



# Fresubin® 2 kcal DRINK

High protein, high energy complete drink with variety

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 restriction

Contains 400 kcal in one bottle, which is the minimum effective dose needed to improve patient outcomes<sup>12</sup>



High protein content contributes to clinical, functional and nutritional benefits<sup>3</sup>

High Vitamin D content: 10 µg/200 mL  
For bone health and prevention of fractures and falls<sup>4,5</sup>

Fibre free for patients who cannot tolerate fibre

# Fresubin® 2 kcal DRINK

Available in **four** delicious flavours  
in 200 mL EasyBottle

## Nutritional Information

| Average content                      |                            | Fresubin 2 kcal DRINK |           |                 |
|--------------------------------------|----------------------------|-----------------------|-----------|-----------------|
|                                      |                            | MedPass Cup 60 mL     | 100 mL    | bottle = 200 mL |
| Energy value                         | kJ (kcal)                  | 504 (120)             | 840 (200) | 1680 (400)      |
| <b>Fat (35% Energy)</b>              | g                          | 4.7                   | 7.8       | 15.6            |
| of which SFA*                        | g                          | 0.36                  | 0.6       | 1.2             |
| of which MUFA**                      | g                          | 3.5                   | 5.8       | 11.6            |
| of which PUFA***                     | g                          | 0.84                  | 1.4       | 2.8             |
| <b>Carbohydrate (45% Energy)</b>     | g                          | 13.5                  | 22.5      | 45              |
| of which sugars                      | g                          | 3.1                   | 5.1       | 10.2            |
| of which lactose                     | g                          | <0.18                 | ≤ 0.3     | ≤ 0.6           |
| <b>Fibre (1.5% Energy)</b>           | g                          | 0                     | 0         | 0               |
| <b>Protein (20% Energy)</b>          | g                          | 6                     | 10        | 20              |
| <b>Water</b>                         | mL                         | 40.1-42               | 68-70     | 136-140         |
| <b>Osmolarity</b>                    | mosmol/L                   |                       | 495-640   |                 |
| <b>Osmolality</b>                    | mosmol/kg H <sub>2</sub> O |                       | 720-920   |                 |
| <b>Minerals and trace elements</b>   |                            |                       |           |                 |
| Sodium                               | mg                         | 36                    | 60        | 120             |
| Chloride                             | mg                         | 48                    | 80        | 160             |
| Potassium                            | mg                         | 96                    | 160       | 320             |
| Calcium                              | mg                         | 123                   | 205       | 410             |
| Phosphorus                           | mg                         | 72                    | 120       | 240             |
| Magnesium                            | mg                         | 9.6                   | 16        | 32              |
| Iron                                 | mg                         | 1.5                   | 2.5       | 5               |
| Zinc                                 | mg                         | 0.96                  | 1.6       | 3.2             |
| Copper                               | µg                         | 225                   | 375       | 750             |
| Iodine                               | µg                         | 22.5                  | 37.5      | 75              |
| Selenium                             | µg                         | 8.1                   | 13.5      | 27              |
| Manganese                            | mg                         | 0.3                   | 0.5       | 1               |
| Chromium                             | µg                         | 7.5                   | 12.5      | 25              |
| Molybdenum                           | µg                         | 11.3                  | 18.8      | 37.6            |
| Fluoride                             | mg                         | 0.15                  | 0.25      | 0.5             |
| <b>Vitamins</b>                      |                            |                       |           |                 |
| Vitamin A                            | µg RE°                     | 127.5                 | 212.5     | 425             |
| of which β-Carotene                  | µg RE°                     | 37.5                  | 62.5      | 125             |
| Vitamin D <sub>3</sub>               | µg                         | 3                     | 5         | 10              |
| Vitamin E                            | mg α-TE°°                  | 2.25                  | 3.75      | 7.5             |
| Vitamin K <sub>1</sub>               | µg                         | 12.6                  | 21        | 42              |
| Vitamin C                            | mg                         | 11.3                  | 18.8      | 37.6            |
| Thiamin (vitamin B <sub>1</sub> )    | mg                         | 0.18                  | 0.3       | 0.6             |
| Riboflavin (vitamin B <sub>2</sub> ) | mg                         | 0.24                  | 0.4       | 0.8             |
| Vitamin B <sub>6</sub>               | mg                         | 0.25                  | 0.43      | 0.86            |
| Niacin                               | mg NE°°°                   | 3.35                  | 5.58      | 11.2            |
| Folic Acid                           | µg                         | 37.5                  | 62.5      | 125             |
| Vitamin B <sub>12</sub>              | µg                         | 0.45                  | 0.75      | 1.5             |
| Pantothenic Acid                     | mg                         | 0.9                   | 1.5       | 3               |
| Biotin                               | µg                         | 5.64                  | 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)



## General Information

### Food for special medical purposes:

Nutritionally complete, high-caloric (2.0 kcal/mL), high protein (20 g/bottle) oral nutritional supplement. For the dietary management of patients with or at risk of malnutrition in particular for patients with increased energy and protein needs and/or fluid restriction.

### Dosage:

To be determined by a healthcare 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:

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

### 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 2 kcal DRINK^.

^Cappuccino flavour contains traces of caffeine (0.52 mg/100 mL).

## Ingredients

**Fresubin 2 kcal DRINK Vanilla:** Water, glucose syrup, vegetable oils (high-oleic sunflower oil, rapeseed oil), edible calcium caseinate (from milk), milk proteins, sugar, maltodextrin, potassium citrate, flavouring, emulsifiers (E 471, soya lecithins), potassium carbonate, acidity regulator (E 507), sodium chloride, sodium carbonate, vitamin C, magnesium oxide, ferric diphosphate, zinc sulphate, niacin, manganese chloride, pantothenic acid, vitamin E, cupric sulphate, riboflavin, vitamin B<sub>6</sub>, thiamin, sodium fluoride, beta-carotene, vitamin A, folic acid, chromium chloride, sodium molybdate, potassium iodide, sodium selenite, vitamin K, biotin, vitamin D, vitamin B<sub>12</sub>.

**Allergen Information: Contains milk and Soy. Low lactose and gluten free.**

**Halal & Kosher certified.**

Product ingredients for one flavour only. Detailed ingredient lists of the other flavours can be requested from [ensupport-anz@fresenius-kabi.com](mailto:ensupport-anz@fresenius-kabi.com)

## Flavours

Vanilla, Cappuccino, Apricot-Peach, Toffee.

## References

1. Milne AC, Potter J, Vivanti A, Avenell A: Protein and energy supplementation in elderly people at risk from malnutrition. *Cochrane.Database.Syst.Rev* 2009, CD003288. 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 et al. A systematic review of compliance to oral nutritional supplements. *Clin Nutr* 2012, 31: 293-312. 6. National Health and Medical Research Council: Nutrient Reference Values Australia and New Zealand. <https://www.eatforhealth.gov.au/nutrient-reference-values>. Accessed May, 2023.