

Fresubin® YOcrème



All about Fresubin® YOcrème

This leaflet will answer some of the questions you may have about Fresubin YOcrème. If you have any other questions, you should contact your dietitian, doctor or other healthcare professional.

What is Fresubin® YOcrème?

Fresubin® YOcrème is a nutritionally complete high calorie (1.5kcal/ml), high protein oral nutritional supplement, low in fibre. Fresubin® YOcrème is a Food for Special Medical Purposes and should be used under medical supervision.

What does Fresubin® YOcrème contain?

Fresubin® YOcrème is made up of many nutrients that are essential in a healthy, balanced diet. These include protein (milk), vegetable oils (sunflower and rapeseed oil), carbohydrates (sucrose, lactose, starch, maltodextrin), fibre (pectin), vitamins, minerals and trace elements.

What flavours are available?

There are four delicious flavours to choose from:

- Lemon
- Raspberry
- Apricot-peach
- Biscuit

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How much Fresubin® YOcrème should I take?

Your dietitian or healthcare professional will advise you about the amount you should be taking. As a guide, for supplementary nutrition 4 cups will provide you with 750kcal/day.

When should I take Fresubin® YOcrème?

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.

How should I take Fresubin® YOcrème?

Fresubin® YOcrème is a spoonable nutritional supplement, so it can be eaten straight from the pot. It is recommended that it is served chilled and stirred gently before enjoying.

How should I store Fresubin® YOcrème?

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

Ingredients and allergens:

Contains milk, lactose and soya. Free from gluten, wheat, egg, fish and nut.



Additional information

Patient name:

Cups per day:

Flavour preferences:

Dietitian:

Contact No:



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Fresenius Kabi Limited,
Cestrian Court, Eastgate Way, Manor Park,
tel: 01928 533 533
Runcorn, Cheshire WA7 1NT
Email: scientific.affairsUK@fresenius-kabi.com
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