

# Perative

1.3 kcal/ml complete, balanced, semi-elemental liquid

FOR HEALTHCARE PROFESSIONAL USE ONLY

## PRESENTATION

- Presented in 500 ml (655 kcal) and 1000 ml (1309 kcal) Ready to Hang (RTH) containers.
- Perative is unflavoured.

## USES

Food for Special Medical Purposes, for use under medical supervision. Suitable as a sole source of nutrition or as a nutritional supplement for patients who cannot or will not eat sufficient quantities of everyday food and drink to meet their nutritional requirements. Perative is a complete semi-elemental enteral feed designed for the dietary management of patients with malabsorption.

Nutritionally complete for vitamins and minerals in 1230 ml (excluding electrolytes, calculated using the UK Reference Nutrient Intake for men aged 19-50 years).

## COMMUNITY USE—PRESCRIPTIONS

Can be prescribed on a FP10 (GP10 in Scotland) for the following indications:

- Disease-related malnutrition
- Total gastrectomy
- Short bowel syndrome
- Bowel fistulae
- Intractable malabsorption
- Pre-operative preparation of patients who are malnourished
- Proven inflammatory bowel disease
- Dysphagia

All prescriptions should be endorsed ACBS (Advisory Committee on Borderline Substances).

Available on the DPS (Drugs Payment Scheme) and GMS (General Medical Services) scheme in Ireland.

## STORAGE

- Store unopened at room temperature.
- Avoid prolonged exposure to light.
- Once opened, unused product should be resealed and stored in a refrigerator.
- Unused contents should be discarded after 24 hours.

## DIRECTIONS FOR USE

- Ready for use.
- Administer at room temperature for tube feeding.
- The volume/flow rate should be adjusted to meet the patient's nutritional needs and tolerance. This product has a low viscosity and will pass down a fine nasogastric tube.
- For gravity feeding, the use of a Flexiflo gravity gavage set is recommended.
- An Abbott enteral feeding pump may be used in conjunction with the Abbott enteral feeding system where a more accurately controlled delivery of feed is indicated. An ambulatory system is available for use.
- A Flexitainer enteral nutrition container may be used if decanting is necessary.

## PRECAUTIONS

- In patients receiving some medications there may be a risk of drug nutrient interactions (e.g. warfarin and vitamin K). Careful prescribing and monitoring practices will serve to reduce the risk (please refer to pharmacist).
- Do not make any additions to the feed without consulting your pharmacist or dietitian.
- Many nutritional products contain sucrose and other sugars. It is important for patients who are taking supplements as sip feeds to observe good oral hygiene.
- Unless recommended by a qualified healthcare professional, not intended for use in children.
- When feeding to patients with dysphagia, please thicken the product as appropriate.

## CONTRA-INDICATIONS

- FOR ENTERAL USE ONLY.
- Do not use in children under 1 year of age.
- Not for use in galactosaemia.
- Suitable for people with diabetes provided that routine glucose checks are performed.

## INGREDIENTS

Water, maltodextrin, hydrolysed **milk** proteins, vegetable oils (MCT from palm kernel oil, canola, corn) minerals (potassium citrate, calcium phosphate tribasic, magnesium chloride, potassium chloride, potassium phosphate dibasic, sodium citrate, ferrous sulphate, zinc sulphate, manganese sulphate, cupric sulphate, chromium chloride, sodium molybdate, potassium iodide, sodium selenate), L-arginine, stabilisers (E460, E466, E418), emulsifier: **soy** lecithin, choline chloride, vitamins (C, E, niacinamide, calcium pantothenate, beta carotene, B<sub>6</sub>, B<sub>1</sub>, B<sub>2</sub>, vitamin A palmitate, folic acid, K<sub>1</sub>, biotin, D<sub>3</sub>, B<sub>12</sub>), taurine and L-carnitine.

## GENERAL INFORMATION

Energy density 1.3 kcal/ml

Energy distribution:  
Protein 20.5%  
Carbohydrate 54.1%  
Fat 25.4%

Renal solute load 512 mOsm/L

Osmolarity 308 mOsm/L

Osmolality 385 mOsm/kg H<sub>2</sub>O

Gluten free? ✓

Clinically lactose free? ✓

Milk free? ✗

Suitable for vegetarians? ✓<sup>1</sup>

Suitable for vegan diet? ✗

Suitable for Halal diet? ✓

Suitable for Kosher diet? ✓

For other free-from information, please contact the Freephone Nutrition Helpline on 0800 252882.

