



# Fresubin

## Energy / Energy Fibre

Ready to use in 1000 mL EasyBag



### Nutritional Information

Average content		Energy	Energy Fibre
		100 mL	100 mL
<b>Energy value</b>		630	630
		(150)	(150)
		(kJ)	(kcal)
<b>Fat (35% Energy)</b>	g	5.8	5.8
of which saturated fatty acids	g	0.5	0.5
of which monounsaturated fatty acids	g	3.7	3.7
of which polyunsaturated fatty acids	g	1.6	1.6
of which EPA* + DHA**	g	0.05	0.05
<b>Carbohydrate (50% Energy)</b>	g	18.8	18.0
of which sugars	g	1.15	1.2
of which lactose	g	≤ 0.05	≤ 0.03
<b>Fibre (2% Energy)</b>	g	0	1.5
<b>Protein (15% Energy)</b>	g	5.6	5.6
<b>Water</b>	mL	78	76
<b>Lactose Content</b>	g	≤ 0.05	≤ 0.03
<b>Gluten Content</b>	ppm	≤ 5	≤ 5
<b>Osmolarity</b>	mosmol/L	330	325
<b>Osmolality</b>	mosmol/kg H <sub>2</sub> O	430	430
<b>Minerals and trace elements</b>			
Sodium	mg/mmol	100/4.3	100/4.3
Potassium	mg/mmol	207/5.3	207/5.3
Chloride	mg/mmol	153/4.3	153/4.3
Calcium	mg/mmol	80/2.0	67/1.7
Magnesium	mg/mmol	27/1.1	24/1.0
Phosphorus	mg/mmol	63/2.0	53/1.7
Iron	mg	1.33	1.33
Zinc	mg	1.2	1.2
Copper	µg	130	130
Manganese	mg	0.27	0.27
Iodine	µg	13.3	13.3
Fluoride	mg	0.13	0.13
Chromium	µg	6.7	6.7
Molybdenum	µg	10	10
Selenium	µg	6.7	6.7
<b>Vitamins and other nutrients<sup>†</sup></b>			
Vitamin A	µg RE <sup>°</sup>	92	92
of which β-Carotene	µg RE <sup>°</sup>	22	22
Vitamin D <sub>3</sub>	µg	1.3	1.3
Vitamin E	mg α-TE <sup>°°</sup>	3.0	3.0
Vitamin K <sub>1</sub>	µg	6.67	6.67
Vitamin B <sub>1</sub>	mg	0.13	0.13
Vitamin B <sub>2</sub>	mg	0.17	0.17
Niacin	mg/mg NE <sup>°°°</sup>	1.6/2.6	1.6/2.9
Vitamin B <sub>6</sub>	mg	0.16	0.16
Vitamin B <sub>12</sub>	µg	0.27	0.27
Pantothenic acid	mg	0.47	0.47
Biotin	µg	5.0	5.0
Folic acid	µg	26.7	26.7
Vitamin C	mg	6.67	6.67
Choline <sup>†</sup>	mg	36.7	36.7

\*eicosapentaenoic acid \*\*docosahexaenoic acid  
<sup>°</sup>RE: retinol equivalents; <sup>°°</sup>α-TE: alpha-tocopherol equivalents;  
<sup>°°°</sup>NE: niacin equivalents

### Prescribing information

#### Food for special medical purposes:

Nutritionally complete tube feed, high-caloric (1.5 kcal/mL), Fresubin® Energy fibre free/Fresubin® Energy Fibre with fibre. Low in lactose and gluten. For the dietary management of patients with or at risk of malnutrition, in particular with high energy needs and/or fluid restriction.

#### Dosage:

To be used under medical supervision according to patients' needs. Recommendation for complete ≥ 1.5 L (2250 kcal)/day or supplementary nutrition ≥ 0.5 L (750 kcal)/day.

#### Important notes:

To be used under medical supervision. Monitor feeding rate. Suitable as sole source of nutrition. Not suitable for children < 3 years. Use with caution in children < 6 years. Not suitable for patients with galactosaemia. Ensure adequate fluid intake. **Not for parenteral (I.V.) use!**

#### Instruction for use:

Recommended tube size: ≥ CH 5 for pump assisted feeding, ≥ CH 8 for 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.

#### Contraindications:

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® Energy/Energy Fibre.

### Ingredients

**Fresubin® Energy:** Water, maltodextrin, milk protein, vegetable oils (rapeseed oil, sunflower oil), potassium citrate, emulsifiers (E 471, soya lecithin), fish oil, magnesium chloride, sodium citrate, potassium chloride, calcium phosphate, calcium chloride, choline hydrogen tartrate, vit. C, magnesium oxide, iron sulphate, zinc sulphate, niacin, vit. E, manganese chloride, pantothenic acid, sodium fluoride, vit. B<sub>2</sub>, copper sulphate, vit. B<sub>6</sub>, vit. B<sub>1</sub>, vit. A, β-carotene, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, biotin, vit. D<sub>3</sub>, vit. K<sub>1</sub> vit. B<sub>12</sub>. **Allergen Information: This product contains milk, soy and fish oil.**

**Fresubin® Energy Fibre:** Water, maltodextrin, vegetable oils (rapeseed oil, sunflower oil), milk protein, soya protein, inulin (from chicory), cellulose, wheat dextrin, potassium citrate, potassium chloride, fish oil, calcium carbonate, emulsifiers (E 471, soya lecithin), choline hydrogen tartrate, stabilisers (E 460, E 466), sodium chloride, magnesium oxide, vit. C, calcium phosphate, iron sulphate, zinc sulphate, niacin, vit. E, manganese chloride, pantothenic acid, vit. B<sub>1</sub>, sodium fluoride, vit. B<sub>2</sub>, vit. B<sub>6</sub>, copper sulphate, vit. A, β-carotene, folic acid, chromium chloride, potassium iodide, sodium selenite, sodium molybdate, biotin, vit. D<sub>3</sub>, vit. K<sub>1</sub> vit. B<sub>12</sub>. **Allergen Information: This product contains milk, soy, wheat and fish oil.**

### References

- 1) Simopoulos AP: Evolutionary Aspects of Diet - Essential Fatty Acids. In Fatty Acids - Physiological and Behavioral Functions. Edited by Mostofsky DI, Yehuda S, Salem N. Totowa, New Jersey: Humana Press; 2001:3-22.
- 2) Simopoulos AP: The omega-6/omega-3 fatty acid ratio, genetic variation, and cardiovascular disease. Asia Pac J Clin Nutr; 2008; Suppl 1: 131-4



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caring for life

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