

Diben CRÈME

Available in five delicious flavours
in 125 g Cup



Nutritional Information

Nutrition values		per 100 g	cup = 125 g
Flavour Apricot-Peach			
Energy		630 (150)	788 (188)
	kJ (kcal)		
Fat		7,0	8,8
of which saturates	g	1,6	2,0
of which MCT*	g	1,2	1,5
of which mono-unsaturates	g	4,1	5,1
of which polyunsaturates	g	1,3	1,6
Carbohydrate		13,1	16,4
of which sugars	g	2,5	3,1
of which lactose	g	≤ 0,5	≤ 0,6
of which fructose	g	1,9	2,4
of which starch	g	7,1	8,9
Fibre		2,0	2,5
Protein		7,5	9,4
Salt		0,18	0,23
Vitamins			
Vitamin A	µg RE°	204	255
of which β-Carotene	µg RE°	60	75
Vitamin D	µg	2,4	3,0
Vitamin E	mg α-TE°°	3,6	4,5
Vitamin K	µg	20	25
Vitamin C	mg	18	22,5
Thiamin	mg	0,3	0,4
Riboflavin	mg	0,4	0,5
Niacin	mg/mg NE°°°	2,0/3,3	2,5/4,1
Vitamin B ₆	mg	0,4	0,5
Folic acid	µg	60	75
Vitamin B ₁₂	µg	0,7	0,9
Biotin	µg	9,0	11,3
Pantothenic acid	mg	1,4	1,8
Minerals, trace elements and other# nutrients			
Sodium	mg	70	88
Potassium	mg	130	163
Chloride	mg	50	63
Calcium	mg	150	188
Phosphorus	mg	95	119
Magnesium	mg	15	19
Iron	mg	2,4	3,0
Zinc	mg	1,8	2,3
Copper	mg	0,36	0,45
Manganese	mg	0,48	0,6
Fluoride	mg	0,24	0,3
Selenium	µg	12	15
Chromium	µg	12	15
Molybdenum	µg	18	22,5
Iodine	µg	36	45
Choline#	mg	32	40
Water	ml	67,5	84,4
Caloric distribution (kJ%)			
Fat 42, carbohydrate 35, fibre 3, protein 20			
*medium chain triglycerides (MCT), °retinol equivalents (RE), °°alpha-tocopherol equivalents (α-TE), °°°niacin equivalents (NE)			

General Information

Food for special medical purposes.

With sugar and sweeteners. For the dietary management in case/risk of malnutrition, esp. with impaired glucose metabolism or dysphagia. Nutritionally complete, high energy (1,5 kcal/g), high protein spoonable oral nutritional supplement with fibre. Meets IDDSI* level 4 (extremely thick). With slow-release carbohydrates for improved glycaemic control. High in MUFA. Clinically free from lactose, gluten free, low in sodium.

*IDDSI - International Dysphagia Diet Standardisation Initiative, www.iddsi.org

Dosage:

3-4 cups/day for supplementary nutrition or 8 cups/day for complete nutrition, or as advised by a healthcare professional.

Important notice:

To be used under medical supervision. Suitable as sole source of nutrition. Not suitable for children < 3 years. Use with caution in children < 6 years. Not suitable in case of galactosaemia.

Storage:

At room temperature. Once opened refrigerate and use within 24 hours.

Instructions for use:

Best served chilled. Stir gently. Packaged in a protective atmosphere.

Additional considerations:

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 Diben CRÈME.

Ingredients

Ingredients (Flavour Apricot-Peach): Water, milk protein, modified starch, vegetable oils (rapeseed oil, sunflower oil), maltodextrin, thickeners (E 1442, E 407), fructose, medium chain triglycerides (MCT), flavourings, potassium citrate, emulsifiers (E 471, soya lecithins), paprika extract, choline hydrogen tartrate, vit. C, sodium chloride, acidity regulator (E 524), sweeteners (sodium cyclamate, saccharin sodium), magnesium oxide, iron pyrophosphate, zinc sulphate, vit. E, niacin, pantothenic acid, manganese chloride, copper sulphate, vit. B₂, vit. B₆, vit. B₁₂, sodium fluoride, β-carotene, vit. A, folic acid, chromium chloride, sodium molybdate, potassium iodide, sodium selenite, vit. K₁, biotin, vit. D₃, vit. B₁₂

Nutrition information for flavour Apricot-Peach. Detailed nutrition information of the other flavours can be found at www.fresubin.com

Flavours

Apricot-Peach, Cappuccino, Praliné, Vanilla, Wild Strawberry

- 1) Thomas DE & Elliott EJ. The use of low-glycaemic index diets in diabetes control. *Br J Nutr.* 2010;104(6):797-802.
- 2) Barazzoni R, Deutz NE, Biolo G, et al. Carbohydrates and insulin resistance in clinical nutrition: Recommendations from the ESPEN expert group. *Clin Nutr.* 2017;36(2): 355-363.
- 3) Lochs H, Allison SP, Meier R, et al. Introductory to the ESPEN Guidelines on Enteral nutrition: terminology, definitions and general topics. *Clin Nutr.* 2006;25(2):180-186.
- 4) Qian F, Korat AA, Malik V, et al. Metabolic effects of monounsaturated fatty acid-enriched diets compared with carbohydrate or polyunsaturated fatty acid-enriched diets in patients with type 2 diabetes: a systematic review and meta-analysis of randomized controlled trials. *Diabetes Care.* 2016;39(8):1448-1457.
- 5) Sanz-Paris A, Matia-Martin P, Martin-Palmero A, et al. Diabetes-specific formulas high in monounsaturated fatty acids and metabolic outcomes in patients with diabetes or hyperglycaemia. A systematic review and meta-analysis. *Clin Nutr.* 2020;39(11):3273-3282.
- 6) Gadgil MD, Appel LJ, Yeung E, et al. The Effects of Carbohydrate, Unsaturated Fat, and Protein Intake on Measures of Insulin Sensitivity. *Diabetes Care.* 2013;36(5):1132-1137.
- 7) Pérez-Martínez P, Mikhaelidis DP, Athyros VG, et al. Lifestyle recommendations for the prevention and management of metabolic syndrome: an international panel recommendation. *Nutr Rev.* 2017;75(5):307-326.
- 8) IDDSI - International Dysphagia Diet Standardisation Initiative, www.iddsi.org



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caring for life

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