

# Diben® Drink

Available in five delicious flavours  
in 200 ml EasyBottle

## Nutritional Information

Nutrition values		per 100 ml	bottle = 200 ml
Flavour Apricot-Peach			
<b>Energy</b>		630 (150)	1260 (300)
	kJ (kcal)		
<b>Fat</b>		7,0	14,0
	g		
of which saturates		1,7	3,4
of which MCT*		1,2	2,4
of which mono-unsaturates		3,8	7,6
of which polyunsaturates		1,5	3,0
of which EPA** + DHA***		0,054	0,108
<b>Carbohydrate</b>		13,1	26,2
	g		
of which sugars		2,5	5,0
of which lactose		≤ 0,5	≤ 1,0
of which fructose		1,9	3,8
of which starch		5,3	10,6
<b>Fibre</b>		2,0	4,0
	g		
<b>Protein</b>		7,5	15,0
	g		
<b>Salt</b>		0,18	0,36
	g		
<b>Vitamins</b>			
Vitamin A	µg RE°	170	340
of which β-Carotene	µg RE°	50	100
Vitamin D	µg	2,0	4,0
Vitamin E	mg α-TE°°	3,0	6,0
Vitamin K	µg	16,7	33,4
Vitamin C	mg	15	30
Thiamin	mg	0,23	0,46
Riboflavin	mg	0,32	0,64
Niacin	mg/mg NE°°°	1,50/2,76	3,0/5,52
Vitamin B <sub>6</sub>	mg	0,33	0,66
Folic acid	µg	50	100
Vitamin B <sub>12</sub>	µg	0,6	1,2
Biotin	µg	7,5	15,0
Pantothenic acid	mg	1,2	2,4
<b>Minerals, trace elements and other<sup>¶</sup> nutrients</b>			
Sodium	mg	70	140
Potassium	mg	130	260
Chloride	mg	55	110
Calcium	mg	150	300
Phosphorus	mg	95	190
Magnesium	mg	15	30
Iron	mg	2,0	4,0
Zinc	mg	1,5	3,0
Copper	mg	0,30	0,60
Manganese	mg	0,4	0,8
Fluoride	mg	0,2	0,4
Selenium	µg	10	20
Chromium	µg	10	20
Molybdenum	µg	15	30
Iodine	µg	30	60
Choline <sup>¶</sup>	mg	26,7	53,4
<b>Osmolarity</b>	mosmol/l	350	
<b>Water</b>	ml	79	158
<b>Caloric distribution (kJ%)</b>			
Fat 42, carbohydrate 35, fibre 3, protein 20			
*medium chain triglycerides (MCT), **eicosapentaenoic acid (EPA), ***docosahexaenoic acid (DHA)			
° 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. Nutritionally complete, high energy (1,5 kcal/ml), high protein oral nutritional supplement with fibre. With slow-release carbohydrates for improved glycaemic control. High in MUFA, with fish oil, clinically free from lactose, gluten free, low in sodium.

### Dosage:

2-3 bottles/day for supplementary nutrition or 5 bottles/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. Shake well before use. 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 Drink.

## Ingredients

**Ingredients (Flavour Apricot-Peach):** Water, milk protein, modified starch, maltodextrin, vegetable oils (rapeseed oil, sunflower oil), fructose, medium chain triglycerides (MCT), flavourings, potassium citrate, fish oil, emulsifiers (E 471, soya lecithins), sodium chloride, choline hydrogen tartrate, acidity regulator (E 524), vit. C, sweeteners (sodium cyclamate, saccharin sodium), magnesium oxide, iron pyrophosphate, zinc sulphate, vit. E, niacin, pantothenic acid, manganese chloride, copper sulphate, vit. B<sub>2</sub>, vit. B<sub>1</sub>, vit. B<sub>6</sub>, sodium fluoride, β-carotene, vit. A, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>12</sub>

Nutrition information for flavour Apricot-Peach. Detailed nutrition information of the other flavours can be found at [www.fresubin.com](http://www.fresubin.com)

## Flavours

Apricot-Peach, Cappuccino, Forest Berries, Praliné, Vanilla

- 1) Mayr P, Kubn KS, Klein P, et al. A Diabetes-specific Oral Nutritional Supplement Improves Glycaemic Control in Type 2 Diabetes Patients. *Exp Clin Endocrinol Diabetes*. 2016;124(7):401-9.
- 2) Thomas DE & Elliott EJ. The use of low-glycaemic index diets in diabetes control. *Br J Nutr*. 2010;104(6):797-802.
- 3) 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.
- 4) 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.
- 5) 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.
- 6) 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.
- 7) 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.
- 8) Pérez-Martínez P, Mikhailidis 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.

**References with regard to effectiveness of fish oil:** 9) Kris-Etherton PM, Grieger JA, Etherton TD. Dietary reference intakes for DHA and EPA. *Prostaglandins, Leukotrienes and Essential Fatty Acids*. 2009;81(2-3):99-104. 10) International Society for the Study of Fatty Acids and Lipids (ISSFAL): Recommendations for Dietary Intake of Polyunsaturated Fatty Acids in Healthy Adults. Report June 2004. 11) Lee JH, O'Keefe JH, Lavie CJ, et al. Omega-3 fatty acids for cardioprotection. *Mayo Clin Proc*. 2008;83(3):324-332.



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