



# 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 provision<sup>1</sup>

With all micro- and macronutrients for complete nutrition

With fibre to maintain gut physiology<sup>2</sup>

With a broad range of flavours to support better compliance<sup>3</sup>

# 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
<b>Energy value</b>	kJ (kcal)	630 (150)	1260 (300)
<b>Fat (35% Energy)</b>	g	5.8	11.6
of which SFA*	g	0.4/0.5 <sup>a</sup>	0.8/1.0 <sup>a</sup>
of which MUFA**	g	3.8/3.7 <sup>a</sup>	7.6/7.4 <sup>a</sup>
of which PUFA***	g	1.6	3.2
<b>Carbohydrate (50% Energy)</b>	g	17.8	35.6
of which sugars	g	5.0-6.4	10-12.8
of which lactose	g	≤0.26/0.25 <sup>a</sup>	≤0.52/0.50 <sup>a</sup>
<b>Fibre</b>	g	2.0	4.0
<b>Protein (15% Energy)</b>	g	5.6	11.2
<b>Water</b>	ml	78	156
<b>Gluten Content</b>	ppm	≤ 5	
<b>Osmolarity</b>	mosmol/L	390-440	
<b>Osmolality</b>	mosmol/kg H <sub>2</sub> O	510-580	
<b>Minerals and trace elements</b>			
Sodium	mg	80/85 <sup>a</sup>	160/170 <sup>a</sup>
Potassium	mg	135/140 <sup>a</sup>	270/280 <sup>a</sup>
Chloride	mg	100	200
Calcium	mg	135/130 <sup>a</sup>	270/260 <sup>a</sup>
Magnesium	mg	21/24 <sup>a</sup>	42/48 <sup>a</sup>
Phosphorus	mg	80/85 <sup>a</sup>	160/170 <sup>a</sup>
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
<b>Vitamins and other nutrients<sup>†</sup></b>			
Vitamin A	µg RE	170	340
of which β-Carotene	µg RE <sup>o</sup>	50	100
Vitamin D <sub>3</sub>	µg	2.0	4.0
Vitamin E	mg α-TE	3.0	6.0
Vitamin K <sub>1</sub>	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/mg NE	3.0/4.0	6.0/8.0
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	15.0
Folic acid	µg	50	100
Vitamin C	mg	15	30
Choline <sup>†</sup>	mg	26.7	53.4

a) Chocolate Flavour \*saturated fatty acids (SFA), \*\*monounsaturated fatty acids (MUFA), \*\*\*polyunsaturated fatty acids (PUFA)  
<sup>o</sup>retinol equivalents (RE), <sup>oo</sup>alpha-tocopherol equivalents (α-TE), <sup>ooo</sup>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.

<sup>a</sup>Flavour 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<sup>†</sup>, wheat dextrin<sup>†</sup>, inulin (from chicory), flavourings<sup>†</sup>, cellulose<sup>†</sup>, potassium citrate<sup>†</sup>, sodium citrate, colouring food: beetroot powder<sup>†</sup>, stabilisers (E 460, E 466, E 407)<sup>†</sup>, emulsifiers (E 471, soya lecithin), sodium chloride, potassium chloride, vit. C, choline chloride, magnesium oxide, acidity regulator (E 330), iron pyrophosphate<sup>†</sup>, zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B<sub>2</sub>, vit. B<sub>6</sub>, sodium fluoride, vit. B<sub>1</sub>, β-carotene, vit. A, folic acid, chromium chloride<sup>†</sup>, sodium molybdate, potassium iodide, sodium selenite<sup>†</sup>, vit. K<sub>1</sub><sup>†</sup>, biotin, vit. D<sub>3</sub>, vit. B<sub>12</sub>.

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

<sup>†</sup> amount/position depending on flavour, <sup>o</sup>only present in the "Strawberry" flavour <sup>†</sup>only present in the flavour "Chocolate", <sup>†</sup>not present in the flavour "Chocolate" <sup>†</sup>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

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