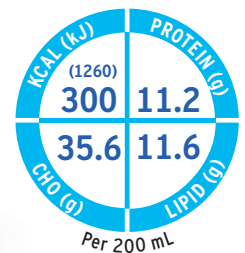




**FRESENIUS  
KABI**

caring for life



# Fresubin® Energy Fibre DRINK

Extra energy with plenty of choices

High energy oral nutritional supplement for the dietary management of patients with or at risk of malnutrition, in particular with increased energy needs



Contains high quality protein for balanced amino acid provision<sup>1</sup>

With fibre to maintain gut physiology<sup>2</sup>

Available in a variety of flavours to support compliance<sup>3</sup>

For Healthcare Professionals Only

\*Meets nutrient reference values required for complete nutrition<sup>4</sup>

# Fresubin® Energy Fibre DRINK

Available in **four** delicious flavours  
in 200 mL EasyBottle



## Nutritional Information

Average content		100 mL	bottle = 200 mL
<b>Energy value</b>	kJ (kcal)	630 (150)	1260 (300)
<b>Fat (35% Energy)</b>	g	5.8	11.6
of which SFA*	g	0.4/0.5 <sup>a</sup>	0.8/1.0 <sup>a</sup>
of which MUFA**	g	3.8/3.7 <sup>a</sup>	7.6/7.4 <sup>a</sup>
of which PUFA***	g	1.6	3.2
<b>Carbohydrate (50% Energy)</b>	g	17.8	35.6
of which sugars	g	5.0 - 6.4	10 - 12.8
of which lactose	g	≤0.26/0.25 <sup>a</sup>	≤0.52/0.50 <sup>a</sup>
<b>Fibre</b>	g	2.0	4.0
<b>Protein (15% Energy)</b>	g	5.6	11.2
<b>Water</b>	mL	78	156
<b>Osmolarity</b>	mosmol/L	390 - 440	
<b>Osmolality</b>	mosmol/kg H <sub>2</sub> O	510 - 580	
<b>Minerals and trace elements</b>			
Sodium	mg	80/85 <sup>a</sup>	160/170 <sup>a</sup>
Potassium	mg	135/140 <sup>a</sup>	270/280 <sup>a</sup>
Chloride	mg	100	200
Calcium	mg	135/130 <sup>a</sup>	270/260 <sup>a</sup>
Magnesium	mg	21/24 <sup>a</sup>	42/48 <sup>a</sup>
Phosphorus	mg	80/85 <sup>a</sup>	160/170 <sup>a</sup>
Iron	mg	2.0	4.0
Zinc	mg	1.5	3.0
Copper	µg	300	600
Manganese	mg	0.4	0.8
Iodine	µg	30	60
Fluoride	mg	0.2	0.4
Chromium	µg	10	20
Molybdenum	µg	15	30
Selenium	µg	10	20
<b>Vitamins and other nutrients<sup>†</sup></b>			
Vitamin A	µg	170	340
of which β-Carotene	µg RE <sup>o</sup>	50	100
Vitamin D <sub>3</sub>	µg	2.0	4.0
Vitamin E	mg α-TE <sup>oo</sup>	3.0	6.0
Vitamin K <sub>1</sub>	µg	16.7	33.4
Vitamin B <sub>1</sub>	mg	0.23	0.46
Vitamin B <sub>2</sub>	mg	0.32	0.64
Niacin	mg/mg NE <sup>ooo</sup>	3.0/4.0	6.0/8.0
Vitamin B <sub>6</sub>	mg	0.33	0.66
Vitamin B <sub>12</sub>	µg	0.6	1.2
Pantothenic acid	mg	1.2	2.4
Biotin	µg	7.5	15.0
Folic acid	µg	50	100
Vitamin C	mg	15	30
Choline <sup>†</sup>	mg	26.7	53.4

\*saturated fatty acids (SFA), \*\*monounsaturated fatty acids (MUFA), \*\*\*polyunsaturated fatty acids (PUFA)  
<sup>a</sup>Chocolate Flavour  
<sup>o</sup>retinol equivalents (RE), <sup>oo</sup>alpha-tocopherol equivalents ( -TE), <sup>ooo</sup>niacin equivalents (NE)  
<sup>†</sup>analysed value

## General Information

### Food for special medical purposes:

Nutritionally complete, high-caloric (1.5 kcal/mL), fibre containing oral nutritional supplement. For the dietary management of patients with or at risk of malnutrition in particular for patients with increased energy needs.

### Dosage:

To be determined by a healthcare professional according to patients' needs. Recommendation for supplementary nutrition, 2 - 3 bottles (600 - 900 kcal)/ day or complete nutrition, 5 - 7 bottles (1500 - 2100 kcal)/day.

### 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 for patients with galactosaemia. Ensure adequate fluid intake.

### Not for parenteral (I.V.) use!

### Instruction for use:

Best served chilled. Shake well before use. Store at room temperature. Opened bottles may be stored in a refrigerator for up to 24 hours.

### 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 Fibre DRINK.

## Ingredients

**Fresubin Energy Fibre DRINK 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>.

**Allergen Information: Contains wheat dextrin, milk and soy. Low lactose and gluten free.**

### Halal & Kosher certified.

Product ingredients for one flavour only. Detailed ingredient lists of the other flavours can be requested from [ensupport-anz@fresenius-kabi.com](mailto:ensupport-anz@fresenius-kabi.com)

## Flavours

Vanilla, Chocolate, Strawberry, Banana.

## References

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, Pirlich M, Kondrup J, Schneider S, et al. Introductory to the ESPEN Guidelines on Enteral Nutrition: terminology, definitions and general topics. Clin Nutr 2006;25:180-186.
3. Hubbard GP, Elia M, Holdaway A, Stratton RJ: A systematic review of compliance to oral nutritional supplements. Clin Nutr 2012, 31:293-312.
4. National Health and Medical Research Council: Nutrient Reference Values Australia and New Zealand. <https://www.eatforhealth.gov.au/nutrient-reference-values>. Accessed May, 2023.