

# Vital 1.5kcal

1.5 kcal/ml complete, balanced, peptide-based liquid<sup>1</sup>

FOR HEALTHCARE PROFESSIONAL USE ONLY

## PRESENTATION

- Presented in 1000 ml (1501 kcal) Ready to Hang (RTH) containers and 200 ml (300 kcal) recloseable plastic bottles.
- Both presentations are available in vanilla flavour. The 200 ml presentation is also available in café latte and mixed berry flavours.

## USES

Food for Special Medical Purposes, for use under medical supervision. Liquid feed suitable for patients with malabsorption and/or feed intolerance.

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.

Nutritionally complete for vitamins and minerals in 1000 ml (excluding electrolytes, calculated using the UK Reference Nutrient Intake for men aged 19-50 years).

## COMMUNITY USE—PRESCRIPTIONS

Vital 1.5kcal can be prescribed on a FP10 (GP10 in Scotland) for patients with conditions resulting in malabsorption including:

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

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

## STORAGE

- Store unopened at room temperature and avoid prolonged exposure of the RTH container to light.
- Ready for use. Open immediately prior to use.
- Shake well before use.
- Once opened, cover and place in a refrigerator, discarding any unused feed 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.
- A Flexitainer enteral nutrition container may be used if decanting is necessary.
- 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.

## 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).
- Unless recommended by a qualified healthcare professional, not intended for use in children.
- Patients should not make any additions to the feed without consulting their 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.

## CONTRA-INDICATIONS

- FOR ENTERAL USE ONLY.
- 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), sucrose, minerals (calcium carbonate, magnesium phosphate dibasic, potassium phosphate dibasic, potassium chloride, sodium citrate, potassium citrate, ferrous sulphate, zinc sulphate, manganese sulphate, copper sulphate, sodium molybdate, chromium chloride, sodium selenate, potassium iodide), flavouring, emulsifier: E472e, stabilisers (E460, E407, E466), choline chloride, vitamins (C, E, niacinamide, calcium pantothenate, vitamin A palmitate, B<sub>6</sub>, B<sub>1</sub>, B<sub>2</sub>, folic acid, K<sub>1</sub>, biotin, D<sub>3</sub>, B<sub>12</sub>), L-carnitine, taurine, sweetener: E955.

Note: Information based on vanilla flavour. Some minor differences exist between flavours.

## GENERAL INFORMATION

Energy density	1.5 kcal/ml
Energy distribution:	
Protein	18.0%
Carbohydrate	49.0%
Fat	33.0%
Renal solute load	552 mOsm/L
Osmolarity	487 mOsm/L
Osmolality	630 mOsm/kg H <sub>2</sub> O
Gluten free?	✓
Clinically lactose free?	✓
Milk free?	✗
Suitable for vegetarians?	✓ <sup>2, 3</sup>
Suitable for vegan diet?	✗
Suitable for Halal diet?	✓
Suitable for Kosher diet?	✓ except mixed berry flavour

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

1. All of the protein in this product has been hydrolysed to form peptides. This may be referred to as a 'semi-elemental' or 'partially-hydrolysed' feed elsewhere.
2. Vitamin D is synthesised from cholesterol, extracted from the grease in wool sheared from live sheep.
3. Mixed berry flavour contains E120 (cochineal) which some people may consider to be a meat product.

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## NUTRITION INFORMATION

	units	per 100 ml	per 200 ml
<b>Energy</b>	kJ	631	1262
	kcal	150	300
Fat	g	5.50	11.0
- of which saturates	g	3.9	7.80
- of which MCT*	g	3.50	7.00
Carbohydrate	g	18.4	36.8
- of which sugars	g	3.5	7.00
Protein (nitrogen)	g	6.75 (1.08)	13.5 (2.16)
Salt	g	0.42	0.84
Fibre	g	0	0
<b>Vitamins</b>			
Vitamin A (RE)	µg	150	300
- of which β-carotene	µg	0	0
Vitamin D <sub>3</sub>	µg	1.0	2.0
Vitamin E (α TE)	mg	1.9	3.8
Vitamin K <sub>1</sub>	µg	7.0	14
Vitamin C	mg	18	36
Folacin (folic acid)	µg	30	60
Thiamin (vitamin B <sub>1</sub> )	mg	0.21	0.42
Riboflavin (vitamin B <sub>2</sub> )	mg	0.30	0.60
Vitamin B <sub>6</sub>	mg	0.30	0.60
Vitamin B <sub>12</sub>	µg	0.50	1.0
Niacin (NE)	mg	3.0	6.0
Pantothenic acid	mg	1.0	2.0
Biotin	µg	5.5	11
<b>Minerals</b>			
Sodium	mg (mmol)	169 (7.35)	338 (14.7)
Potassium	mg (mmol)	200 (5.12)	400 (10.2)
Chloride	mg (mmol)	150 (4.23)	300 (8.46)
Calcium	mg (mmol)	100 (2.50)	200 (5.00)
Phosphorus (phosphate)	mg (mmol)	100 (3.23)	200 (6.40)
Magnesium	mg (mmol)	30 (1.23)	60 (2.50)
Iron	mg	2.0	4.0
Zinc	mg	1.8	3.6
Manganese	mg	0.50	1.0
Copper	mg	0.24	0.48
Iodine	µg	15	30
Selenium	µg	9.5	19
Chromium	µg	8.0	16
Molybdenum	µg	18	36
Taurine	mg	15	30
L-carnitine	mg	15	30
Choline	mg	68	136
Water	g	77.6	155

