

# Fresubin®

## ENERGY/ENERGY FIBRE Drink

Available in twelve delicious flavours  
in 200 ml EasyBottle



### Nutritional Information

Nutrition values	Fresubin ENERGY Drink Blackcurrant		Fresubin ENERGY FIBRE Drink Vanilla	
	per 100 ml	bottle = 200 ml	per 100 ml	bottle = 200 ml
Flavour				
<b>Energy</b>	kJ (kcal)	630   1260 (150)   (300)	630   1260 (150)   (300)	
<b>Fat</b>	g	5,8   11,6	5,8   11,6	
of which saturates	g	0,4   0,8	0,4   0,8	
of which mono-unsaturates	g	3,8   7,6	3,8   7,6	
of which polyunsaturates	g	1,6   3,2	1,6   3,2	
<b>Carbohydrate</b>	g	18,8   37,6	17,8   35,6	
of which sugars	g	5,3   10,6	6,4   12,8	
of which lactose	g	≤ 0,27   ≤ 0,54	≤ 0,26   ≤ 0,52	
<b>Fibre</b>	g	0   0	2,0   4,0	
<b>Protein</b>	g	5,6   11,2	5,6   11,2	
<b>Salt</b>	g	0,20   0,40	0,20   0,40	
<b>Vitamins</b>				
Vitamin A	µg RE°	170   340	170   340	
of which β-Carotene	µg RE°	50   100	50   100	
Vitamin D	µg	2   4	2   4	
Vitamin E	mg α-TE°°	3   6	3   6	
Vitamin K	µg	16,7   33,4	16,7   33,4	
Vitamin C	mg	15   30	15   30	
Thiamin	mg	0,23   0,46	0,23   0,46	
Riboflavin	mg	0,32   0,64	0,32   0,64	
Niacin	mg/mg NE°°°	3/4   6/8	3/4   6/8	
Vitamin B <sub>6</sub>	mg	0,33   0,66	0,33   0,66	
Folic acid	µg	50   100	50   100	
Vitamin B <sub>12</sub>	µg	0,6   1,2	0,6   1,2	
Biotin	µg	7,5   15,0	7,5   15,0	
Pantothenic acid	mg	1,2   2,4	1,2   2,4	
<b>Minerals, trace elements and other<sup>a</sup> nutrients</b>				
Sodium	mg	80   160	80   160	
Potassium	mg	135   270	135   270	
Chloride	mg	100   200	100   200	
Calcium	mg	135   270	135   270	
Phosphorus	mg	80   160	80   160	
Magnesium	mg	21   42	21   42	
Iron	mg	2   4	2   4	
Zinc	mg	1,5   3,0	1,5   3,0	
Copper	mg	0,3   0,6	0,3   0,6	
Manganese	mg	0,4   0,8	0,4   0,8	
Fluoride	mg	0,2   0,4	0,2   0,4	
Selenium	µg	10   20	10   20	
Chromium	µg	10   20	10   20	
Molybdenum	µg	15   30	15   30	
Iodine	µg	30   60	30   60	
Choline <sup>a</sup>	mg	26,7   53,4	26,7   53,4	
<b>Osmolarity</b>	mosmol/l	390	440	
<b>Water</b>	ml	78   156	78   156	
<b>Caloric distribution (kJ%)</b>				
Fresubin ENERGY Drink: Fat 35, carbohydrate 50, fibre 0, protein 15				
Fresubin ENERGY FIBRE Drink: Fat 35, carbohydrate 47,3, fibre 2,7, protein 15				
<sup>°</sup> retinol equivalents (RE), <sup>°°</sup> alpha-tocopherol equivalents (α-TE), <sup>°°°</sup> niacin equivalents (NE)				

### General Information

#### Food for special medical purposes.

For the dietary management in case/risk of malnutrition, esp. with increased energy needs. Nutritionally complete, high energy (1,5 kcal/ml) oral nutritional supplement, fibre-free (Fresubin ENERGY Drink)/with fibre (Fresubin ENERGY FIBRE Drink). Clinically free from lactose, gluten free.

#### Dosage:

2-3 bottles/day for supplementary nutrition or 5-7 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 Fresubin ENERGY Drink and Fresubin ENERGY FIBRE Drink.

### Ingredients

**Ingredients Fresubin ENERGY Drink (Flavour Blackcurrant):** Water, maltodextrin, milk protein, vegetable oils (rapeseed oil, sunflower oil), sucrose, flavourings, potassium citrate, sodium citrate, colouring food: beetroot powder, emulsifiers (E 471, soya lecithin), sodium chloride, potassium chloride, vit. C, choline chloride, magnesium oxide, iron pyrophosphate, acidity regulator (E 330), zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B<sub>6</sub>, vit. B<sub>2</sub>, sodium fluoride, β-carotene, vit. B<sub>1</sub>, vit. A, folic acid, chromium chloride, sodium molybdate, vit. K<sub>1</sub>, potassium iodide, sodium selenite, biotin, vit. D<sub>3</sub>, vit. B<sub>12</sub>

**Ingredients Fresubin ENERGY FIBRE Drink (Flavour Vanilla):** Water, maltodextrin, milk protein, vegetable oils (rapeseed oil, sunflower oil), sucrose, wheat dextrin, inulin (from chicory), cellulose, flavouring, potassium citrate, sodium citrate, emulsifiers (E 471, soya lecithin), sodium chloride, potassium chloride, vit. C, choline chloride, magnesium oxide, acidity regulator (E 330), iron pyrophosphate, zinc sulphate, niacin, vit. E, pantothenic acid, manganese chloride, copper sulphate, vit. B<sub>2</sub>, vit. B<sub>6</sub>, sodium fluoride, vit. B<sub>1</sub>, β-carotene, vit. A, folic acid, chromium chloride, sodium molybdate, potassium iodide, sodium selenite, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>12</sub>

Nutrition information for the flavours Blackcurrant and Vanilla. Detailed nutrition information of the other flavours can be found at [www.fresubin.com](http://www.fresubin.com)

### Flavours

**Fresubin ENERGY Drink:** Banana, Blackcurrant, Cappuccino, Chocolate, Lemon, Neutral, Strawberry, Tropical Fruits, Vanilla

**Fresubin ENERGY FIBRE Drink:** Banana, Caramel, Cherry, Chocolate, Strawberry, Vanilla

1) World Health Organization. Protein and amino acid requirements in human nutrition. WHO technical report series. 2007;935. 2) 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. 3) Hubbard GP, Elia M, Holdaway A, et al. A systematic review of compliance to oral nutritional supplements. Clin Nutr. 2012;31(3):293-312.