



**FRESENIUS  
KABI**

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# Fresubin® 3.2 kcal Drink

## Patient Information



# Fresubin® 3.2 kcal Drink



## All about Fresubin 3.2 kcal Drink

This leaflet will answer some of the questions you may have about Fresubin 3.2 kcal Drink. If you have any other questions, you should contact your dietitian, doctor or healthcare professional.

## What is Fresubin 3.2 kcal Drink?

Fresubin 3.2 kcal Drink is a Food for Special Medical Purposes and should be used under medical supervision, for people who cannot manage enough normal food to meet their nutritional requirements.

## What does Fresubin 3.2 kcal Drink contain?

Fresubin 3.2 kcal Drink is made up of many nutrients that are essential in a healthy, balanced diet. These include protein (milk, collagen hydrolysate), vegetable oils (rapeseed oil), carbohydrates, vitamins, minerals and trace elements.

## Allergen and dietary information:

Contains: Milk, Soya.

Free from: Gluten, Lactose, Egg, Fish, Nut, Wheat.

Not suitable for patients with galactosaemia.

## What flavours are available?

There are four delicious flavours to choose from:

- Vanilla-Caramel
- Hazelnut
- Mango
- Cappuccino

## How much Fresubin 3.2 kcal Drink should I take?

Your dietitian or doctor will advise you about the amount you should be taking. As a guide, 1 - 2 bottles per day will provide 400 - 800kcal, 20 - 40g protein.

## When should I take Fresubin 3.2 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 3.2 kcal Drink rather than drink it all at once.

# Fresubin® 3.2 kcal Drink



## How should I take Fresubin 3.2 kcal Drink?

Fresubin 3.2 kcal Drink needs to be shaken well and 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 3.2 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 3.2 kcal Drink?

Fresubin 3.2 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 3.2 kcal Drink Ideas:

- Add ice cream to Fresubin 3.2 kcal Drink and serve as a thick milkshake.
- Mix 1 tsp coffee granules with 2 tbsp boiling water in a mug. Add warmed Fresubin 3.2 kcal Drink (vanilla-caramel), top with whipped cream if desired.

### Fresubin 3.2 kcal Drink Breakfast Ideas:

- Mix porridge oats with Fresubin 3.2 kcal Drink (vanilla-caramel) 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 3.2 kcal Drink Ice Cream:

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

## How should I store Fresubin 3.2 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.



## Additional information

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Patient name:

Bottles per day:

Flavour preferences:

Dietitian:

Contact No:



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