



# Fresubin 2 kcal Drink

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## All about Fresubin 2 kcal Drink

This leaflet will answer some of the questions you may have about Fresubin 2 kcal Drink. If you have any other questions, you should contact your dietitian, doctor or other healthcare professional.

### What is Fresubin 2 kcal Drink?

Fresubin 2 kcal Drink is a special nutritious drink for people who are unwell and cannot manage enough normal food to meet their nutritional requirements.

### What does Fresubin 2 kcal Drink contain?

Fresubin 2 kcal Drink is made up of many nutrients that are essential in a healthy, balanced diet. These include protein (milk), vegetable oils (rapeseed oil, sunflower oil), carbohydrates, vitamins, minerals and trace elements. Fresubin 2 kcal Drink is also gluten and lactose free.

### What flavours are available?

There are six delicious flavours to choose from:

- Apricot-Peach
- Cappuccino
- Fruits of the Forest
- Toffee
- Vanilla
- Neutral

### How much Fresubin 2 kcal Drink should I take?

Your dietitian or doctor will advise you about the amount you should be taking. As a guide, 3 bottles per day will provide 1200kcal, 60g protein and contains all essential vitamins and trace elements.

### When should I take Fresubin 2 kcal Drink?

This is really up to you. However, you may be advised to take it in between meals and in the evening so you can manage to eat normal meals as well. Many people like to sip Fresubin 2 kcal Drink rather than drink it all at once.

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## How should I take Fresubin 2 kcal Drink?

Fresubin 2 kcal Drink is best taken as a chilled drink, either straight from the bottle or poured into a glass. It is recommended that it is stored in the fridge before serving. Fresubin 2 kcal Drink can also be served warm (do not boil). Gently heat in a saucepan for 4 minutes or pour into a microwave container and heat on medium for 1 minute or until warm.

## What about recipe ideas for Fresubin 2 kcal Drink?

Fresubin 2 kcal Drink can be used in a wide variety of foods, drinks and smoothies. A recipe book is available on request. Here are a few simple suggestions:

### Fresubin 2 kcal Drink Ideas:

- Add ice cream to Fresubin 2 kcal Drink and serve as a thick milkshake.
- Mix 1 tsp coffee granules with 2 tbsp boiling water in a mug. Add warmed Fresubin 2 kcal Drink (vanilla or neutral), top with whipped cream if desired.

### Fresubin 2 kcal Drink Breakfast Ideas:

- Mix porridge oats with Fresubin 2 kcal Drink (vanilla or neutral) and milk in a saucepan. Gently heat until just before boiling and simmer for 10 minutes stirring occasionally. Add sugar or honey to taste if desired.

### Fresubin 2 kcal Drink Ice Cream:

- Decant into a suitable container for freezing and serve as an ice cream.

## How should I store Fresubin 2 kcal Drink?

Unopened bottles can be kept at room temperature, not above 25°C. Opened bottles should be resealed and kept in a fridge and thrown away if not used within 24 hours. It must not be used after the expiry date.

# Product information



**PRESENTATION:** Fresubin 2 kcal Drink is a nutritionally complete, high calorie (2.0 kcal/ml), high protein (20% energy) oral nutritional supplement, fibre free. High in vitamin D. Fresubin 2 kcal Drink is ready to use and presented in a 200ml EasyBottle. It is available in six flavours: Vanilla, Fruits of the Forest, Apricot-Peach, Cappuccino\*, Toffee and Neutral. Fresubin 2 kcal Drink is a Food for Special Medical Purposes.

\*Cappuccino flavour contains trace of caffeine (0.65mg/100ml).

**CONTRA-INDICATIONS:** For enteral use only. Not suitable for children under three years old. Not suitable for patients with galactosaemia.

**PRECAUTIONS:** Must only be used under medical supervision. Use with caution in children under six years of age. Ensure adequate fluid intake.

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

**STORAGE:** Store in a cool place, do not store above 25°C. Once opened, can be stored for up to 24 hours in a refrigerator. Shake well before use. Drink slowly.

**ALLERGEN STATUS:** Gluten free. Egg free. Lactose free. Nut free. Wheat free.

## INGREDIENTS

### Vanilla Flavour

Water, glucose syrup, [milk protein](#), vegetable oils (sunflower oil, rapeseed oil), sucrose, maltodextrin, flavourings, potassium citrate, emulsifiers ([soya lecithin](#), E471), sodium chloride, potassium carbonate, acidity regulator (E507), sodium carbonate, vit. C, magnesium oxide, iron pyrophosphate, zinc sulphate, niacin, manganese chloride, pantothenic acid, vit. E, copper sulphate, vit. B<sub>2</sub>, vit. B<sub>6</sub>, sodium fluoride, vit. B<sub>9</sub>, 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>.

### Fruits of the Forest Flavour

Water, glucose syrup, [milk protein](#), vegetable oils (sunflower oil, rapeseed oil), sucrose, flavourings, maltodextrin, potassium citrate, emulsifiers ([soya lecithin](#), E471), colouring food: beetroot powder, sodium chloride, potassium carbonate, acidity regulator (E507), sodium carbonate, vit. C, magnesium oxide, iron pyrophosphate, zinc sulphate, niacin, manganese chloride, pantothenic acid, vit. E, copper sulphate, vit. B<sub>2</sub>, vit. B<sub>6</sub>, sodium fluoride, vit. B<sub>9</sub>, 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>.

