

# FRESUBIN® ORIGINAL DRINK



### DESCRIPTION

A flavoured liquid consisting of protein (milk), vegetable oils (rapeseed and sunflower oils), carbohydrate (maltodextrin and sucrose), vitamins, minerals and trace elements. Lactose and gluten free.

### PRESENTATION

Fresubin® Original Drink is a nutritionally complete 1kcal/ml oral nutritional supplement, fibre free\*. Fresubin® Original Drink is available in a choice of five flavours: Vanilla, Nut, Chocolate, Peach, and Blackcurrant.

\*Chocolate flavour contains traces of fibre from cocoa.

### CONTRA-INDICATIONS

FOR ENTERAL USE ONLY  
NOT SUITABLE WHERE ENTERAL NUTRITION IS NOT PERMITTED  
NOT SUITABLE FOR CHILDREN UNDER THREE YEARS  
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

### INDICATIONS FOR USE

For the dietary management of patients with or at risk of disease related malnutrition.

Fresubin® Original Drink is a Food for Special Medical Purposes.

Fresubin® Original Drink is prescribable on FPI0/GPI0 for the following indications: For the dietary management of disease related malnutrition, short bowel syndrome, intractable malabsorption, pre-operative preparation of malnourished patient, dysphagia, proven inflammatory bowel disease, following total gastrectomy, bowel fistula.

### DOSAGE

Dosage should be calculated by a clinician or dietitian according to individual requirements.

Recommendation for supplementary nutrition 2-3 bottles (400-600kcal)/ day, for complete nutrition 7-8 bottles (1400-1600 kcal)/ day.

### 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 well before use.  
Drink slowly.

### PACK SIZE

24 x 200ml bottles.

### SHELF LIFE

12 months from date of manufacture.

### ENERGY DISTRIBUTION

Protein 15% Fat 30% Carbohydrate 55% Fibre 0%

### ORDER CODES

Nut 200ml 7820601	Blackcurrant 200ml 7821601
Vanilla 200ml 7808601	Peach 200ml 7818601
Chocolate 200ml 7813601	

### INGREDIENTS

#### Blackcurrant Flavour

Water, maltodextrin, milk protein, vegetable oils (rapeseed oil, sunflower oil), sucrose, soya protein, flavourings, sodium citrate, magnesium chloride, emulsifiers (soya lecithin, E471), potassium chloride, vit. C, beetroot powder, calcium phosphate, choline hydrogen tartrate, calcium lactate, potassium hydrogen phosphate, thickener (E415), iron sulphate, potassium citrate, zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B<sub>2</sub>, vit. B<sub>6</sub>, sodium fluoride, β-carotene, vit. B<sub>12</sub>, vit. A, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>9</sub>.

#### Chocolate Flavour

Water, maltodextrin, sucrose, milk protein, vegetable oils (rapeseed oil, sunflower oil), chocolate powder (cocoa powder, sucrose, sodium chloride, flavourings with milk), soya protein, emulsifiers (soya lecithin, E471), sodium citrate, potassium chloride, magnesium chloride, vit. C, choline hydrogen tartrate, thickener (E415), calcium phosphate, calcium lactate, flavouring, iron sulphate, potassium citrate, zinc sulphate, magnesium oxide, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B<sub>2</sub>, vit. B<sub>6</sub>, sodium fluoride, β-carotene, vit. B<sub>12</sub>, vit. A, folic acid, potassium iodide, sodium molybdate, sodium selenite, vit. K<sub>1</sub>, chromium chloride, biotin, vit. D<sub>3</sub>, vit. B<sub>9</sub>.

#### Nut Flavour

Water, maltodextrin, milk protein, vegetable oils (rapeseed oil, sunflower oil), sucrose, flavourings (contain maltodextrin from wheat, hazelnut), soya protein, sodium citrate, potassium chloride, emulsifiers (soya lecithin, E471), potassium hydrogen phosphate, magnesium citrate, vit. C, acidity regulators (E332, E330), choline hydrogen tartrate, thickener (E415), magnesium oxide, iron sulphate, potassium citrate, zinc sulphate, calcium phosphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B<sub>2</sub>, vit. B<sub>6</sub>, sodium fluoride, β-carotene, vit. B<sub>12</sub>, vit. A, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>9</sub>.

#### Peach Flavour

Water, maltodextrin, milk protein, vegetable oils (rapeseed oil, sunflower oil), sucrose, soya protein, flavourings, sodium citrate, potassium chloride, emulsifiers (soya lecithin, E471), potassium hydrogen phosphate, paprika extract, magnesium citrate, vit. C, acidity regulators (E330), choline hydrogen tartrate, thickener (E415), magnesium oxide, iron sulphate, potassium citrate, zinc sulphate, calcium phosphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B<sub>2</sub>, vit. B<sub>6</sub>, sodium fluoride, β-carotene, vit. B<sub>12</sub>, vit. A, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>9</sub>.

