



## Fresubin® PLANT-BASED Drink

Complete nutrition\* that supports  
your patients' choices

1.5 kcal/ml high energy and high protein, plant-based oral nutritional supplement with fibre for the dietary management in case or at risk of malnutrition, in particular with increased energy and protein needs.

Suitable for all plant-based diets; including vegan, vegetarian, and flexitarian.

High in protein (20 energy% = 15 g/bottle) sourced from high-quality soy protein, which contributes to clinical, functional and nutritional benefits <sup>1-3</sup>

High vitamin D with 7.5 µg per bottle to support bone health and help reduce risk of fractures <sup>4</sup>

Complete formula\* which includes vegan sourced vitamins, minerals and trace elements <sup>5</sup>

With fibre to maintain gut physiology <sup>6</sup>

# Fresubin® PLANT-BASED Drink

Available in vanilla flavour  
in 200 ml EasyBottle

## Nutritional Information

Nutrition values			
		per 100 ml	bottle = 200 ml
Energy	kJ (kcal)	630 (150)	1260 (300)
Fat (34% Energy)	g	5.7	11.4
of which saturates	g	0.4	0.8
of which mono-unsaturates	g	3.8	7.6
of which polyunsaturates	g	1.5	3
Carbohydrate (43% Energy)	g	16.1	32.2
of which sugars	g	6.3	12.6
Fibre (3% Energy)	g	2.3	4.6
Protein (20% Energy)	g	7.5	15
Vitamins			
Vitamin A	µg RE°	139	278
of which β-Carotene	µg RE°	34	68
Vitamin D	µg	3.8	7.6
Vitamin E	mg α-TE°	2.7	5.4
Vitamin K	µg	9.8	19.6
Vitamin C	mg	20	40
Thiamin	mg	0.23	0.46
Riboflavin	mg	0.24	0.48
Niacin	mg	2.6	5.2
Vitamin B <sub>6</sub>	mg	0.27	0.54
Folic Acid	µg	31.5	63
Vitamin B <sub>12</sub>	µg	0.6	1.2
Biotin	µg	6.8	13.6
Pantothenic Acid	mg	0.9	1.8
Minerals and trace elements			
Sodium	mg	120	240
Potassium	mg	240	480
Chloride	mg	180	360
Calcium	mg	128	256
Phosphorus	mg	100	200
Magnesium	mg	27.5	55
Iron	mg	2	4
Zinc	mg	2.1	4.2
Copper	mg	0.24	0.48
Manganese	mg	0.51	1.02
Fluoride	mg	0.22	0.44
Selenium	µg	10	20
Chromium	µg	11	22
Molybdenum	µg	16	32
Iodine	µg	22.4	44.8
Choline	mg	40	80
Osmolarity	mosmol/l	705	
Osmolality	mosmol/l	820	
Water	ml	86	172

° retinol equivalents (RE), °° alpha-tocopherol equivalents (α-TE)



## General Information

**Food for special medical purposes.**  
Nutritionally complete, high energy (1.5 kcal/ml), high protein oral nutritional supplement with 100% plant protein (soy), with fibre. For the dietary management in case / at risk of malnutrition, especially with increased energy and protein needs. High in vitamin D, suitable for vegans.

**Dosage:**  
2-3 bottles/day for supplementary nutrition or ≥ 5 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 for parenteral (I.V.) use!**

**Instruction for use:**  
Storage: At room temperature. Once opened refrigerate and use within 24 hours. 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® PLANT-BASED Drink.

## Ingredients

**Fresubin PLANT-BASED Drink Vanilla:** Water, glucose syrup, soya proteins, rapeseed oil, sugar, wheat dextrin, inulin, cellulose, potassium carbonate, potassium chloride, flavouring, choline bitartrate, calcium chloride, sodium chloride, emulsifier (soya lecithins), stabilisers (E 460, E466, E 407), potassium citrate, magnesium oxide, vitamin C, zinc sulphate, acidity regulator (E 524), ferrous sulphate, niacin, manganese chloride, pantothenic acid, vitamin E, thiamine, sodium fluoride, vitamin B<sub>6</sub>, riboflavin, cupric sulphate, vitamin A, beta-carotene, chromium chloride, folic acid, potassium iodide, sodium selenite, biotin, vitamin K, vitamin D, vitamin B<sub>12</sub>.

**Allergen information: contains soy and wheat dextrin. Lactose and gluten free.**

Halal & Kosher certified

## Flavours

Vanilla

## References

1. Cawood, A. L. (2012). Systematic review and meta-analysis of the effects of high protein oral nutritional supplements. *Ageing Res Rev*, 11(2), 278-296. **2.** Messina, M. (2022). The health effects of soy: a reference guide for health professionals. *Frontiers in Nutrition*, 9. **3.** Herremans, L., Nommensen, P., Pennings, B. & Laus, M. C. (2020). Comprehensive overview of the quality of plant and animal sourced proteins based on the digestible indispensable amino acid score. *Food science & nutrition*, 8(10), 5379-5394. **4.** Elorinne AL, Alftan G, Erlund I, Kivimäki H, Pajula A, Salminen I et al. Food and nutrient intake and nutritional status of Finnish vegans and non-vegetarians. *PLoS One* 2016;11:e0148235. **5.** Alternative Protein Sources: Balancing Food Innovation, Sustainability, Nutrition, and Health: Proceedings of a Workshop. National Academies of Sciences, Engineering, and Medicine: Health and Medicine Division; Food and Nutrition Board; Food Forum; Nicholson A, editor. Washington (DC): National Academies Press (US); 2023 May. **6.** Green, C. J. (2001). Fibre in enteral nutrition. *Clinical Nutrition*, 20, 23-39. <https://doi.org/10.1054/clnu.2001.0425> **7.** National Health and Medical Research Council: Nutrient Reference Values Australia and New Zealand. <https://www.eatforhealth.gov.au/nutrient-reference-values>. Accessed November, 2023.



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KABI**

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