

# FRESUBIN ORIGINAL DRINK

## DESCRIPTION

A flavoured liquid consisting of protein (milk and soya), vegetable oils (rapeseed and sunflower oils), carbohydrate, vitamins, minerals and trace elements.

## PRESENTATION

Fresubin original Drink is a nutritionally complete sip feed which is ready to use and presented in a 200ml tetrabrik. Fresubin original Drink is available in a choice of six flavours: Vanilla, Nut, Chocolate, Peach, Mocha and Blackcurrant.

Lactose and gluten free

## CONTRA-INDICATIONS

NOT FOR PARENTERAL USE

NOT SUITABLE WHERE ENTERAL NUTRITION IS NOT PERMITTED

NOT SUITABLE FOR INFANTS UNDER ONE YEAR OF AGE

## PRECAUTIONS

SHOULD ONLY BE USED UNDER MEDICAL SUPERVISION

USE WITH CAUTION IN CHILDREN UNDER 5 YEARS

## INDICATIONS FOR USE

Fresubin original Drink is suitable as a nutritional supplement or as a sole source of nutrition for patients at risk of malnutrition.

Fresubin original Drink is prescribable on FP10/GP10 for the following indications: short bowel syndrome, intractable malabsorption, pre-operative preparation of patients who are undernourished, patients with proven inflammatory bowel disease, following total gastrectomy, bowel fistulae, dysphagia, disease related malnutrition.

All prescriptions must be endorsed ACBS (Advisory Committee on Borderline Substances).

## DOSAGE

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

As a guide:

For supplementary nutrition: 3 x 200ml cartons per day will provide 600kcal, 23g protein and contains the average adult daily requirements for vitamins and trace elements.

When prescribed in the community the maximum dose should not exceed 10 x 200ml cartons (76g protein) per day.

## 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.

## PACK SIZE

30 x 200ml tetrabrik cartons.

## SHELF LIFE

12 months from date of manufacture.

## ENERGY DISTRIBUTION

Protein 15%    Fat 30%    Carbohydrate 55%

## ORDER CODES

Mocha 200ml 7450001

Blackcurrant 200ml 7451001

Peach 200ml 7448001

Nut 200ml 7449001

Vanilla 200ml 7459001

Chocolate 200ml 7446001

## INGREDIENTS

### Blackcurrant Flavour

Water, maltodextrin, milk protein, vegetable oils, sucrose, soya protein, flavourings, acidity regulators (E 332, E 170, E 501), sodium citrate, magnesium chloride, emulsifiers (soya lecithin, E 471), potassium chloride, vit. C, calcium phosphate, choline hydrogen tartrate, calcium lactate, dipotassium hydrogen phosphate, stabiliser (E 415), iron sulphate, zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B<sub>2</sub>, vit. B<sub>6</sub>, sodium fluoride, β-carotene, vit. B<sub>1</sub>, vit. A (with fish gelatine), folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>12</sub>.

### Chocolate Flavour

Water, maltodextrin, sucrose, milk protein, vegetable oils, chocolate powder (cocoa powder, sucrose, sodium chloride, flavourings – with soya), soya protein, emulsifiers (soya lecithin, E 471), sodium citrate, potassium chloride, magnesium chloride, acidity regulators (E 170, E 501, E 530), vit. C, choline hydrogen tartrate, stabiliser (E 415), calcium phosphate, calcium lactate, flavouring, iron sulphate, zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B<sub>2</sub>, vit. B<sub>6</sub>, sodium fluoride, β-carotene, vit. B<sub>1</sub>, vit. A (with fish gelatine), folic acid, potassium iodide, sodium molybdate, sodium selenite, vit. K<sub>1</sub>, chromium chloride, biotin, vit. D<sub>3</sub>, vit. B<sub>12</sub>.

### Mocha Flavour

Water, maltodextrin, milk protein, vegetable oils, sucrose, flavourings (with maltodextrin from wheat), soya protein, sodium citrate, magnesium chloride, acidity regulators (E 170, E 501), emulsifiers (soya lecithin, E 471), potassium chloride, choline hydrogen tartrate, calcium lactate, calcium phosphate, dipotassium hydrogen phosphate, vit. C, stabiliser (E 415), iron sulphate, zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B<sub>2</sub>, vit. B<sub>6</sub>, sodium fluoride, β-carotene, vit. B<sub>1</sub>, vit. A (with fish gelatine), folic acid, potassium iodide, chromium chloride, sodium molybdate, sodium selenite, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>12</sub>.

### Nut Flavour

Water, maltodextrin, milk protein, vegetable oils, sucrose, flavourings (contain maltodextrin from wheat, hazelnut), soya protein, sodium citrate, potassium chloride, emulsifiers (soya lecithin, E 471), dipotassium hydrogen phosphate, magnesium citrate, vit. C, acidity regulators (E 332, E 330, E 530), choline hydrogen tartrate, stabiliser (E 415), iron sulphate, zinc sulphate, calcium phosphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B<sub>2</sub>, vit. B<sub>6</sub>, sodium fluoride, β-carotene, vit. B<sub>1</sub>, vit. A (with fish gelatine), folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>12</sub>.

