

Fresubin® Thickened

Patient name:

Bottles per day:

Flavour preferences:

Dietitian:

Contact No:

Nutritional Information

NUTRITIONAL COMPOSITION	Per 100ml
ENERGY kcal (kJ)	150 (630)
PROTEIN g	10
CARBOHYDRATE g	12
Of which sugars g	7.3/6.6 ²
Of which lactose g	≤0.7
FAT g	6.7
Of which saturated fatty acids g	0.5
Of which monounsaturated fatty acids g	5
Of which polyunsaturated fatty acids g	1.2
FIBRE g	0.83
SALT g (Na x 2.5)	0.13
WATER ml	79
OSMOLARITY mosmol/l	430
OSMOLALITY mosmol/kg H ₂ O	550

MINERALS AND TRACE ELEMENTS	Per 100ml
SODIUM mg (mmol)	52 (2.3)
POTASSIUM mg (mmol)	140 (3.6)
CHLORIDE mg (mmol)	80 (2.3)
CALCIUM mg (mmol)	200 (5)
PHOSPHORUS mg (mmol)	120 (3.9)
MAGNESIUM mg (mmol)	27 (1.1)
IRON mg	2.5
ZINC mg	2
COPPER µg	375
MANGANESE mg	0.5
IODINE µg	37.5
CHROMIUM µg	12.5
MOLYBDENUM µg	18.8
FLUORIDE mg	0.25
SELENIUM µg	13.5

VITAMINS AND OTHER NUTRIENTS*	Per 100ml
VITAMIN A µgRE	213
of which β-carotene µg RE	63
VITAMIN D ₃ µg	2.5
VITAMIN E mgα.TE	3.75
VITAMIN K ₁ µg	21
VITAMIN B ₁ mg	0.3
VITAMIN B ₂ mg	0.4
NIACIN mg	1.5(3.2mg NE)
VITAMIN B ₆ mg	0.43
VITAMIN B ₁₂ µg	0.75
PANTOTHENIC ACID mg	1.5
BIOTIN µg	9.4
FOLIC ACID µg	62.5
VITAMIN C mg	18.8

¹ Level 2 vanilla flavour, Level 3 strawberry and vanilla flavour
² Level 2 strawberry flavour

INGREDIENTS

Vanilla flavour - Level 2
Water, milk protein, sucrose, vegetable oils (sunflower oil, rapeseed oil), maltodextrin, inulin (from chicory), flavouring, potassium citrate, thickeners (E1442, E407), emulsifiers (E471, soya lecithins), sodium chloride, vit. C, magnesium oxide, magnesium citrate, iron pyrophosphate, zinc sulphate, niacin, manganese chloride, pantothenic acid, vit. E, copper sulphate, vit. B₂, vit A, vit B₆, sodium fluoride, vit. B₁, β-carotene, folic acid, chromium chloride, sodium molybdate, sodium selenite, potassium iodide, vit. K₁, biotin, vit. D₃, vit. B₁₂.

Wild Strawberry flavour - Level 2
Water, milk protein, sucrose, vegetable oils (sunflower oil, rapeseed oil), maltodextrin, inulin (from chicory), flavourings, potassium citrate, thickeners (E1442, E407), emulsifiers (E471, soya lecithins), beetroot powder, sodium chloride, vit. C, magnesium oxide, magnesium citrate, iron pyrophosphate, zinc sulphate, niacin, manganese chloride, pantothenic acid, vit. E, copper sulphate, vit. B₂, vit A, vit B₆, sodium fluoride, vit. B₁, β-carotene, folic acid, chromium chloride, sodium molybdate, sodium selenite, potassium iodide, vit. K₁, biotin, vit. D₃, vit. B₁₂.

Vanilla flavour - Level 3
Water, milk protein, sucrose, vegetable oils (sunflower oil, rapeseed oil), maltodextrin, inulin (from chicory), flavouring, potassium citrate, thickeners (E1442, E407), emulsifiers (E471, soya lecithins), sodium chloride, vit. C, magnesium oxide, magnesium citrate, iron pyrophosphate, zinc sulphate, niacin, manganese chloride, pantothenic acid, vit. E, copper sulphate, vit. B₂, vit A, vit B₆, sodium fluoride, vit. B₁, β-carotene, folic acid, chromium chloride, sodium molybdate, sodium selenite, potassium iodide, vit. K₁, biotin, vit. D₃, vit. B₁₂.

