

# FRESUBIN® 2kcal CRÈME

## DESCRIPTION

Fresubin® 2kcal Crème is a dessert style nutritional supplement, consisting of protein (milk) vegetable oils (sunflower and rapeseed oil), carbohydrates (sucrose, glucose syrup, maltodextrin and starch), vitamins, minerals and trace elements.

## PRESENTATION

Fresubin® 2kcal Crème is a dessert style nutritionally complete, high calorie (2kcal/g), high protein (20% energy) thickened/ spoonable oral nutritional supplement, fibre free.

Fresubin® 2kcal Crème is ready to use and presented in a 125g pot in five flavours: vanilla, wild strawberry, cappuccino\*, chocolate\*\* and praline.

\*Cappuccino flavour contains traces of caffeine (0.65mg/100ml)

\*\*Chocolate flavour contains traces of fibre from cocoa.

## CONTRA-INDICATIONS

FOR ENTERAL USE ONLY

NOT SUITABLE WHERE ENTERAL NUTRITION IS NOT PERMITTED

NOT SUITABLE FOR CHILDREN UNDER 3 YEARS OF AGE

NOT SUITABLE FOR PATIENTS WITH GALACTOSAEMIA

## 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 with increased energy and protein needs, fluid restrictions and/or dysphagia.

Fresubin® 2kcal Crème is a Food for Special Medical Purposes.

Fresubin® 2kcal Crème is prescribable on P10/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 3-4 cups (750-1000kcal)/ day, for complete nutrition 7-8 cups (17500-2000 kcal)/ day.

## STORAGE

Store in a cool (15- 25°C) dry place, away from direct sunlight.

Once opened, can be stored for up to 24 hours in a refrigerator.

Best served chilled.

Stir gently before enjoying.

## PACK SIZE

Fresubin® 2kcal Crème is available in a pack of 4 x 125g single serving pots.

## SHELF LIFE

9 months from date of manufacture.

## ENERGY DISTRIBUTION

Protein 20% Fat 35% Carbohydrate 45% (44.7%\*)

Fibre 0% (0.3%\*)

## INGREDIENTS

### Vanilla - Order Code: 7149701

Water, milk protein, sucrose, glucose syrup, vegetable oils (sunflower oil, rapeseed oil), flavouring, maize starch, maltodextrin, thickeners (E1442, E407), potassium citrate, emulsifiers (E471, soya lecithin), vit. C, sodium citrate, sodium chloride, acidity regulator (E501), magnesium oxide, iron pyrophosphate, zinc sulphate, colour (E160c), niacin, manganese chloride, pantothenic acid, vit. E, copper sulphate, vit. B2, vit. B6, sodium fluoride, vit. B1, β-carotene, vit. A, folic acid, chromium chloride, sodium molybdate, sodium selenite, potassium iodide, vit. K1, biotin, vit. D3, vit. B12.

### Wild Strawberry - Order Code: 7145701

Water, milk protein, sucrose, glucose syrup, vegetable oils (sunflower oil, rapeseed oil), flavourings, maize starch, maltodextrin, thickeners (E1442, E407), potassium citrate, emulsifiers (E471, soya lecithin), vit. C, sodium citrate, sodium chloride, beetroot powder, acidity regulator (E501), magnesium oxide, iron pyrophosphate, zinc sulphate, niacin, manganese chloride, pantothenic acid, vit. E, copper sulphate, vit. B2, vit. B6, sodium fluoride, vit. B1, β-carotene, vit. A, folic acid, chromium chloride, sodium molybdate, sodium selenite, potassium iodide, vit. K1, biotin, vit. D3, vit. B12.

