

# ENTERAL NUTRITION



## Fresubin® Original Fibre Fresubin® Energy Fibre

Tube feed for patients with moderate or high energy needs and/or volume restrictions with or at risk of malnutrition such as:

- Post-operative patients
- Patients with chronic catabolic diseases
- Patients with cardiovascular failure
- Close system reduces bacterial contamination significantly versus Opened system<sup>3</sup>

### Features:

- Fresubin® Original Fibre with Normo-caloric (1.0 kcal/ml)
- Fresubin® Energy Fibre with High-caloric (1.5 kcal/ml)
- With high quality milk protein with a mix of rapidly and slowly digested proteins
- With EPA and DHA from fish oil - known for their anti-inflammatory effects and immune function support<sup>1,2</sup>
- Rich in Fibre (15g/l) with prebiotic fibre to promote healthy gut function
- Unflavoured
- Convenient EasyBag Packaging: 1000 ml EasyBag
- Recommended Daily Dosage (RDD) for complete nutrition :  $\geq 1500$  ml



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# Fresubin® Original Fibre / Energy Fibre



## Nutritional Information

Average content per 100 ml: Fresubin® Original Fibre<sup>A</sup>/Energy Fibre<sup>B</sup>

Energy value	100 kcal (= 420 kJ)	150 kcal (=630 kJ)
<b>Fat</b>	3.4 g	5.8 g
of which saturated fatty acids	0.3 g	0.5 g
of which monounsaturated fatty acids	2.1 g	3.7 g
of which polyunsaturated fatty acids	1.0 g	1.6 g
of which EPA + DHA	0.03 g	0.05 g
<b>Carbohydrate</b>	13 g	18 g
of which sugars	0.85 g	1.2 g
of which lactose	≤0.01 g	0.03 g
<b>Fibre</b>	1.5 g	1.5 g
<b>Protein</b>	3.8 g	5.6 g
<b>Water</b>	84 ml	76 ml
<b>Osmolarity</b>	285 mosmol/l	325 mosmol/l
<b>Osmolality</b>	335 mosmol/kg H <sub>2</sub> O	430 mosmol/kg H <sub>2</sub> O
<b>Minerals and trace elements:</b>		
Sodium	133 mg	100 mg
Potassium	155 mg	207 mg
Chloride	153 mg	153 mg
Calcium	80 mg	67 mg
Magnesium	25 mg	24 mg
Phosphorus	63 mg	53 mg
Iron	1.3 mg	1.33 mg
Zinc	1.2 mg	1.2 mg
Copper	133 µg	130 µg
Manganese	0.27 mg	0.27 mg
Iodide	13.3 µg	13.3 µg
Fluoride	0.13 mg	0.13 mg
Chromium	6.7 µg	6.7 µg
Molybdenum	10 µg	10 µg
Selenium	6.7 µg	6.7 µg

### Vitamins and other<sup>A</sup> substances:

Vit. A	70 µg RE	70 µg RE
β-Carotene	133 µg	133 µg
Vit. D <sub>3</sub>	1.3 µg	1.3 µg
Vit. E	1.3 mg α-TE	3.0 mg α-TE
Vit. K <sub>1</sub>	6.7 µg	6.7 µg
Vit. B <sub>1</sub>	0.13 mg	0.13 mg
Vit. B <sub>2</sub>	0.17 mg	0.17 mg
Niacin	1.6 mg NE	1.6 mg NE
Vit. B <sub>6</sub>	0.16 mg	0.16 mg
Vit. B <sub>12</sub>	0.27 µg	0.27 µg
Pantothenic acid	0.47 mg	0.47 mg
Biotin	5.0 µg	5.0 µg
Folic acid	26.7 µg	26.7 µg
Vit. C	6.7 mg	6.7 mg
Choline*	36.7 mg	36.7 mg

### Caloric distribution (energy %):

Fat 30<sup>A</sup>/35<sup>B</sup>, carbohydrate 52<sup>A</sup>/48<sup>B</sup>, fibre 3<sup>A</sup>/2<sup>B</sup>, protein 15

### 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
- 3) Shirley J, Herlick, RM MScA and et al. Comparison of Open Versus Closed Systems of Intermittent Enteral Feeding in Two Long-Term Care Facilities. Nutrition in Clinical Practice 15:287-298, December 2000

## Prescribing Information

### Food for special medical purposes:

Nutritionally complete tube feed normo-caloric (1.0 kcal/ml)/high-caloric (1.5 kcal/ml), Fresubin® Original fibre /Fresubin® Energy Fibre with fibre. Clinically free from lactose and gluten free. For the dietary management of patients with or at risk of malnutrition, in particular with high energy needs and/or fluid restriction.

### Dosage:

Must be determined by the health care professional according to patients' needs. Recommendation for complete ≥ 1500 ml (1500<sup>A</sup> / 2250<sup>B</sup> kcal)/day or supplementary nutrition ≥ 500 ml (500<sup>A</sup> / 750<sup>B</sup> kcal)/day.

### Important notes:

To be used under medical supervision. Monitor feeding rate. Suitable as sole source of nutrition. Not suitable for infants < 1 year. Use with caution in children < 6 years. Not suitable for patients with galactosaemia. Ensure adequate fluid intake. **Not for parenteral (I.V.) use!**

### Instructions for use:

Recommended tube size: ≥ CH 8 for pump assisted feeding, ≥ CH 5 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® Original Fibre/Energy Fibre.

## Ingredients

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

**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>



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