\*medium-chain triglycerides (C8:0 - C12:0)

## PROTEIN & AMINO ACIDS

	g/100 g protein	g/100 ml	g/200 ml
<b>Protein source</b>			
Whey protein hydrolysate	70.0	4.73	9.46
Hydrolysed sodium caseinate	30.0	2.02	4.04
<b>Amino acids</b>			
<b>- Essential</b>			
Histidine	2.05	0.14	0.28
Isoleucine	5.16	0.35	0.70
Leucine	11.2	0.76	1.52
Lysine	8.91	0.60	1.20
Methionine	2.41	0.16	0.32
Phenylalanine	3.90	0.26	0.52
Threonine	4.88	0.33	0.66
Tryptophan	1.76	0.12	0.24
Valine	5.72	0.39	0.78
Arginine	2.95	0.20	0.40
<b>-Non-essential</b>			
Alanine	4.60	0.31	0.62
Aspartic acid	3.78	0.26	0.52
Cystine	1.97	0.13	0.26
Glutamic acid	9.79	0.66	1.32
Glycine	1.95	0.13	0.26
Proline	6.38	0.43	0.86
Serine	4.64	0.31	0.62
Tyrosine	3.84	0.26	0.52
Asparagine	5.80	0.39	0.78
Glutamine	8.27	0.56	1.12
Non-protein calorie: N	114 : 1		

## CARBOHYDRATES

	% total carbohydrates	g/100 ml	g/200 ml
<b>Carbohydrate source</b>			
Maltodextrin	81.3	15.0	30.0
Sucrose	18.0	3.31	6.62
Stabilisers: cellulose (E460), carboxymethyl cellulose (E466), carrageenan (E407)	0.66	0.12	0.24

## FAT & FATTY ACIDS

	% total fatty acids	g/100 ml	g/200 ml
<b>Fat source</b>			
MCT vegetable oil	70.0	3.85	7.70
Canola oil	25.0	1.38	2.76
Diacetyl tartaric esters of mono diglycerides & diglycerides (E472e)	5.00	0.28	0.56
<b>Fatty acids</b>	g/100 g fat	g/100 ml	g/200 ml
<b>- Essential</b>			
Linoleic acid	C18:2 4.81	0.26	0.52
Linolenic acid	C18:3 2.15	0.12	0.24
<b>- Monounsaturated</b>			
Palmitoleic acid	C16:1 0.04	trace	trace
Oleic acid	C18:1 14.4	0.77	1.54
Gadoleic acid	C20:1 0.38	0.02	0.04
Erucic acid	C22:1 0.18	0.01	0.02
<b>- Saturated</b>			
Caproic acid	C6:0 0.32	0.02	0.04
Caprylic acid	C8:0 37.6	2.02	4.04
Capric acid	C10:0 26.4	1.42	2.84
Lauric acid	C12:0 0.33	0.02	0.04
Myristic acid	C14:0 0.07	trace	trace
Palmitic acid	C16:0 1.29	0.07	0.14
Margaric acid	C17:0 -	-	-
Stearic acid	C18:0 4.89	0.26	0.52
Arachidic acid	C20:0 0.22	0.01	0.02
Behenic acid	C22:0 0.08	trace	trace
Tricosanoic acid	C23:0 -	-	-
Lignoceric acid	C24:0 0.06	trace	trace
P/S ratio	0.10		
n6:n3 ratio	2.2 : 1		

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