

# FRESUBIN® POWDER EXTRA

## DESCRIPTION

Fresubin® Powder Extra is a powdered supplement containing protein (milk), fat (rapeseed oil, MCT), carbohydrate (maltodextrin, sucrose), vitamins, minerals and trace elements.

## PRESENTATION

Fresubin® Powder Extra is an oral nutritional supplement powder to be reconstituted with milk providing a high calorie (1.7 kcal/ml) drink, fibre free.

It is available in a choice of two flavours, strawberry and vanilla. Fresubin® Powder Extra is available in boxes of 7 (62g) sachets (7 servings). Each sachet is reconstituted with 200ml whole milk to produce one serving (approx 400kcal). Gluten free, contains lactose.

## CONTRA-INDICATIONS

FOR ENTERAL USE ONLY  
NOT SUITABLE FOR CHILDREN UNDER THREE YEARS OLD  
NOT SUITABLE FOR PATIENTS WITH GALACTOSAEMIA

## PRECAUTIONS

SHOULD ONLY BE USED UNDER MEDICAL SUPERVISION  
NOT SUITABLE AS A SOLE SOURCE OF NUTRITION  
USE WITH CAUTION FOR CHILDREN UNDER 6 YEARS OF AGE

## INDICATIONS FOR USE

For the dietary management of patients with or at risk of disease related malnutrition, in particular for patients with increased energy needs.

Food for Special Medical Purposes.

Prescribable on FPI0/GPI0 for the following indications: For the dietary management of disease related malnutrition, short bowel syndrome, intractable malabsorption, pre-operative preparation of malnourished patient, dysphagia, proven inflammatory bowel disease, following total gastrectomy, bowel fistula.

## DOSAGE

Dosage should be calculated by a clinician or dietitian according to individual requirements.

Recommendation for supplementary nutrition 1-2 sachets (400-800kcal)/ day. 1 serving= 1 sachet (62g powder). Fresubin® Powder Extra + 200ml whole milk provide approximately 400kcal.

Pour 200ml whole milk into a shaker and add one sachet (62g). Shake for 30 seconds.

## STORAGE

Store in a dry place at room temperature.  
Once reconstituted use promptly or within 12 hours if refrigerated and stir again before use. Drink slowly. Do not boil.

## SHELF-LIFE

15 months from date of manufacture.

## ENERGY DISTRIBUTION

Strawberry and Vanilla flavours:  
Protein 17% Fat 23% Carbohydrate 60% Fibre 0%

## ORDER CODES

Strawberry 7971401  
Vanilla 7970401

## INGREDIENTS

**Strawberry Flavour**  
Maltodextrin, [skimmed milk powder](#), [whey protein](#), rapeseed oil powder, sucrose, medium chain triglycerides powder, separating agent (E 551), colouring food: beetroot powder, choline hydrogen tartrate, calcium carbonate, magnesium citrate, flavouring, sodium chloride, vit. C, calcium chloride, iron pyrophosphate, zinc sulphate, vit. E, niacin, manganese chloride, pantothenic acid, copper sulphate, vit. B<sub>2</sub>, sodium fluoride, vit. B<sub>2</sub>, vit. B<sub>12</sub>, vit. A, folic acid, chromium chloride, potassium iodide, sodium selenite, sodium molybdate, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>12</sub>.

**Vanilla Flavour**  
Maltodextrin, [skimmed milk powder](#), [whey protein](#), rapeseed oil powder, sucrose, medium chain triglycerides powder, flavourings, separating agent (E 551), choline hydrogen tartrate, calcium carbonate, magnesium citrate, sodium chloride, vit. C, calcium chloride, iron pyrophosphate, zinc sulphate, vit. E, niacin, manganese chloride, pantothenic acid, copper sulphate, vit. B<sub>2</sub>, sodium fluoride, vit. B<sub>2</sub>, vit. B<sub>12</sub>, vit. A, folic acid, chromium chloride, potassium iodide, sodium selenite, sodium molybdate, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>12</sub>.

