



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 outcomes¹²



High protein content 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 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)
Fat (35% Energy)	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
Carbohydrate (45% Energy)	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
Fibre (1.5% Energy)	g	0	0	0
Protein (20% Energy)	g	6	10	20
Water	mL	40.1-42	68-70	136-140
Osmolarity	mosmol/L		495-640	
Osmolality	mosmol/kg H ₂ O		720-920	
Minerals and trace elements				
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
Vitamins				
Vitamin A	µg RE°	127.5	212.5	425
of which β-Carotene	µg RE°	37.5	62.5	125
Vitamin D ₃	µg	3	5	10
Vitamin E	mg α-TE°°	2.25	3.75	7.5
Vitamin K ₁	µg	12.6	21	42
Vitamin C	mg	11.3	18.8	37.6
Thiamin (vitamin B ₁)	mg	0.18	0.3	0.6
Riboflavin (vitamin B ₂)	mg	0.24	0.4	0.8
Vitamin B ₆	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 ₁₂	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 B₆, thiamin, sodium fluoride, beta-carotene, vitamin A, folic acid, chromium chloride, sodium molybdate, potassium iodide, sodium selenite, vitamin K, biotin, vitamin D, vitamin B₁₂.

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

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, Hebuerne 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.