

Fresubin® Clear Thickener

ENTERAL NUTRITION

Nutritional Information

Average content:

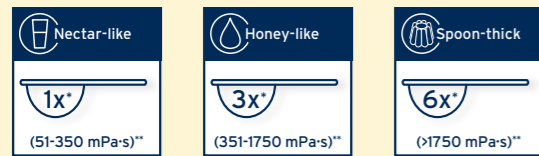
	1 levelled scoop (1.75 g)	100 g
Energy value	19.4 kJ (= 4.6 kcal)	1108 kJ (= 264 kcal)
Fat	0 g	0 g
of which saturated fatty acids	0 g	0 g
Carbohydrate	0.7 g	41.5 g
of which sugars	0.02 g	1.3 g
of which lactose	0 g	0 g
Fibre	0.8 g	48.0 g
Protein	0 g	0.5 g
Sodium (mmol)	27 mg (1.2)	1570 mg (68.3)
Potassium (mmol)	8.8 mg (0.2)	500 mg (12.8)
Phosphorus (mmol)	3.5 mg (0.1)	200 mg (6.5)

Other minerals, trace elements and vitamins are present in amounts that are not nutritionally relevant.

Caloric distribution (energy %):
Protein 0.7, fat 0, carbohydrate 62.9, fibre 36.4

Dosage

The viscosity required by the patient has to be determined by a health care professional.



Amounts of powder needed for thickening of 100 ml liquid.

* 1 levelled scoop = 1.75 g (Use enclosed scoop only)

**National Dysphagia Diet 2002, viscosity range at shear rate 50 s⁻¹, 25 °C⁷

Instructions for use

- Fill the desired amount of powder to a clean and dry container.
- Quickly add the liquid.
- For 20 seconds, stir thoroughly but cautiously (to avoid formation of bubbles) with a spoon in different directions.
- Let the product rest for 1 minute to allow maximum thickening.

Once prepared use promptly. Do not stir into drinks > 70 °C. Let hot drinks cool down if necessary. Stir or shake carbonated drinks to remove gas before thickening. To liquidize foods add an appropriate amount of fluid to ensure a smooth puree, add the required quantity of Fresubin® Clear Thickener to thicken to the desired consistency.

References:

1) Clave P et al, Aliment Pharmacol Ther, 2006; 24:1385-94. 2) Carrion S et al, Clin Nutr, Doi: 10.1016/j.clnu.2014.04.014 (Epub ahead of print). 3) Lundy D et al, Otolaryngol Head Neck Surg 1999; 120:478-4. 4) Bakheit AM: Postgraduate medical journal 2001; 77:694-699. 5) Steele C et al, Dysphagia. Doi: 10.1007/s00455-014-9578-x (Epub ahead of print). 6) Data on file; 7) National Dysphagia Diet Task Force. National Dysphagia Diet. Standardization for Optimal Care/American Dietetic Association. 2002.

Prescribing Information

Food for special medical purposes:

Instant food and beverage thickener. Unique amylase resistant blend combining the advantages of starch and gum. Clear results, tasteless, odourless. Rapid thickening and stable over time at constant temperature. Lactose and gluten free. Halal and kosher. For the dietary management of patients with dysphagia.

Dosage:

Use as required - the viscosity required by the patient has to be determined by a health care professional (See dosage section for viscosity stages). The quantity of Fresubin® Clear Thickener may vary to achieve the desired viscosity on a given food or beverage and a given temperature.

Important notes:

To be used under medical supervision. Not suitable as sole source of nutrition. For oral use only. Not suitable for children < 3 years. Intended for the use as a food and beverage thickener and as such not intended to contribute significantly to energy intake. Product contains fibre, sodium, potassium, and phosphorus, please consider for overall diet. Ensure adequate fluid intake.

Instructions for use:

Store dry and at room temperature. Reseal after opening. Once opened use within 2 months.

Contraindications:

Not suitable when enteral nutrition is not permitted, such as in acute gastrointestinal bleeding and ileus or if swallowing assessment reveals gross pharyngeal dysfunction with severe aspiration. Not suitable for patients with malassimilation or congenital inability to metabolise nutrients contained in Fresubin Clear Thickener.