### Cappuccino - Order Code: 7146701

Water, milk protein, sucrose, glucose syrup, vegetable oils (sunflower oil, rapeseed oil), flavourings, maize starch, maltodextrin, thickeners (E1442, E407), potassium citrate, emulsifiers (E471, soya lecithin), vit. C, sodium citrate, sodium chloride, acidity regulator (E501), magnesium oxide, iron pyrophosphate, zinc sulphate, niacin, manganese chloride, pantothenic acid, vit. E, copper sulphate, vit. B2, vit. B6, sodium fluoride, vit. B1, β-carotene, vit. A, folic acid, chromium chloride, sodium molybdate, sodium selenite, potassium iodide, vit. K1, biotin, vit. D3, vit. B12.

### Praline - Order Code: 7147701

Water, milk protein, sucrose, glucose syrup, vegetable oils (sunflower oil, rapeseed oil), flavourings, maize starch, maltodextrin, thickeners (E1442, E407), potassium citrate, emulsifiers (E471, soya lecithin), vit. C, sodium citrate, sodium chloride, acidity regulator (E501), magnesium oxide, iron pyrophosphate, zinc sulphate, niacin, manganese chloride, pantothenic acid, vit. E, copper sulphate, vit. B2, vit. B6, sodium fluoride, vit. B1, β-carotene, vit. A, folic acid, chromium chloride, sodium molybdate, sodium selenite, potassium iodide, vit. K1, biotin, vit. D3, vit. B12.

### Chocolate - Order Code: 7144701

Water, milk protein, sucrose, glucose syrup, vegetable oils (sunflower oil, rapeseed oil), chocolate powder (cocoa powder, sugar, fat reduced cocoa powder, soya lecithin, flavouring), maize starch, fat reduced cocoa powder, maltodextrin, potassium citrate, flavourings, thickeners (E1442, E407), emulsifiers (E471, soya lecithin), vit. C, sodium citrate, colour(E153), sodium chloride, acidity regulator (E501, E500), iron pyrophosphate, zinc sulphate, niacin, magnesium oxide, pantothenic acid, manganese chloride, vit. E, copper sulphate, vit. B2, vit. B6, sodium fluoride, vit. B1, β-carotene, vit. A, folic acid, sodium molybdate, chromium chloride, sodium selenite, potassium iodide, vit. K1, biotin, vit. D3, vit. B12.

## Date of Preparation:

June 2019

| NUTRITIONAL COMPOSITION                | Per 100g   | Per 125g pot |
|----------------------------------------|------------|--------------|
| ENERGY kcal (kJ)                       | 200 (840)  | 250 (1050)   |
| PROTEIN g                              | 10         | 12.5         |
| CARBOHYDRATE g                         | 22.5/22.4* | 28.1/28*     |
| Of which sugars g                      | 13.4       | 16.7         |
| Of which lactose g                     | <0.5       | <0.6         |
| FAT g                                  | 7.8        | 9.75/9.8     |
| Of which saturated fatty acids g       | 0.55/0.67* | 0.69/0.84*   |
| Of which polyunsaturated fatty acids g | 1.4/1.32*  | 1.75/1.65*   |
| Of which monounsaturated fatty acids g | 5.84/5.8*  | 7.3          |
| FIBRE g                                | 0/0.3*     | 0/0.4*       |
| SALT g (Na x 2.5)                      | 0.16/0.21* | 0.20/0.26*   |
| WATER ml                               | 58/57*     | 72.5/71.3*   |

| MINERALS AND TRACE ELEMENTS | Per 100g           | Per 125g pot       |
|-----------------------------|--------------------|--------------------|
| SODIUM mg (mmol)            | 65(2.8)/82(3.6)*   | 81(3.5)/103(4.5)*  |
| POTASSIUM mg (mmol)         | 167(4.3)           | 209(5.4)           |
| CHLORIDE mg (mmol)          | 62(1.8)/62(1.7)*   | 76(2.2)/78(2.2)*   |
| CALCIUM mg (mmol)           | 196(4.9)/205(5.1)* | 245(6.1)/256(6.4)* |
| PHOSPHORUS mg (mmol)        | 125 (4.0)          | 156 (5.1)          |
| MAGNESIUM mg (mmol)         | 16(0.7)            | 20(0.8)            |
| IRON mg                     | 2.5                | 3.13               |
| ZINC mg                     | 2                  | 2.5                |
| COPPER µg                   | 375                | 469                |
| MANGANESE mg                | 0.5                | 0.63               |
| IODINE µg                   | 37.6               | 47                 |
| CHROMIUM µg                 | 13                 | 16.3               |
| MOLYBDENUM µg               | 18.8               | 23.5               |
| FLUORIDE mg                 | 0.25               | 0.30               |
| SELENIUM µg                 | 14                 | 17.5               |