#### Vanilla Flavour

Water, maltodextrin, milk protein, vegetable oils (rapeseed oil, sunflower oil), sucrose, soya protein, flavouring, sodium citrate, potassium chloride, emulsifiers (soya lecithin, E471), potassium hydrogen phosphate, magnesium citrate, vit. C, magnesium oxide, acidity regulators (E330), choline hydrogen tartrate, thickener (E415), iron sulphate, potassium citrate, zinc sulphate, calcium phosphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B<sub>2</sub>, vit. B<sub>6</sub>, sodium fluoride, β-carotene, vit. B<sub>12</sub>, vit. A, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>9</sub>.

### Date of Preparation:

September 2019 EN/Gen/014.19

NUTRITIONAL COMPOSITION	Per 100ml	Per 200ml
ENERGY kcal (kJ)	100 (420)	200 (840)
PROTEIN g	3.8	7.6
CARBOHYDRATE g	13.8/13.6 <sup>5</sup>	27.6/27.2 <sup>5</sup>
Of which sugars g	3.5 <sup>2,3</sup> , 3.8 <sup>4</sup> , 4.9 <sup>5</sup>	7 <sup>2,3</sup> , 7.6 <sup>4</sup> , 9.8 <sup>5</sup>
Of which lactose g	≤0.03	≤0.06
FAT g	3.4	6.8
Of which saturated fatty acids g	0.3	0.6
Of which monounsaturated fatty acids g	2.2	4.4
Of which polyunsaturated fatty acids g	0.9	1.8
FIBRE g	0, 0.35 <sup>5</sup>	0, 0.7 <sup>5</sup>
SALT g (Na x 2.5)	0.19	0.38
WATER ml	84	168
OSMOLARITY mosmol/l	330	
OSMOLALITY mosmol/kg H <sub>2</sub> O	380	

MINERALS AND TRACE ELEMENTS	Per 100ml	Per 200ml
SODIUM mg (mmol)	75 (3.3)	150 (6.6)
POTASSIUM mg (mmol)	125 (3.2)	250 (6.4)
CHLORIDE mg (mmol)	85 (2.4)	170 (4.8)
CALCIUM mg (mmol)	60 (1.5)	120 (3)
PHOSPHORUS mg (mmol)	47 (1.5)	94 (3)
MAGNESIUM mg (mmol)	20 (0.8)	40 (1.6)
IRON mg	2	4
ZINC mg	1.5	3
COPPER µg	300	600
MANGANESE mg	0.4	0.8
IODINE µg	30	60
CHROMIUM µg	10	20
MOLYBDENUM µg	15	30
FLUORIDE mg	0.2	0.4
SELENIUM µg	10	20

VITAMINS AND OTHER NUTRIENTS*	Per 100ml	Per 200ml
VITAMIN A µgRE	170	340
of which β-carotene µg RE	50	100
VITAMIN D <sub>3</sub> µg	2	4
VITAMIN E mgαTE	3	6
VITAMIN K <sub>1</sub> µg	16.7	33.4
VITAMIN B <sub>1</sub> mg	0.23	0.46
VITAMIN B <sub>2</sub> mg	0.32	0.64
NIACIN mg	1.1mg(1.73mg NE)	2.2mg(3.46mg NE)
VITAMIN B <sub>6</sub> mg	0.33	0.66
VITAMIN B <sub>12</sub> µg	0.6	1.2
PANTOTHENIC ACID mg	1.2	2.4
BIOTIN µg	7.5	15
FOLIC ACID µg	50	100
VITAMIN C mg	15	30
CHOLINE* mg	20	40

Flavour:

<sup>1</sup> Peach

<sup>2</sup> Vanilla

<sup>3</sup> Blackcurrant

<sup>4</sup> Nut

<sup>5</sup> Chocolate

TYPICAL FATTY ACID PROFILE	g Per 100ml
C16 Palmitic acid	0.16
C18 Stearic acid	0.08
C18:1 n-9 Oleic acid	2.04
C18:2 n-6 Linoleic acid	0.64
C18:3 n-3 α-Linolenic acid	0.24
Ratio n-6:n-3	2.6:1

TYPICAL AMINO ACID PROFILE	g Per 100ml
<b>ESSENTIAL</b>	
Histidine	0.13
Isoleucine	0.22
Leucine	0.39
Lysine	0.31
Methionine	0.11
Phenylalanine	0.20
Threonine	0.17
Tryptophan	0.04
Valine	0.29

<b>CONDITIONALLY ESSENTIAL</b>	
Cysteine	0.02
Tyrosine	0.21
Glycine	0.10
Arginine	0.17
Gutamine	0.41
Proline	
<b>NON-ESSENTIAL</b>	
Aspartic acid and asparagine	0.31
Glutamic acid	0.47
Alanine	0.14
Serine	0.25

TYPICAL CARBOHYDRATE PROFILE	CHOC	NUT	BPV
Glucose	0.13	0.16	0.16
Fructose	0	0	0
Maltose	0.22	0.26	0.27
Saccharose	4.50	3.30	3.0
Lactose	≤0.03	≤0.03	≤0.03
Oligo/Polysaccharides	8.72	10	10.3

Chocolate (CHOC), Nut (NUT), Blackcurrant, Peach, Vanilla (BPV)