



Fresubin® Energy Fibre DRINK

Extra energy with plenty of choices

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

With high quality protein for a balanced amino acid provision¹

With all micro- and macronutrients for complete nutrition

With fibre to maintain gut physiology²

With a broad range of flavours to support better compliance³

Fresubin® Energy Fibre DRINK

Available in three delicious flavours
in 200 mL EasyBottle

Nutritional Information

Average content		Fresubin Energy Fibre DRINK	
		100 mL	bottle = 200 mL
Energy value	kJ (kcal)	630 (150)	1260 (300)
Fat (35% Energy)	g	5.8	11.6
of which SFA*	g	0.4/0.5 ^a	0.8/1.0 ^a
of which MUFA**	g	3.8/3.7 ^a	7.6/7.4 ^a
of which PUFA***	g	1.6	3.2
Carbohydrate (50% Energy)	g	17.8	35.6
of which sugars	g	5.0-6.4	10-12.8
of which lactose	g	≤0.26/0.25 ^a	≤0.52/0.50 ^a
Fibre	g	2.0	4.0
Protein (15% Energy)	g	5.6	11.2
Water	ml	78	156
Gluten Content	ppm	≤ 5	
Osmolarity	mosmol/L	390-440	
Osmolality	mosmol/kg H ₂ O	510-580	
Minerals and trace elements			
Sodium	mg	80/85 ^a	160/170 ^a
Potassium	mg	135/140 ^a	270/280 ^a
Chloride	mg	100	200
Calcium	mg	135/130 ^a	270/260 ^a
Magnesium	mg	21/24 ^a	42/48 ^a
Phosphorus	mg	80/85 ^a	160/170 ^a
Iron	mg	2.0	4.0
Zinc	mg	1.5	3.0
Copper	µg	300	600
Manganese	mg	0.4	0.8
Iodine	µg	30	60
Fluoride	mg	0.2	0.4
Chromium	µg	10	20
Molybdenum	µg	15	30
Selenium	µg	10	20
Vitamins and other nutrients[†]			
Vitamin A	µg RE	170	340
of which β-Carotene	µg RE ^o	50	100
Vitamin D ₃	µg	2.0	4.0
Vitamin E	mg α-TE	3.0	6.0
Vitamin K ₁	µg	16.7	33.4
Vitamin B ₁	mg	0.23	0.46
Vitamin B ₂	mg	0.32	0.64
Niacin	mg/mg NE	3.0/4.0	6.0/8.0
Vitamin B ₆	mg	0.33	0.66
Vitamin B ₁₂	µg	0.6	1.2
Pantothenic acid	mg	1.2	2.4
Biotin	µg	7.5	15.0
Folic acid	µg	50	100
Vitamin C	mg	15	30
Choline [†]	mg	26.7	53.4

a) Chocolate Flavour *saturated fatty acids (SFA),
monounsaturated fatty acids (MUFA), *polyunsaturated fatty acids (PUFA)
^oretinol equivalents (RE), ^{oo}alpha-tocopherol equivalents (α-TE), ^{ooo}niacin equivalents (NE)



Prescribing information

Food for special medical purposes:

Nutritionally complete, high-caloric (1.5 kcal/mL) oral nutritional supplement, with fibre. Low in lactose and gluten.

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

Dosage:

To be determined by a health care professional according to patients' needs. Recommendation for supplementary nutrition 2-3 bottles (600-900 kcal) / day or complete nutrition 5-7 bottles (1500-2100 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. Opened bottles may be stored in a refrigerator for up to 24 hours. Shake well before use. 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 malabsorption. Not suitable for patients with congenital inability to metabolise nutrients contained in Fresubin Energy Fibre DRINK.

^aFlavour Chocolate contains traces of fibre from cocoa powder

Ingredients

Fresubin Energy Fibre all flavours: Water, maltodextrin, milk protein, vegetable oils (rapeseed oil, sunflower oil), sucrose, cocoa powder (fat reduced[†], wheat dextrin[†], inulin (from chicory), flavourings[†], cellulose[†], potassium citrate[†], sodium citrate, colouring food: beetroot powder[†], stabilisers (E 460, E 466, E 407)[†], emulsifiers (E 471, soya lecithin), sodium chloride, potassium chloride, vit. C, choline chloride, magnesium oxide, acidity regulator (E 330), iron pyrophosphate[†], zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B₂, vit. B₆, sodium fluoride, vit. B₁, β-carotene, vit. A, folic acid, chromium chloride[†], sodium molybdate, potassium iodide, sodium selenite[†], vit. K₁[†], biotin, vit. D₃, vit. B₁₂.

Allergen Information: This product contains milk, wheat and soy.

[†] amount/position depending on flavour, ^oonly present in the "Strawberry" flavour [†]only present in the flavour "Chocolate", [†]not present in the flavour "Chocolate" [†]only present in the "Strawberry" flavour

Flavours

Strawberry, Chocolate, Vanilla,

References

- 1) World Health Organization. Protein and amino acid requirements in human nutrition. WHO technical report series 2007; 935.
- 2) 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;25:180-186.
- 3) Hubbard GP, Elia M, Holdaway 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

Fresenius Kabi Australia Pty Limited
Level 2, 2 Woodland Way,
Mount Kuring-gai NSW 2080
Phone 1300 732 001
Fax 1300 304 384
www.fresenius-kabi.com.au

Fresenius Kabi New Zealand Limited
60 Pavilion Drive, Māngere
Auckland 2022 New Zealand
Phone 0800 144 892
Fax +64 9925 2721
PM2020.677V3 Pub: May 2020