Wild Strawberry flavour - Level 3
Water, milk protein, sucrose, vegetable oils (sunflower oil, rapeseed oil), maltodextrin, inulin (from chicory), flavourings, potassium citrate, thickeners (E1442, E407), emulsifiers (E471, soya lecithins), beetroot powder, sodium chloride, vit. C, magnesium oxide, magnesium citrate, iron pyrophosphate, zinc sulphate, niacin, manganese chloride, pantothenic acid, vit. E, copper sulphate, vit. B₂, vit A, vit B₆, sodium fluoride, vit. B₁, β-carotene, folic acid, chromium chloride, sodium molybdate, sodium selenite, potassium iodide, vit. K₁, biotin, vit. D₃, vit. B₁₂.



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Fresubin® Thickened
Patient Information



Fresubin® Thickened

All about Fresubin® Thickened

This leaflet will answer some of the questions you may have about Fresubin® Thickened. If you have any other questions, you should contact your dietitian, speech and language therapist or doctor.

What is Fresubin® Thickened?

Fresubin® Thickened is an oral nutritional supplement which is classed as a Food for Special Medical Purposes, and should be used under medical supervision. It is intended for people who cannot meet their nutritional requirements through normal foods.

What does Level 2 and 3 mean?

Your swallow will be assessed by a speech and language therapist who may recommend changes to the consistency of drinks to make swallowing safer. An IDDSI Level 2* is a mildly thick consistency or an IDDSI Level 3** is a moderately thick consistency.

What does Fresubin® Thickened contain?

Fresubin Thickened is made up of many nutrients that are important as part of a balanced diet. These include protein (milk), vegetable oils (rapeseed oil, sunflower oil), carbohydrates, vitamins, minerals and trace elements. Fresubin Thickened is also gluten and lactose free.

What flavours are available?

Level 2 and Level 3 are both available in two delicious flavours:

- Vanilla
- Wild Strawberry

* International Dysphagia Diet Standardisation Initiative (IDDSI) Level 2
** International Dysphagia Diet Standardisation Initiative (IDDSI) Level 3

Fresubin® Thickened

How much Fresubin® Thickened should I take?

Your dietitian or healthcare professional will advise you about the amount you should be taking.

When should I take Fresubin® Thickened?

This is really up to you. However, you may be advised to take it in between meals and in the evening so you can manage to eat normal meals as well. Many people like to sip Fresubin Thickened rather than drink it all at once.

How should I take Fresubin® Thickened?

Fresubin Thickened is ready to drink and presented in a 200ml bottle. You can drink it directly from the bottle or pour it into a glass. It should be served at room temperature and shaken gently before use. For further information on how you should take Fresubin Thickened you should speak to your speech and language therapist.

Can Fresubin® Thickened be frozen?

Freezing is **not** recommended as it may change the consistency.

Can Fresubin® Thickened be warmed or boiled?

Heating is **not** recommended as it may change the consistency.

Can Fresubin® Thickened be flavoured?

Adding flavouring or adding to other foods or fluids is **not** recommended as it may change the consistency.

How should I store Fresubin® Thickened?

Unopened bottles can be kept at room temperature. Once opened refrigerate and use within 24 hours.

Ingredients and allergens:

Contains milk and soya.

Product Information

PRESENTATION

200ml bottle available in vanilla and wild strawberry flavour.

High protein, high energy (1.5kcal/ml) thickened oral nutritional supplement with fibre. Level 2 (mildly thick) and Level 3 (moderately thick).

Gluten and lactose free.

CONTRA-INDICATIONS

For enteral use only
Not suitable where enteral nutrition is not permitted
Not suitable for children under three years of age
Not suitable for patients with galactosaemia

PRECAUTIONS

Must only be used under medical supervision
Use with caution in children under 6 years
Ensure adequate fluid intake
Not suitable as a sole source of nutrition

INDICATIONS FOR USE

For the dietary management of patients with or at risk of disease related malnutrition, in particular with dysphagia and/or increased protein and energy needs.

Fresubin® Thickened is a Food for Special Medical Purposes.

DOSAGE

Dosage should be calculated by a clinician or dietitian according to individual requirements. Recommendation for supplementary nutrition 2-3 bottles (600-900kcal)/ day. Drink slowly. Best served at room temperature.

STORAGE

Store in a cool place, do not store above 25°C. Once opened, can be stored for up to 24 hours in a refrigerator. Shake gently before use.

ENERGY DISTRIBUTION

Protein 27%
Fat 40%
Carbohydrate 32%
Fibre 1%