### Peach Flavour

Water, maltodextrin, milk protein, vegetable oils, sucrose, soya protein, flavourings (with soya oil), sodium citrate, potassium chloride, emulsifiers (soya lecithin, E 471), dipotassium hydrogen phosphate, magnesium citrate, vit. C, acidity regulators (E 332, E 330, E 530), choline hydrogen tartrate, stabiliser (E 415), iron sulphate, zinc sulphate, calcium phosphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B<sub>2</sub>, vit. B<sub>6</sub>, sodium fluoride, β-carotene, vit. B<sub>1</sub>, vit. A (with fish gelatine), folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>12</sub>.

### Vanilla Flavour

Water, maltodextrin, milk protein, vegetable oils, sucrose, soya protein, flavouring, sodium citrate, potassium chloride, emulsifiers (soya lecithin, E 471), dipotassium hydrogen phosphate, magnesium citrate, vit. C, acidity regulators (E 332, E 330, E 530), choline hydrogen tartrate, stabiliser (E 415), iron sulphate, zinc sulphate, calcium phosphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B<sub>2</sub>, vit. B<sub>6</sub>, sodium fluoride, β-carotene, vit. B<sub>1</sub>, vit. A (with fish gelatine), folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>12</sub>.

NUTRITIONAL COMPOSITION	Per 100ml	Per 200ml
ENERGY kcal (kJ)	100 (420)	200 (840)
PROTEIN g	3.8	7.6
CARBOHYDRATE g	13.8	27.6
Of which sugars g	3.5 <sup>1,2,3,4</sup> , 3.8 <sup>5</sup> , 4.8 <sup>6</sup>	7 <sup>1,2,3,4</sup> , 7.6 <sup>5</sup> , 9.6 <sup>6</sup>
Of which lactose g	≤0.01	≤0.02
FAT g	3.4	6.8
Of which saturated fatty acids g	0.3	0.6
Of which monounsaturated fatty acids g	2.2	4.4
Of which polyunsaturated fatty acids g	0.9	1.8
FIBRE g	0	0
WATER ml	84	168
OSMOLARITY mosmol/l	315 <sup>1</sup> , 330 <sup>2,3,4,5,6</sup>	
OSMOLALITY mosmol/kgH <sub>2</sub> O	360 <sup>1</sup> , 380 <sup>2,3,4,5,6</sup>	
Flavour:		
<sup>1</sup> Mocha	<sup>4</sup> Blackcurrant	
<sup>2</sup> Peach	<sup>5</sup> Nut	
<sup>3</sup> Vanilla	<sup>6</sup> Chocolate	

MINERALS AND TRACE ELEMENTS	Per 100ml	Per 200ml
SODIUM mg (mmol)	75 (3.3)	150 (6.5)
POTASSIUM mg (mmol)	125 (3.2)	250 (6.4)
CHLORIDE mg (mmol)	85 (2.4)	170 (4.8)
CALCIUM mg	60	120
PHOSPHORUS mg	47	94
MAGNESIUM mg	20	40
IRON mg	2	4
ZINC mg	1.5	3
COPPER mg	0.3	0.6
MANGANESE mg	0.4	0.8
IODIDE 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*	Per 100ml	Per 200ml
VITAMIN A mgRE	0.12	0.24
BETA-CAROTENE mg	0.3	0.6
VITAMIN D µg	2	4
VITAMIN E mg	3	6
VITAMIN K µg	16.7	33.4
VITAMIN B <sub>1</sub> mg	0.23	0.46
VITAMIN B <sub>2</sub> mg	0.32	0.64
NIACIN mg	3	6
VITAMIN B <sub>6</sub> mg	0.33	0.66
VITAMIN B <sub>12</sub> 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	20	40

TYPICAL FATTY ACID PROFILE	g Per 100ml
C16 Palmitic acid	0.276
C18 Stearic acid	0.144
C18:1 n-9 Oleic acid	3.568
C18:2 n-6 Linoleic acid	1.127
C18:3 n-3 alpha-Linolenic acid	0.428
Ratio n-6:n-3	2.6:1

TYPICAL AMINO ACID PROFILE	g Per 100ml
<b>ESSENTIAL</b>	
Lysine	0.31
Threonine	0.17
Methionine	0.11
Phenylalanine	0.20
Tryptophan	0.05
Valine	0.29
Leucine	0.39
Isoleucine	0.22
<b>CONDITIONALLY ESSENTIAL</b>	
Tyrosine	0.21
Cysteine	0.02
Histidine	0.13
Arginine	0.17
Glutamine	0.41
<b>NON-ESSENTIAL</b>	
Glycine	0.10
Alanine	0.14
Proline	0.41
Serine	0.25
Glutamic acid	0.47
Aspartic acid and asparagine	0.31

TYPICAL CARBOHYDRATE PROFILE	CHOC	NUT	BMPV
Glucose	0.14	0.16	0.16
Fructose	0	0	0
Maltose	0.23	0.26	0.27
Sucrose	4.50	3.30	3.0
Lactose	0.007	0.007	0.007
Polysaccharides	8.90	10.04	10.33

Chocolate (Choc), Nut (NUT), Blackcurrant, Mocha, Peach, Vanilla (BMPV)