

# FRESUBIN® THICKENED Level 3

## DESCRIPTION

Fresubin® Thickened is a high calorie (1.5kcal/ml), high protein (27% energy) thickened (level 3\*) oral nutritional supplement with fibre.

## PRESENTATION

200ml bottle available in vanilla and wild strawberry flavour.

## 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 Level 3 is a Food for Special Medical Purposes.

Fresubin® Thickened Level 3 is prescribable on FP10/GP10 for the following indications: For the dietary management of disease related malnutrition and dysphagia.

## 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.

## PACK SIZE

4 x 200ml bottles.

## SHELF LIFE

12 months from the date of manufacture.

## ENERGY DISTRIBUTION

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

## ORDER CODES

Vanilla 7957601

Wild Strawberry 7958601

## INGREDIENTS

### 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 lecithin](#)), sodium chloride, vit. C, magnesium oxide, magnesium citrate, iron pyrophosphate, zinc sulphate, niacin, manganese chloride, pantothenic acid, vit. E, copper sulphate, vit. B<sub>2</sub>, vit A, vit B<sub>6</sub>, sodium fluoride, vit. B<sub>1</sub>, β-carotene, folic acid, chromium chloride, sodium molybdate, sodium selenite, potassium iodide, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>12</sub>.

### Wild Strawberry 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 lecithin](#)), beetroot powder, sodium chloride, vit. C, magnesium oxide, magnesium citrate, iron pyrophosphate, zinc sulphate, niacin, manganese chloride, pantothenic acid, vit. E, copper sulphate, vit. B<sub>2</sub>, vit A, vit B<sub>6</sub>, sodium fluoride, vit. B<sub>1</sub>, β-carotene, folic acid, chromium chloride, sodium molybdate, sodium selenite, potassium iodide, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>12</sub>.

Also available:

Fresubin® Thickened Level 2

\* International Dysphagia Diet Standardisation Initiative (IDDSI)

NUTRITIONAL COMPOSITION	Per 100ml	Per 200ml
ENERGY kcal (kJ)	150 (630)	300 (1260)
PROTEIN g	10	20
CARBOHYDRATE g	12	24
Of which sugars g	7.3	14.6
Of which lactose g	≤0.7	≤1.4
FAT g	6.7	13.4
Of which saturated fatty acids g	0.5	1
Of which monounsaturated fatty acids g	5	10
Of which polyunsaturated fatty acids g	1.2	2.2
FIBRE g	0.83	1.66
SALT g (Na x 2.5)	0.13	0.26
WATER ml	79	158
OSMOLARITY mosmol/l		430
OSMOLALITY mosmol/kg H <sub>2</sub> O		550

MINERALS AND TRACE ELEMENTS	Per 100ml	Per 200ml
SODIUM mg (mmol)	52 (2.3)	120 (4.6)
POTASSIUM mg (mmol)	140 (3.6)	280 (7.2)
CHLORIDE mg (mmol)	80 (2.3)	160 (4.6)
CALCIUM mg (mmol)	200 (5)	400 (10)
PHOSPHORUS mg (mmol)	120 (3.9)	240 (7.8)
MAGNESIUM mg (mmol)	27 (1.1)	54 (2.2)
IRON mg	2.5	5
ZINC mg	2	4
COPPER µg	375	750
MANGANESE mg	0.5	1
IODINE µg	37.5	75
CHROMIUM µg	12.5	25
MOLYBDENUM µg	18.8	37.6
FLUORIDE mg	0.25	0.5
SELENIUM µg	13.5	27

VITAMINS AND OTHER NUTRIENTS*	Per 100ml	Per 200ml
VITAMIN A µgRE	213	426
of which β-carotene µg RE	63	126
VITAMIN D <sub>3</sub> µg	2.5	5
VITAMIN E mgαTE	3.75	7.5
VITAMIN K <sub>1</sub> µg	21	42
VITAMIN B <sub>1</sub> mg	0.3	0.6
VITAMIN B <sub>2</sub> mg	0.4	0.8
NIACIN mg	1.5 (3.2mg NE)	3.0(6.4mg NE)
VITAMIN B <sub>6</sub> mg	0.43	0.86
VITAMIN B <sub>12</sub> µg	0.75	1.5
PANTOTHENIC ACID mg	1.5	3
BIOTIN µg	9.4	18.8
FOLIC ACID µg	62.5	125
VITAMIN C mg	18.8	37.6

<sup>1</sup> Vanilla flavour

<sup>2</sup> Wild strawberry flavour

TYPICAL FATTY ACID PROFILE	g Per 100ml
C16:0 Palmitic acid	0.25
C18 Stearic acid	0.18
C18:1 n9 Oleic acid	4.60
C18:2 n6 Linoleic acid	0.91
C18:3 n3 alpha-Linolenic acid	0.20

TYPICAL AMINO ACID PROFILE	g Per 100ml
<b>ESSENTIAL</b>	
Histidine	0.3
Isoleucine	0.58
Leucine	1.01
Lysine	0.85
Methionine	0.29
Phenylalanine	0.51
Threonine	0.49
Tryptophan	0.10
Valine	0.72

<b>CONDITIONALLY ESSENTIAL</b>	
Cysteine	0.07
Tyrosine	0.55
Taurine	-
Glycine	0.19
Arginine	0.37
Glutamine	0.76
Proline	1.01
<b>NON-ESSENTIAL</b>	
Aspartic acid and asparagine	0.95
Glutamic acid	1.05
Alanine	0.33
Serine	0.61

TYPICAL CARBOHYDRATE PROFILE	g Per 100ml
Glucose	0.07
Fructose	0.02
Maltose	0.10
Sucrose	6.73
Lactose	0.36
Oligosaccharides and Polysaccharides	3.9
Starch	0.78