NUTRITIONAL COMPOSITION	Per 100g <sup>#</sup>	Per serving*
ENERGY kcal (kJ)	420(1764)	397(1658)
PROTEIN g	17.5	17.7
CARBOHYDRATE g	63.0	48.5
of which sugars g	24.7	24.9
of which lactose g	14.4	17.7
FAT g	10.9	14.8
of which saturated fat g	3.0	7.2
of which MCT g	1.8	1.9
of which monounsaturated fatty acids g	5.3	5.7
of which polyunsaturated fatty acids g	2.6	1.8
FIBRE g	0.0	0.0
SALT g (Na x 2.5)	0.53	0.55
OSMOLARITY mosmol/L	-	605/630 <sup>2</sup>
OSMOLALITY mosmol/kg H <sub>2</sub> O	-	830/860 <sup>2</sup>

MINERALS AND TRACE ELEMENTS	Per 100g <sup>#</sup>	Per serving*
SODIUM mg (mmol)	211(9)	219(10)
POTASSIUM mg (mmol)	498(13)	629(16)
CHLORIDE mg (mmol)	350(10)	401(12)
CALCIUM mg (mmol)	525(13)	570(14)
PHOSPHORUS mg (mmol)	319(10)	390(13)
MAGNESIUM mg (mmol)	64(3)	62(3)
IRON mg	8.1	5.0
ZINC mg	6.45	4.5
COPPER µg	1210	750
MANGANESE mg	1.61	1.0
IODINE µg	121	139
CHROMIUM µg	40	24.8
MOLYBDENUM µg	60.6	37.2
FLUORIDE mg	0.8	0.5
SELENIUM µg	44	28.7

VITAMINS AND OTHER NUTRIENTS**	Per 100g <sup>#</sup>	Per serving*
VITAMIN A µgRE	565	413
of which β- carotene µg RE	0	6.7
VITAMIN D <sub>3</sub> µg	8.1	5.0
VITAMIN E mgαTE	12.1	7.7
VITAMIN K <sub>1</sub> µg	68	42
VITAMIN B <sub>1</sub> mg	0.97	0.65
VITAMIN B <sub>2</sub> mg	1.29	1.3
NIACIN mg	12.1(14.8mgNE)	7.9(11.1mgNE)
VITAMIN B <sub>6</sub> mg	1.4	1.0
VITAMIN B <sub>12</sub> µg	2.4	3.3
PANTOTHENIC ACID mg	4.8	4.2
BIOTIN µg	30.3	23.6
FOLIC ACID µg	202	141.6
VITAMIN C mg	60.6	42
CHOLINE** mg	129	80

TYPICAL FATTY ACID PROFILE	g/100g <sup>#</sup>
C6 Caproic acid	0.01
C8 Caprylic acid	1.05
C10 Capric acid	0.58
C12 Lauric acid	0.02
C14 Myristic acid	0.06
C16 Palmitic acid	0.51
C16:1 n-7 Palmitoleic acid	0.01
C18 Stearic acid	0.17
C18:1 n-9 Oleic acid	4.62
C18:2 n-6 Linoleic acid	1.71
C18:3 n-3 α-Linolenic acid	0.83
C20:5 n-3 Eicosapentaenoic acid	0
C22:6 n-3 Docosahexaenoic acid	0

TYPICAL AMINO ACID PROFILE	g/100g <sup>#</sup>
Histidine	0.41
Isoleucine	1.25
Leucine	1.97
Lysine	1.08
Methionine	0.80
Phenylalanine	0.76
Threonine	1.24
Tryptophan	0.16
Valine	1.24
Cysteine	0.28
Tyrosine	0.73
Taurine	-
Glycine	0.47
Arginine	0.59
Glutamine and Glutamic acid	3.60
Proline	1.69
Aspartic acid and asparagine	1.93
Alanine	0.9
Serine	1.03

TYPICAL CARBOHYDRATE PROFILE	g/100g <sup>#</sup>
Glucose	0.72
Maltose	1.5
Saccharose	8.1
Lactose	14.4
Polysaccharides and oligosaccharides	38.3
Starch	0.0

<sup>#</sup> Per 100g powder

\* Reconstituted one sachet (62g) plus 200ml whole milk

<sup>1</sup> Strawberry Flavour

<sup>2</sup> Vanilla Flavour