#] |
|----------------------------|---------------------|
| ESSENTIAL | |
| Histidine | 0.39/0.41 |
| Isoleucine | 1.2/1.25 |
| Leucine | 1.89/1.97 |
| Lysine | 1.08 |
| Methionine | 0.73/0.80 |
| Phenylalanine | 0.74/0.76 |
| Threonine | 1.22/1.24 |
| Tryptophan | 0.08/0.16 |
| Valine | 1.2/1.24 |

| CONDITIONALLY ESSENTIAL | |
|--------------------------------|-----------|
| Cysteine | 0.29/0.28 |
| Tyrosine | 0.7/0.73 |
| Taurine | - |
| Glycine | 0.48/0.47 |
| Arginine | 0.61/0.59 |
| Glutamine and Glutamic acid | 3.92/3.60 |
| Proline | 1.6/1.69 |
| NON-ESSENTIAL | |
| Aspartic acid and asparagine | 1.93 |
| Alanine | 0.88/0.9 |
| Serine | 1.0/1.03 |

| TYPICAL CARBOHYDRATE PROFILE | g/100g [#] |
|--------------------------------------|---|
| Glucose | 0.75/0.7 ^{2,3} /0.8 ⁴ |
| Maltose | 1.05/1.5 ^{2,3} /1.1 ⁴ |
| Saccharose | 8.3/8.1 ^{2,3} /2.3 ⁴ |
| Lactose | 12.6/14.4 |
| Polysaccharides and oligosaccharides | 38.4/38.3 ^{2,3} /44.4 |
| Starch | 0.9/0.0 |

[#] Per 100g powder
^{*} Reconstituted one sachet (62g) plus 200ml whole milk

¹ Chocolate Flavour
² Strawberry Flavour
³ Vanilla Flavour
⁴ Neutral Flavour