



Per 200ml:
For 1.5 kcal/ml preparation

Fresubin® Powder

Nutritionally complete powder product to be reconstituted in different caloric densities (1.0 to 1.5 kcal/ml) for the dietary management of patients with or at the risk of malnutrition



For complete,
balanced nutrition



Supports muscle
tissue building
and growth¹



Supports bone health
with reduced risk of
fractures and fall^{2,3}



Supports immune
function with
Vitamin D⁴



High quality
protein⁵



Contains
Omega 3 and 6



With
prebiotic fibre



Low in
cholesterol

Fresubin® Powder



Nutritional Information

Nutrition Values		per 100 ml ready to use product		per 100 g powder
		150 kcal*	100 kcal**	
Energy				
	kJ	630	420	1826
	kcal	150	100	435
Fat	g	5.0	3.33	14.5
of which saturates	g	0.41	0.27	1.19
of which mono-unsaturates	g	3.29	2.19	9.54
of which polyunsaturates	g	1.29	0.86	3.74
Carbohydrate	g	19.9	13.3	57.7
of which sugars	g	5.7	3.8	16.6
of which lactose	g	≤ 0.30	≤ 0.20	≤ 0.87
Fibre	g	1.5	1.0	4.35
Protein	g	5.6	3.7	16.2
Salt	g	0.26	0.18	0.76
Vitamins				
Vitamin A	µg RE°	138	92	401
of which β-Carotene	µg RE°	33	22	97
Vitamin D	µg	2.0	1.33	5.8
Vitamin E	mg α-TE°°	2.7	1.8	7.8
Vitamin K	µg	9.8	6.5	28
Vitamin C	mg	20	13	57
Thiamin (Vitamin B ₁)	mg	0.23	0.15	0.65
Riboflavin (Vitamin B ₂)	mg	0.24	0.16	0.70
Niacin	mg/mg NE°°°	2.6/3.6	1.73/2.4	7.5/10.3
Vitamin B ₆	mg	0.27	0.18	0.8
Folic Acid	µg	32	21	91
Vitamin B ₁₂	µg	0.51	0.34	1.48
Biotin	µg	6.8	4.5	19.6
Pantothenic Acid	mg	0.9	0.60	2.6
Minerals, trace elements and other* nutrients				
Sodium	mg	105	70	304
Potassium	mg	225	150	652
Chloride	mg	160	107	464
Calcium	mg	104	69	300
Phosphorus	mg	81	54	236
Magnesium	mg	35	23	101
Iron	mg	2.3	1.54	6.7
Zinc	mg	1.7	1.13	4.9
Copper	mg	0.24	0.16	0.70
Manganese	mg	0.54	0.36	1.57
Selenium	µg	10.8	7.2	31
Chromium	µg	10.8	7.2	31
Molybdenum	µg	14.3	9.5	41
Iodine	µg	21	14	61
Choline*	mg	55	37	159
Osmolarity	mosmol/l	560	384	-
Water	ml	70	80	-
Caloric distribution (energy%)				
Fat 30, carbohydrate 53, fibre 2, protein 15				
* with preparation method a				
** with preparation method b				
° retinol equivalents (RE), °° alpha-tocopherol equivalents (α-TE), °°° niacin equivalents (NE)				

Further information is available upon request. For healthcare professionals only.

General Information

Food for special medical purposes:

Nutritionally complete oral nutritional supplement to be prepared with water. Suitable for tube feeding. With fibre, clinically free from lactose, gluten free. For the dietary management in case/risk of malnutrition, esp. moderate to increased energy needs.

Dosage:

For supplementary and complete nutrition. RDD for complete nutrition: ≥ 1500 kcal/day or as advised by a healthcare professional. Flexible preparation to 1.0 kcal/ml or 1.5 kcal/ml depending on patient needs.

Important notice:

To be used under medical supervision. Suitable as sole source of nutrition. Not suitable for children < 3 years. Use with caution in children < 6 years. Not suitable for patients with galactosaemia. Ensure adequate fluid intake.

Not for parenteral (I.V.) use!

Storage:

Store dry and at room temperature. After use replace lid tightly. Once opened store dry and use within 3 weeks. For oral feeding: Once reconstituted use within 6 hours at room temperature or within 12 hours if refrigerated and stir again before use. If used for tube feeding, monitor feeding rate. Do not mix with drugs.

Preparation:

Use a clean container and fresh potable water. Handle with caution to avoid contamination during preparation and administration.

a) For 1.5 kcal/ml preparation:

Per serving = 200 ml (approx. 300 kcal)

1) Pour 140 ml water into a container:

• for oral feeding: preferably cool water

• for tube feeding: room temperature water

2) Add 4.5 level scoops (enclosed) of powder (69 g)

3) Stir well until dissolved completely

4) Only for tube feeding: Let the product rest for 5 minutes and stir again slowly in order to avoid the creation of foam until dissolved completely. Use promptly upon preparation.

b) For 1.0 kcal/ml preparation:

Per serving = 200 ml (approx. 200 kcal)

Pour 160 ml water and add 3 level scoops (enclosed) of powder (46 g) - proceed like described above.

Packaged in a protective atmosphere. Product filled by weight.

Filling volume may vary.

Additional considerations:

Not suitable whenever enteral nutrition is not permitted such as in acute gastrointestinal bleeding, ileus and shock. Use with caution in severe organ failure with impaired metabolism and severe forms of malabsorption. Not suitable for patients with congenital inability to metabolise nutrients contained in Fresubin® Powder.

Ingredients

Maltodextrin, vegetable oils (rapeseed oil, sunflower oil), sucrose, milk protein, soya protein, inulin (from chicory), wheat dextrin, potassium chloride, sodium citrate, potassium citrate, flavouring, choline hydrogen tartrate, emulsifier (soya lecithins), sodium chloride, acidity regulator (E 330), calcium carbonate, magnesium oxide, vitamin C, iron pyrophosphate, zinc sulphate, niacin, vitamin E, manganese chloride, vitamin A, pantothenic acid, copper sulphate, vitamin B₆, β-carotene, riboflavin, thiamin, folic acid, chromium chloride, potassium iodide, sodium selenite, sodium molybdate, biotin, vitamin K, vitamin D, vitamin B₁₂.

Flavour

Vanilla

References

- 1) Tang J, et al. J Appl Physiol. 2009 Sep;107(3):987-92.
- 2) Bischoff-Ferrari H, et al. N Engl J Med. 2012;367(1):40-49.
- 3) Bischoff-Ferrari H, et al. The BMJ. 2009;339:b3692.
- 4) Pludowski P, et al. Autoimmun Rev. 2013 Aug;12(10):976-89.
- 5) Tang J, et al. Curr Opin Clin Nutr Metab Care. 2009;12:66-71



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