

DESCRIPTION

Fresubin® YoDrink is a liquid supplement consisting of protein (milk), vegetable oils (rapeseed oil, sunflower oil), carbohydrates, vitamins, minerals and trace elements.

PRESENTATION

Nutritionally complete, high calorie (1.5kcal/ml), high protein (20% energy) oral nutritional supplement. Contains traces of fibre. High in calcium and vitamin D.

Fresubin® YoDrink is ready to use and presented in a 200ml EasyBottle. Available in 3 flavours: Apricot-Peach, Raspberry and Lemon. 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 OF AGE

PRECAUTIONS

SHOULD ONLY BE USED UNDER MEDICAL SUPERVISION
USE WITH CAUTION IN CHILDREN UNDER 6 YEARS
ENSURE ADEQUATE FLUID INTAKE

INDICATIONS FOR USE

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

Fresubin® YoDrink is a Food for Special Medical Purposes.

Fresubin® YoDrink is prescribable on FPI0/GPI0 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.

DOSEAGE

Dosage should be calculated by a Clinician or Dietitian according to individual requirements. As a guide: for supplementary nutrition, 2-3 bottles (600-900 kcal) / day or complete nutrition 5 bottles (1500 kcal) / day. Meets the average adult recommended daily requirements for vitamins and trace elements (Dietary Reference Values for Food Energy and Nutrients for the United Kingdom, DoH 1991, Scientific Advisory Committee on Nutrition (2016) Vitamin D and Health)

STORAGE

Store at room temperature (15 -25°C).
Opened bottles may be stored in a refrigerator for up to 24 hours.
Shake well before use. Drink slowly.

PACK SIZE

4 x 200ml bottles.

SHELF LIFE

12 months from date of manufacture.
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ENERGY DISTRIBUTION

Protein 20%
Fat 28%
Carbohydrate 51.9%
Fibre 0.1%

ORDER CODE

Apricot-Peach: 7946601
Raspberry: 7949601
Lemon: 7951601

INGREDIENTS

RASPBERRY FLAVOUR

Water, sucrose, whey protein, fermented skimmed milk powder, maltodextrin, vegetable oils (rapeseed oil, sunflower oil), acidity regulator (E 270), calcium lactate, emulsifiers (E 471, soya lecithin), thickener (E 440), colour (E 120), flavourings, choline hydrogen tartrate, vit. C, sodium chloride, iron pyrophosphate, zinc sulphate, magnesium oxide, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B₁₂, vit. B₉, sodium fluoride, vit. B₆, vit. A, folic acid, chromium chloride, sodium selenite, potassium iodide, vit. K₁, sodium molybdate, biotin, vit. D₃, vit. B₂.

APRICOT-PEACH FLAVOUR

Water, sucrose, whey protein, fermented skimmed milk powder, maltodextrin, vegetable oils (rapeseed oil, sunflower oil), acidity regulator (E 270), calcium lactate, flavourings, emulsifiers (E 471, soya lecithin), colouring food: paprika extract, thickener (E 440), choline hydrogen tartrate, vit. C, sodium chloride, iron pyrophosphate, zinc sulphate, magnesium oxide, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B₁₂, vit. B₉, sodium fluoride, vit. B₆, vit. A, folic acid, chromium chloride, sodium selenite, potassium iodide, vit. K₁, sodium molybdate, biotin, vit. D₃, vit. B₂.

LEMON FLAVOUR

Water, sucrose, whey protein, fermented skimmed milk powder, maltodextrin, vegetable oils (rapeseed oil, sunflower oil), acidity regulator (E 270), calcium lactate, emulsifiers (E 471, soya lecithin), thickener (E 440), flavourings, choline hydrogen tartrate, vit. C, sodium chloride, iron pyrophosphate, zinc sulphate, magnesium oxide, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B₁₂, vit. B₉, sodium fluoride, vit. B₆, vit. A, folic acid, chromium chloride, sodium selenite, potassium iodide, vit. K₁, sodium molybdate, biotin, vit. D₃, vit. B₂.

