

Fresubin® POWDER

Nutrition Values		per 100 ml ready to use product		per 100 g powder
		150 kcal*	100 kcal**	
Energy				
	kJ	630	420	1826
	kcal	150	100	435
Fat				
	g	5.0	3.33	14.5
of which saturates	g	0.41	0.27	1.19
of which mono-saturates	g	3.29	2.19	9.54
of which polyunsaturates	g	1.29	0.86	3.74
Carbohydrate				
	g	19.9	13.3	57.7
of which sugars	g	5.7	3.8	16.6
of which lactose	g	≤ 0.30	≤ 0.20	≤ 0.87
Fibre				
	g	1.5	1.0	4.35
Protein				
	g	5.6	3.7	16.2
Salt				
	g	0.26	0.18	0.76
Vitamins				
Vitamin A	µg RE ^o	138	92	401
of which β-Carotene	µg RE ^o	33	22	97
Vitamin D	µg	2.0	1.33	5.8
Vitamin E	mg α-TE ^{oo}	2.7	1.8	7.8
Vitamin K	µg	9.8	6.5	28
Vitamin C	mg	20	13	57
Thiamin (Vitamin B ₁)	mg	0.23	0.15	0.65
Riboflavin (Vitamin B ₂)	mg	0.24	0.16	0.70
Niacin	mg/mg NE ^{ooo}	2.6/3.6	1.73/2.4	7.5/10.3
Vitamin B ₆	mg	0.27	0.18	0.8
Folic Acid	µg	32	21	91
Vitamin B ₁₂	µg	0.51	0.34	1.48
Biotin	µg	6.8	4.5	19.6
Pantothenic Acid	mg	0.9	0.60	2.6
Minerals, trace elements and other^o nutrients				
Sodium	mg	105	70	304
Potassium	mg	225	150	652
Chloride	mg	160	107	464
Calcium	mg	104	69	300
Phosphorus	mg	81	54	236
Magnesium	mg	35	23	101
Iron	mg	2.3	1.54	6.7
Zinc	mg	1.7	1.13	4.9
Copper	mg	0.24	0.16	0.70
Manganese	mg	0.54	0.36	1.57
Selenium	µg	10.8	7.2	31
Chromium	µg	10.8	7.2	31
Molybdenum	µg	14.3	9.5	41
Iodine	µg	21	14	61
Choline ^o	mg	55	37	159
Osmolarity	mosmol/l	560	384	-
Water	ml	70	80	-

Caloric distribution (energy%)
Fat 30, carbohydrate 53, fibre 2, protein 15

* with preparation method a (refer to label)
** with preparation method b (refer to label)
^oretinol equivalents (RE), ^{oo}alpha-tocopherol equivalents (α-TE), ^{ooo}niacin equivalents (NE)



Easy to prepare in
3 simple steps

For 1 kcal/ml preparation



Add 160ml of water



Add 3 scoops of
Fresubin® Powder (46g)



Stir well until dissolved
completely

Follow instructions on label for 1.5 kcal/ml
preparation

For oral feeding: Once reconstituted use within 6 hours at room temperature or within 12 hours if refrigerated and stir again before use.

For tube feeding: Follow the instructions on the label.

**FRESENIUS
KABI**
caring for life



Fresubin® POWDER



Made in Germany

Fresubin®

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This material is not intended as a substitute for professional care. Consult your healthcare professionals for further advice.

**FRESENIUS
KABI**
caring for life

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FKSG/BN/022/052

Nutrition & Well-being

Good nutrition plays an important role in the well-being of seniors so that they can lead a healthy and vibrant lifestyle.

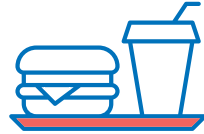


Is your nutrition complete?

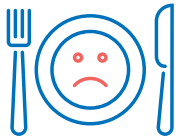
Do you often **feel tired**?



Do you miss your meals and **choose less healthy foods**?



Have you experienced a **loss of appetite** recently?



Do you suffer from **digestive problems**?



Do you sometimes find it **difficult to chew** or **swallow food**?



If you answered "YES" to any of these questions, you might be **nutritionally vulnerable***

Let **Fresubin® POWDER** complete your nutrition



High quality protein¹



High energy



Contains omega 3 & 6



With prebiotic fibre



Low in cholesterol



Suitable for vegetarian



Complete & Balanced Nutrition



Supports muscle tissue building and growth



Supports bone health



Supports immune function with vitamin D

*If you are concerned about your health, it is advisable to contact a medical/nutrition specialist for professional advice.

1. Tang J, et al. Curr Opin Clin Nutr Metab Care. 2009;12:66-71