



**FRESENIUS
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Fresubin® Powder Extra

Patient Information



Fresubin Powder Extra



All about Fresubin Powder Extra

This leaflet will answer some of the questions you may have about Fresubin Powder Extra. If you have any other questions, you should contact your dietitian or doctor.

What is Fresubin Powder Extra?

Fresubin Powder Extra is a high energy, powdered oral nutritional supplement rich in vitamins, minerals and trace elements for reconstitution with milk.

What flavours are available?

There are four delicious flavours to choose from:

- Vanilla
- Strawberry
- Chocolate
- Neutral

How much Fresubin Powder Extra should I take?

Your dietitian or doctor will advise you about the amount you should be taking. As a guide, each serving of Fresubin Powder Extra (one sachet plus 200ml whole milk) will provide approximately 397kcal and 17.7g protein.

When should I take Fresubin Powder Extra?

This is really up to you. However, you may be advised to take it in between meals and in the evening so you can manage to eat normal meals as well. Many people like to sip Fresubin Powder Extra rather than drink it all at once.

How do I mix Fresubin Powder Extra?

Add the contents of one sachet to 200ml whole milk. Shake vigorously in a shaker, or mix with a whisk or fork.

Fresubin Powder Extra



What about recipe ideas for Fresubin Powder Extra?

Fresubin Powder Extra can be used in a wide variety of foods, drinks and smoothies. Fresubin Powder Extra neutral flavour can be used anywhere you would use ordinary milk - in tea, coffee, poured over cereals, sauces or in your favourite sweet and savoury recipes. A recipe book is available on request. Here are a few simple suggestions:

Fresubin Powder Extra Drink Ideas:

- Add ice cream to made up Fresubin Powder Extra and serve as a thick milkshake.
- Fresubin Powder Extra neutral can be used to make up hot chocolate, malted milk and other instant hot drinks and packet soups.

Fresubin Powder Extra Breakfast Ideas:

- Mix Fresubin Powder Extra neutral with milk according to instructions. In a medium saucepan bring to the boil, sprinkle in the porridge oats and stir. Simmer slowly for 10 minutes stirring occasionally. Add sugar or honey to taste if desired.

Fresubin Powder Extra Ice Cream:

- Mix Fresubin Powder Extra with milk according to instructions and decant into a suitable container for freezing and serve as an ice cream or ice lollies.

How should I store Fresubin Powder Extra?

Store unopened sachets in a cool, dry place. Once made up, Fresubin Powder Extra can be stored for up to 24 hours in a refrigerator.



Additional information

Patient name:

Sachets per day:

Flavour preferences:

Dietitian:

Contact No:



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