### Apricot-Peach Flavour

Water, glucose syrup, [milk protein](#), vegetable oils (sunflower oil, rapeseed oil), sucrose, maltodextrin, flavourings, potassium citrate, emulsifiers ([soya lecithin](#), E471), sodium chloride, potassium carbonate, acidity regulator (E507), sodium carbonate, vit. C, magnesium oxide, iron pyrophosphate, niacin, zinc sulphate, manganese chloride, pantothenic acid, vit. E, copper sulphate, vit. B<sub>2</sub>, vit. B<sub>6</sub>, sodium fluoride, vit. B<sub>9</sub>, β-carotene, vit. A, folic acid, potassium iodide, chromium chloride, sodium molybdate, sodium selenite, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>12</sub>.

### Cappuccino Flavour

Water, glucose syrup, [milk protein](#), vegetable oils (sunflower oil, rapeseed oil), sucrose, flavourings, maltodextrin, potassium citrate, emulsifiers ([soya lecithin](#), E471), sodium chloride, potassium carbonate, acidity regulator (E507), sodium carbonate, vit. C, magnesium oxide, iron pyrophosphate, niacin, zinc sulphate, manganese chloride, pantothenic acid, vit. E, copper sulphate, vit. B<sub>2</sub>, vit. B<sub>6</sub>, sodium fluoride, vit. B<sub>9</sub>, β-carotene, vit. A, folic acid, potassium iodide, chromium chloride, sodium molybdate, sodium selenite, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>12</sub>.

### Toffee Flavour

Water, glucose syrup, [milk protein](#), vegetable oils (sunflower oil, rapeseed oil), sucrose, flavourings, maltodextrin, potassium citrate, emulsifiers ([soya lecithin](#), E471), sodium chloride, potassium carbonate, acidity regulator (E507), sodium carbonate, vit. C, magnesium oxide, iron pyrophosphate, niacin, zinc sulphate, manganese chloride, pantothenic acid, vit. E, copper sulphate, vit. B<sub>2</sub>, vit. B<sub>6</sub>, sodium fluoride, vit. B<sub>9</sub>, β-carotene, vit. A, folic acid, potassium iodide, chromium chloride, sodium molybdate, sodium selenite, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>12</sub>.

### Neutral Flavour

Water, glucose syrup, [milk protein](#), vegetable oils (sunflower oil, rapeseed oil), maltodextrin, potassium citrate, emulsifiers ([soya lecithin](#), E471), potassium carbonate, acidity regulator (E507), sodium chloride, sodium carbonate, vit. C, magnesium oxide, iron pyrophosphate, niacin, zinc sulphate, manganese chloride, pantothenic acid, vit. E, copper sulphate, vit. B<sub>2</sub>, vit. B<sub>6</sub>, sodium fluoride, vit. B<sub>9</sub>, β-carotene, vit. A, folic acid, potassium iodide, chromium chloride, sodium molybdate, sodium selenite, vit. K<sub>1</sub>, biotin, vit. D<sub>3</sub>, vit. B<sub>12</sub>.

## Nutritional Composition

	Per 100ml	Per 200ml
Energy kcal (kJ)	200 (840)	400 (1680)
Protein g	10	20
Carbohydrate g	22.5	45
Of which sugars g	3.2-5.8*	6.4-11.6*
Of which lactose g	≤0.3	≤0.6
Fat g	7.8	15.6
Of which saturated fatty acids g	0.6	1.2
Of which monounsaturated fatty acids g	5.8	11.6
Of which polyunsaturated fatty acids g	1.4	2.8
Fibre g	0	0
Salt g (Na x 2.5)	0.15	0.3
Water g	69-70*	138-140*
Osmolarity mosmol/l	495-640*	495-640*
Osmolality mosmol/kg H <sub>2</sub> O	720-920*	720-920*

## Minerals and Trace Elements

Sodium mg (mmol)	60 (2.6)	120 (5.2)
Potassium mg (mmol)	160 (4.1)	320 (8.2)
Chloride mg (mmol)	80 (2.3)	160 (4.6)
Calcium mg (mmol)	205 (5.1)	410 (10.2)
Phosphorous mg (mmol)	120 (3.9)	240 (7.8)
Magnesium mg (mmol)	16 (0.7)	32 (1.4)
Iron mg	2.5	5
Zinc mg	1.6	3.2
Copper µg	375	750
Manganese mg	0.5	1
Iodine µg	37.5	75
Chromium µg	12.5	25
Molybdenum µg	18.8	37.6
Fluoride mg	0.25	0.5
Selenium µg	13.5	27

## Vitamins and other Nutrients\*

Vitamin A µgRE	212.5	425
Of which β-carotene µgRE	62.5	125
Vitamin D <sub>3</sub> µg	5	10
Vitamin E mgαTE	3.75	7.5
Vitamin K <sub>1</sub> µg	21	42
Vitamin B <sub>1</sub> mg	0.3	0.6
Vitamin B <sub>2</sub> mg	0.4	0.8
Niacin mg (mgNE)	3.75 (5.58mg NE)	7.5 (11.16mg NE)
Vitamin B <sub>3</sub> mg	0.4	0.8
Vitamin B <sub>12</sub> µg	0.75	1.5
Pantothenic Acid mg	1.5	3
Biotin µg	9.4	18.8
Folic acid µg	62.5	125
Vitamin C mg	18.8	37.6

\* Dependent on flavour



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Fresenius Kabi Ltd  
Cestrian Court, Eastgate Way, Manor Park  
Runcorn, Cheshire WA7 1NT  
Tel: 01928 533516  
Email: scientific.affairsUK@fresenius-kabi.com  
www.fresenius-kabi.com/gb  
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