1. Vitamin D is synthesised from cholesterol, extracted from the grease in wool sheared from live sheep.

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## NUTRITION INFORMATION

	units	per 100 ml
<b>Energy</b>	<b>kJ</b>	<b>552</b>
	<b>kcal</b>	<b>131</b>
Fat	g	3.70
- of which saturates	g	1.45
- of which MCT*	g	1.37
Carbohydrate	g	17.7
- of which sugars	g	0.45
Protein (nitrogen)	g	6.70 (1.07)
Fibre	g	0
- of which FOS	g	0
Salt	g	0.26
<b>Vitamins</b>		
Vitamin A (RE)	µg	139
- of which β-carotene	µg	85
Vitamin D <sub>3</sub>	µg	0.88
Vitamin E (α TE)	mg	2.7
Vitamin K <sub>1</sub>	µg	7.0
Vitamin C	mg	15
Folacin (folic acid)	µg	32
Thiamin (vitamin B <sub>1</sub> )	mg	0.20
Riboflavin (vitamin B <sub>2</sub> )	mg	0.23
Vitamin B <sub>6</sub>	mg	0.27
Vitamin B <sub>12</sub>	µg	0.41
Niacin (NE)	mg	2.2
Pantothenic acid	mg	1.1
Biotin	µg	6.0
<b>Minerals</b>		
Sodium	mg (mmol)	104 (4.5)
Potassium	mg (mmol)	173 (4.4)
Chloride	mg (mmol)	145 (4.1)
Calcium	mg (mmol)	87 (2.2)
Phosphorus (phosphate)	mg (mmol)	87 (2.8)
Magnesium	mg (mmol)	27 (1.1)
Iron	mg	1.6
Zinc	mg	1.5
Manganese	mg	0.44
Copper	mg	0.18
Iodine	µg	16
Selenium	µg	6.1
Chromium	µg	10.0
Molybdenum	µg	13
Taurine	mg	14
L-carnitine	mg	10.0
Choline	mg	52
Water	g	80.3

## PROTEIN & AMINO ACIDS

	g/100 g protein	g/100 ml
<b>Protein source</b>		
Sodium caseinate (hydrolysed)	72.2	4.84
Whey protein concentrate (hydrolysed)	27.8	1.86
<b>Amino acids</b>		
<b>- Essential</b>		
Histidine	2.32	0.16
Isoleucine	4.92	0.33
Leucine	9.48	0.63
Lysine	7.97	0.53
Methionine	2.57	0.17
Phenylalanine	4.38	0.29
Threonine	4.09	0.27
Tryptophan	1.21	0.08
Valine	5.85	0.39
Arginine	13.4	0.90
<b>-Non-essential</b>		
Alanine	3.45	0.23
Aspartic acid	2.99	0.20
Cystine	1.18	0.08
Glutamic acid	9.46	0.63
Glycine	1.78	0.12
Proline	8.34	0.56
Serine	4.82	0.32
Tyrosine	4.77	0.32
Asparagine	4.57	0.31
Glutamine	7.97	0.53
Non-protein calorie: N	90 :1	

## CARBOHYDRATES

	% total carbohydrates	g/100 ml
<b>Carbohydrate source</b>		
Maltodextrin	98.8	17.5
Carboxymethyl cellulose	1.20	0.21

## FAT & FATTY ACIDS

	% total fatty acids	g/100 ml	
<b>Fat source</b>			
MCT from palm kernel oil	40.0	1.48	
Canola oil	40.0	1.48	
Corn oil	16.0	0.59	
Lecithin	4.00	0.15	
<b>Fatty acids</b>			
<b>- Essential</b>			
Linoleic acid	C18:2	17.9	0.65
Alpha-linolenic acid	C18:3	3.72	0.14
<b>- Monounsaturated</b>			
Palmitoleic acid	C16:1	0.10	trace
Oleic acid	C18:1	28.7	1.05
Gadoleic acid	C20:1	0.62	0.02
Erucic acid	C22:1	0.29	0.01
<b>- Saturated</b>			
Caproic acid	C6:0	0.18	0.01
Caprylic acid	C8:0	21.8	0.79
Capric acid	C10:0	15.3	0.56
Lauric acid	C12:0	0.38	0.01
Myristic acid	C14:0	0.23	0.01
Palmitic acid	C16:0	4.01	0.15
Margaric acid	C17:0	0.04	trace
Stearic acid	C18:0	1.10	0.04
Arachidic acid	C20:0	0.30	0.01
Behenic acid	C22:0	0.26	0.01
Tricosanoic acid	C23:0	-	-
Lignoceric acid	C24:0	0.10	trace
P/S ratio	0.50		
n6:n3 ratio	4.9 : 1		

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\*medium-chain triglycerides (C6:0 - C12:0)