



Fresubin[®] 2 kcal DRINK

The minimum effective dose in one bottle

2 kcal/mL high protein oral nutritional supplement for the dietary management of patients with or at risk of malnutrition, in particular with increased energy and protein needs and/or fluid restrictions

Contains 400 kcal in one bottle, which is the minimum effective dose needed to improve patient outcomes^{1,2}

High protein content (20% energy = 20g/bottle) contributes to clinical, functional and nutritional benefits³

High Vitamin D content: 10 µg/200 mL For bone health and prevention of fractures and falls^{4,5}

Fibre free for patients who cannot tolerate fibre⁴

Fresubin

2 kcal DRINK

Available in four delicious flavours
in 200 mL EasyBottle

Nutritional Information

Average content		Fresubin 2 kcal DRINK	
		100 mL	bottle = 200 mL
Energy value	kJ (kcal)	840 (200)	1680 (400)
Fat (35% Energy)	g	7.8	15.6
of which SFA*	g	0.6	1.2
of which MUFA**	g	5.8	11.6
of which PUFA***	g	1.4	2.8
Carbohydrate (45% Energy)	g	22.5	45
of which sugars	g	5.1-5.9	10.2-11.8
of which lactose	g	≤ 0.3	≤ 0.6
Fibre (1.5% Energy)	g	0	0
Protein (20% Energy)	g	10	20
Salt (Na x 2.5)	g	0.15	0.3
Water	mL	68-70	136-140
Lactose content	g	≤ 0.3	≤ 0.6
Gluten Content	ppm	≤ 5	
Osmolarity	mosmol/l	590-640	
Osmolality	mosmol/kg H ₂ O	850-920	
Minerals and trace elements			
Sodium	mg	60	120
Chloride	mg	80	160
Potassium	mg	160	320
Calcium	mg	205	410
Phosphorus	mg	120	240
Magnesium	mg	16	32
Iron	mg	2.5	5
Zinc	mg	1.6	3.2
Copper	µg	375	750
Iodine	µg	37.5	75
Selenium	µg	13.5	27
Manganese	mg	0.5	1
Chromium	µg	12.5	25
Molybdenum	µg	18.8	37.6
Fluoride	mg	0.25	0.5
Vitamins			
Vitamin A	µg RE°	212.5	425
of which β-Carotene	µg RE°	62.5	125
Vitamin D ₃	µg	5	10
Vitamin E	mg α-TE°°	3.75	7.5
Vitamin K ₁	µg	21	42
Vitamin C	mg	18.8	37.6
Thiamin (vitamin B ₁)	mg	0.3	0.6
Riboflavin (vitamin B ₂)	mg	0.4	0.8
Vitamin B ₆	mg	0.43	0.86
Niacin	mg/mg NE°°°	3.75/5.58	7.5/11.2
Folic Acid	µg	62.5	125
Vitamin B ₁₂	µg	0.75	1.5
Pantothenic Acid	mg	1.5	3
Biotin	µg	9.4	18.8

*saturated fatty acids (SFA), **monounsaturated fatty acids (MUFA),
***polyunsaturated fatty acids (PUFA)
°retinol equivalents (RE), °°alpha-tocopherol equivalents (α-TE), °°°niacin equivalents (NE)



Prescribing Information

Food for special medical purposes:

Nutritionally complete, high-caloric (2.0 kcal/mL), high protein (20% energy) oral nutritional supplement, fibre free. High in vitamin D. Low in lactose and gluten. Contains traces of caffeine (0.65 mg/100 mL)*. For the dietary management of patients with or at risk of disease-related malnutrition in particular for patients with increased energy and protein needs or fluid restrictions.

Dosage:

To be determined by a health care professional according to patients' needs. Recommendation for supplementary nutrition 1-2 bottles (400-800 kcal)/day or complete nutrition 4-5 bottles (1600-2000 kcal)/day.

Important notes:

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!

Instruction for use:

Store at room temperature. Shake well before use. Opened bottles may be stored in a refrigerator for up to 24 hours. Drink slowly! Best served chilled. Packaged in a protective atmosphere.

Contraindications:

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 malassimilation. Not suitable for patients with congenital inability to metabolise nutrients contained in Fresubin 2 kcal DRINK.

a) only Cappuccino flavour

Ingredients

Fresubin 2 kcal DRINK: Water, glucose syrup, milk protein, vegetable oils (sunflower oil, rapeseed oil), sucrose^a, flavouring(s)^a, maltodextrin^a, potassium citrate^a, emulsifiers (E 471, soya lecithins)^a, potassium carbonate^a, sodium chloride^a, acidity regulator (E 507^a, sodium carbonate, vit. C, Magnesium oxide^a, iron pyrophosphate^a, niacin, zinc sulphate, manganese chloride, pantothenic acid, vit. E, copper sulphate, vit. B₂, vit. B₆, sodium fluoride, vit. B₁, β-carotene^a, vit. A^a, folic acid^a, chromium chloride, sodium molybdate, potassium iodide, sodium selenite, vit. K₁, biotin, vit. D₃, vit. B₁₂.

b) amount/position depending on flavour

Flavours

Vanilla, Cappuccino, Apricot-Peach, Toffee

References

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- 2) Raynaud-Simon A, Revel-Delhom C, Hebuterne X: Clinical practice guidelines from the French High Authority for Health: nutritional support strategy in protein-energy malnutrition in the elderly. Clin Nutr 2011, 30: 312-319.
- 3) Cawood AL, Elia M, Stratton RJ: Systematic review and meta-analysis of the effects of high-protein oral nutritional supplements. Ageing Res Rev 2012, 11: 278-296.
- 4) Lochs H, Allison SP, Meier R, Pirlich M, Kondrup J, Schneider S, et al. Introductory to the ESPEN Guidelines on Enteral Nutrition: terminology, definitions and general topics. Clin Nutr 2006; 25: 180-6.
- 5) Hubbard GP, Elia M, Holdoway A, Stratton RJ: A systematic review of compliance to oral nutritional supplements. Clin Nutr 2012, 31: 293-312.



**FRESENIUS
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caring for life

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