| VITAMINS                   | Per 100g        | Per 125g pot   |
|----------------------------|-----------------|----------------|
| VITAMIN A µgRE             | 213             | 266            |
| of which β- carotene µg RE | 62.5            | 78             |
| VITAMIN D <sub>3</sub> µg  | 5               | 6.25           |
| VITAMIN E mgαTE            | 3.75            | 4.69           |
| VITAMIN K <sub>1</sub> µg  | 21              | 26.3           |
| VITAMIN B1 mg              | 0.3             | 0.38           |
| VITAMIN B2 mg              | 0.4             | 0.5            |
| NIACIN mg                  | 2.0 (3.75mg NE) | 2.5(4.69mg NE) |
| VITAMIN B6 mg              | 0.43            | 0.54           |
| VITAMIN B12 µg             | 0.75            | 0.94           |
| PANTOTHENIC ACID mg        | 1.5             | 1.88           |
| BIOTIN µg                  | 9.4             | 11.8           |
| FOLIC ACID µg              | 62.5            | 78.1           |
| VITAMIN C mg               | 18.8            | 23.5           |

\*Chocolate flavour

\*\*Vanilla flavour

| TYPICAL FATTY ACID PROFILE | g per 100g |
|----------------------------|------------|
| C16:0 PALMITIC ACID        | 0.3/0.35*  |
| C18:0 STEARIC ACID         | 0.21/0.29* |
| C18:1W9 OLEIC ACID         | 5.46/5.40* |
| C18:2W6 LINOLEIC ACID      | 1.08/1.04* |
| C18:3W3 A-LINOLENIC ACID   | 0.25/0.23* |

| TYPICAL AMINO ACID PROFILE | g per 100g |
|----------------------------|------------|
| <b>ESSENTIAL</b>           |            |
| Histidine                  | 0.29       |
| Isoleucine                 | 0.57       |
| Leucine                    | 0.99/1.0*  |
| Lysine                     | 0.83/0.84* |
| Methionine                 | 0.28/0.29* |
| Phenylalanine              | 0.50/0.51* |
| Threonine                  | 0.48       |
| Tryptophan                 | 0.11       |
| Valine                     | 0.70/0.71* |

|                                |            |
|--------------------------------|------------|
| <b>CONDITIONALLY ESSENTIAL</b> |            |
| Cysteine                       | 0.07       |
| Tyrosine                       | 0.54       |
| Taurine                        | -          |
| Glycine                        | 0.19       |
| Arginine                       | 0.36/0.37* |
| Glutamine                      | 0.75       |
| Proline                        | 0.99       |

|                              |            |
|------------------------------|------------|
| <b>NON-ESSENTIAL</b>         |            |
| Aspartic acid and asparagine | 0.94/0.95* |
| Glutamic acid                | 1.03/1.05* |
| Alanine                      | 0.33       |
| Serine                       | 0.59/0.60* |

| TYPICAL CARBOHYDRATE PROFILE | g per 100g        |
|------------------------------|-------------------|
| GLUCOSE                      | 0.23*/0.24/0.31** |
| FRUCTOSE                     | 0                 |
| MALTOSE                      | 0.99*/1.02/1.33** |
| SACCHAROSE                   | 12.0*/11.8/9.0**  |
| LACTOSE                      | 0.32              |
| OLIGO-/POLYSACCHARIDES       | 8.04*/8.3/10.7**  |