Ingredients

Modified starch, xanthan, maltodextrin, modified cellulose, flavour



Fresubin® Clear Thickener

THE CLEAR SOLUTION FOR SAFE SWALLOWING



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Fresubin® Clear Thickener - the clear solution for safe swallowing

Dysphagia patients are at high risk of malnutrition and aspiration.¹

45% of elderly patients with oropharyngeal dysphagia present with malnutrition^{♦;2}

51% of patients with dysphagia suffer from aspiration^{♦;3}

Efficient nutritional therapy should be part of the overall therapeutic approach for dysphagia management.

The aims of dysphagia management are:⁴

- prevent aspiration
- maintain food and fluid intake
- correct nutritional deficiencies when present

- Texture modification of food and liquids is a key part of the dietary management of dysphagia patients to ensure safe swallowing.
- Thickening of food and liquids slows the speed of bolus transit through the oral and pharyngeal phases of swallowing therefore reducing aspiration.⁵

Fresubin® Clear Thickener

A unique blend of starch and gums ensuring:



Safe

Reliable

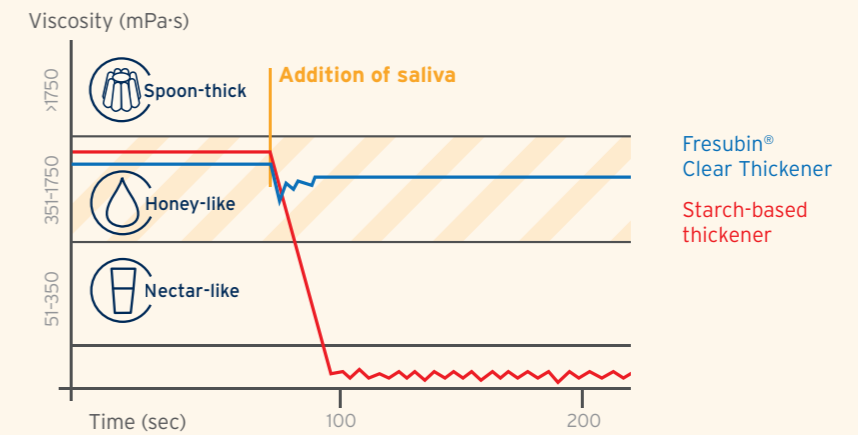
Efficient

- **Clear results** to support patient compliance
- **Rapid thickening and stable over time at constant temperature** to promote convenient use and safe swallowing
- **Gives smooth consistency** for enjoyable mouth feel
- **Does not affect the taste, colour and odour of foods and liquids** for thickening in the most appetizing way
- **Mixes with all kinds of foods and liquids**

♦The prevalence of malnutrition and aspiration is exemplary shown by the cited studies as given in the Dysphagia Folder

Safe

Amylase resistant profile ensures maintenance of target viscosity even after exposure to saliva supporting safe swallowing.^{▲;6}



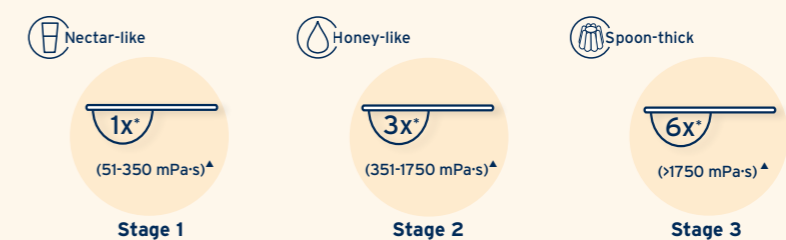
Efficient

Fresubin® Clear Thickener needs less powder compared to other clear thickeners to achieve same viscosity.^{▲;6}

Texture	Fresubin Clear Thickener	Thickener A	Thickener B
Spoon-thick	10.5g	12.3g	13.2g
Honey-like	5.3g	5.5g	7.1g
Nectar-like	1.8g	1.7g	2.9g

Reliable

Dosage recommendations for thickening 100 ml liquids ensure that target viscosities meet the objective requirements of the National Dysphagia Diet guidelines (NDD)⁷ for reliable and repeatable results.



▲Viscosity level is defined according to the NDD guidelines.