



Fresubin® PLANT-BASED

100% plant-based nutrition: Empowering your patient's choices in tube feeding

1,5 kcal/ml high energy and high protein, plant-based tube feed with fibre for the dietary management in case or at risk of malnutrition, esp. with increased energy and protein needs.

Suitable for all types of plant-based diets, flexitarian, vegetarian and vegan

For Healthcare Professionals only.



VEGAN



High in protein (20 energy% = 37,5 g/bag) sourced from high-quality soy protein, which contributes to clinical, functional and nutritional benefits ¹⁻³

High vitamin D with 19 µg per bag to support bone health and help reduce risk of fractures ⁴

Complete nutrition* which includes vegan sourced vitamins, minerals and trace elements needed to support plant-based nutritional requirements ⁵

With fibre to maintain gut physiology ⁶

* With all macro- and micronutrients, according to legal requirements

** Naturally free of as recipe does not contain animal-origin ingredients



Nutritional Information

Nutrition values

		per 100 ml	bag = 500 ml
Energy	kJ (kcal)	630 (150)	3150 (750)
Fat	g	5,7	28,5
of which saturates	g	0,4	2,0
of which mono-unsaturates	g	3,8	19
of which polyunsaturates	g	1,5	7,5
Carbohydrate	g	16,1	80,5
of which sugars	g	6,3	31,5
Fibre	g	2,3	11,5
Protein	g	7,5	37,5
Salt	g	0,30	1,50
Vitamins			
Vitamin A	µg RE ^o	139	695
of which β-Carotene	µg RE ^o	34	170
Vitamin D	µg	3,8	19
Vitamin E	mg α-TE ^{oo}	2,7	13,5
Vitamin K	µg	9,8	49
Vitamin C	mg	20	100
Thiamin	mg	0,23	1,15
Riboflavin	mg	0,24	1,20
Niacin	mg/mg NE ^{ooo}	2,6/4,3	13,0/21,5
Vitamin B ₆	mg	0,27	1,35
Folic acid	µg	31,5	157,5
Vitamin B ₁₂	µg	0,60	3,0
Biotin	µg	6,8	34,0
Pantothenic acid	mg	0,90	4,50
Minerals and trace elements			
Sodium	mg	120	600
Potassium	mg	240	1200
Chloride	mg	180	900
Calcium	mg	128	640
Phosphorus	mg	100	500
Magnesium	mg	27,5	137,5
Iron	mg	2,0	10,0
Zinc	mg	2,1	10,5
Copper	mg	0,24	1,20
Manganese	mg	0,51	2,55
Fluoride	mg	0,22	1,10
Selenium	µg	10	50
Chromium	µg	11	55
Molybdenum	µg	16	80
Iodine	µg	22,4	112,0
Choline	mg	40	200
Osmolarity	mosmol/l	705	
Water	ml	86	430

Caloric distribution (kJ%)

Fat 34, carbohydrate 43, fibre 3, protein 20

^o retinol equivalents (RE), ^{oo} alpha-tocopherol equivalents (α-TE), ^{ooo} niacin equivalents (NE)

General Information

Food for special medical purposes.

For the dietary management in case / at risk of malnutrition, esp. with increased energy and protein needs. Nutritionally complete, high energy (1,5 kcal/ml), high protein tube feed with 100 % plant protein (soy), with fibre. High in vitamin D, suitable for vegans. Free from milk protein, lactose and gluten.

Dosage:

≥ 1000 ml (1500 kcal)/day for complete nutrition, or as advised by a healthcare professional.

Important notice:

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. Ensure adequate fluid intake.

Instruction for use:

Recommended tube size is ≥ CH 12 for pump assisted and gravity feeding. Store at room temperature. Once opened, use within 24 hours. Shake well before use. Do not use if bag is damaged or swollen or content is coagulated. Do not mix with drugs.

Not for parenteral (I.V.) use.

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® PLANT-BASED.

Ingredients

Water, glucose syrup, soya protein, rapeseed oil, sugar, wheat dextrin, inulin, cellulose, potassium carbonate, emulsifier (soya lecithins), potassium chloride, choline bitartrate, calcium chloride, sodium chloride, stabilisers (E 460, E 466, E 407), potassium citrate, magnesium oxide, vitamin C, zinc sulphate, acidity regulator (E 524), ferrous sulphate, niacin, manganese chloride, pantothenic acid, thiamin, vitamin E, sodium fluoride, vitamin B₆, riboflavin, cupric sulphate, vitamin A, beta-carotene, chromium chloride, folic acid, potassium iodide, sodium selenite, biotin, vitamin K, vitamin D, vitamin B₁₂.

Detailed nutrition information can be found at www.fresubin.com

1) Cauwood, A. L. (2012). Systematic review and meta-analysis of the effects of high protein oral nutritional supplements. *Ageing Res Rev*, 11(2), 278-296. 2) Messina, M. (2022). The health effects of soy: a reference guide for health professionals. *Frontiers in Nutrition*, 9. 3) Herremans, L., Nommensen, P., Pennings, B. & Laus, M. C. (2020). Comprehensive overview of the quality of plant and animal sourced proteins based on the digestible indispensable amino acid score. *Food science & nutrition*, 8(10), 5379-4. Elorinne AL, Alfhani G, Erlund I, Kivimäki H, Paju A, Salminen I, et al. Food and nutrient intake and nutritional status of Finnish vegans and non-vegetarians. *PLoS One* 2016;11:e0148235 5) *Alternative Protein Sources: Balancing Food Innovation, Sustainability, Nutrition, and Health: Proceedings of a Workshop, National Academies of Sciences, Engineering, and Medicine; Health and Medicine Division; Food and Nutrition Board; Food Forum; Nicholson A, editor. Washington (DC): National Academies Press (US); 2023 May 2 6) Green, C. J. (2001). Fibre in enteral nutrition. *Clinical Nutrition*, 20, 23-39. <https://doi.org/10.1054/clin.2001.0425>*