NUTRITIONAL COMPOSITION	Per 100ml	Per 200ml
ENERGY kcal (kJ)	150 (630)	300 (1260)
PROTEIN g	7.5	15
CARBOHYDRATE g	19.5	39
Of which sugars g	15.4	30.8
Of which lactose g	3	6
FAT g	4.7	9.4
Of which saturated fatty acids g	0.58	1.2
Of which monounsaturated fatty acids g	3.1	6.2
Of which polyunsaturated fatty acids g	1	2
FIBRE g	0.1	0.2
SALT g (Na x 2.5)	0.15	0.30
WATER ml	75	150
OSMOLARITY mosmol/l		885
OSMOLALITY mosmol/kg H ₂ O		1180

MINERALS AND TRACE ELEMENTS	Per 100ml	Per 200ml
SODIUM mg (mmol)	60 (2.6)	120 (5.2)
POTASSIUM mg (mmol)	165 (4.2)	330 (8.4)
CHLORIDE mg (mmol)	85 (2.4)	170 (4.8)
CALCIUM mg (mmol)	240 (6)	480 (12)
PHOSPHORUS mg (mmol)	95 (3.1)	190 (6.2)
MAGNESIUM mg (mmol)	18 (0.7)	36 (1.4)
IRON mg	2.5	5
ZINC mg	2	4
COPPER µg	375	750
MANGANESE mg	0.5	1
IODINE µg	37.5	75
CHROMIUM µg	13	26
MOLYBDENUM µg	18.8	37.6
FLUORIDE mg	0.25	0.5
SELENIUM µg	14	28

VITAMINS	Per 100ml	Per 200ml
VITAMIN A µgRE	150	300
VITAMIN D₃ µg	3.75	7.5
VITAMIN E mgαTE	3.75	7.5
VITAMIN K₁ µg	21	42
VITAMIN B₁ mg	0.3	0.6
VITAMIN B₂ mg	0.4	0.8
NIACIN mg	1.5(2.9mg NE)	3.0(5.86mg NE)
VITAMIN B₆ mg	0.43	0.86
VITAMIN B₁₂ µg	0.75	1.5
PANTOTHENIC ACID mg	1.5	3
BIOTIN µg	9.4	18.8
FOLIC ACID µg	62.5	125
VITAMIN C mg	18.8	37.6
CHOLINE* mg	32	64

TYPICAL FATTY ACID PROFILE	g Per 100ml
C6 Caproic acid	0.01
C8 Caprylic acid	0.01
C10 Capric acid	0.01
C12 Lauric acid	0.02
C14 Myristic acid	0.05
C16 Palmitic acid	0.30
C16:1 n-7 Palmitoleic acid	0.01
C18 Stearic acid	0.15
C18:1 n-9 Oleic acid	2.92
C18:2 n-6 Linoleic acid	0.72
C18:3 n-3 α-Linolenic acid	0.24
C20:5 n-3 Eicosapentaenoic acid	0
C22:6 n-3 Docosahexaenoic acid	0
Other n-3 fatty acids	0

TYPICAL AMINO ACID PROFILE

ESSENTIAL	g Per 100ml
Histidine	0.15
Isoleucine	0.55
Leucine	0.78
Lysine	0.69
Methionine	0.19
Phenylalanine	0.27
Threonine	0.59
Tryptophan	0.09
Valine	0.54

CONDITIONALLY ESSENTIAL

Cysteine	0.13
Tyrosine	0.23
Glycine	0.25
Arginine	0.21
Glutamine	0.46
Proline	0.73

NON-ESSENTIAL

Aspartic acid and asparagine	0.9
Glutamic acid	1.12
Alanine	0.48
Serine	0.46

TYPICAL CARBOHYDRATE PROFILE

TYPICAL CARBOHYDRATE PROFILE	g Per 100ml
Glucose	0.33
Fructose	0.0
Maltose	0.12
Saccharose	12.0
Lactose	2.96
Oligosaccharides and Polysaccharides	4.1
Starch	0