

# Osmolite

1.0 kcal/ml complete, balanced, isotonic liquid

FOR HEALTHCARE PROFESSIONAL USE ONLY

## PRESENTATION

- Presented in 500 ml (504 kcal), 1000 ml (1008 kcal) & 1500 ml (1513 kcal) Ready to Hang (RTH) containers.
- Osmolite 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.

Nutritionally complete for vitamins and minerals in 1500 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.
- 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.
- For gravity feeding, the use of a Flexiflo gravity gavage set is recommended.

## 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).
- Patients should not make any additions to the feed without consulting their pharmacist or dietitian.
- Unless recommended by a 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, **milk** proteins, vegetable oils (high oleic sunflower, canola, MCT from palm kernel oil), minerals (calcium phosphate tribasic, potassium chloride, potassium citrate, magnesium chloride, sodium citrate, magnesium sulphate, potassium phosphate dibasic, ferrous sulphate, zinc sulphate, manganese sulphate, cupric sulphate, sodium molybdate, chromium chloride, sodium selenate, potassium iodide), **soy** protein isolate, stabilisers (E460, E466, E418) emulsifier: **soy** lecithin, choline chloride, vitamins (C, E, niacinamide, calcium pantothenate, B<sub>6</sub>, B<sub>1</sub>, vitamin A palmitate, B<sub>2</sub>, folic acid, biotin, K<sub>1</sub>, D<sub>3</sub>, B<sub>12</sub>).

## GENERAL INFORMATION

Energy density 1.0 kcal/ml

Energy distribution:  
Protein 15.9%  
Carbohydrate 53.8%  
Fat 30.3%

Renal solute load 342 mOsm/L

Osmolarity 244 mOsm/L

Osmolality 288 mOsm/kg H<sub>2</sub>O

Gluten free? ✓

Clinically lactose free? ✓

Milk free? ✗

Suitable for vegetarian diet? ✓<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

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## NUTRITION INFORMATION

	units	per 100 ml
<b>Energy</b>	kJ	424
	kcal	101
Fat	g	3.40
- of which saturates	g	0.85
- of which MCTs*	g	0.6
Carbohydrate	g	13.6
- of which sugars	g	0.60
Protein (nitrogen)	g	4.00 (0.64)
Salt	g	0.22
Fibre	g	0
<b>Vitamins</b>		
Vitamin A (RE)	µg	108
- of which β-carotene	µg	0
Vitamin D <sub>3</sub>	µg	0.73
Vitamin E (α TE)	mg	2.1
Vitamin K <sub>1</sub>	µg	5.2
Vitamin C	mg	10
Folacin (folic acid)	µg	23
Thiamin (vitamin B <sub>1</sub> )	mg	0.16
Riboflavin (vitamin B <sub>2</sub> )	mg	0.18
Vitamin B <sub>6</sub>	mg	0.22
Vitamin B <sub>12</sub>	µg	0.34
Niacin (NE)	mg	1.7
Pantothenic acid	mg	0.78
Biotin	µg	4.6
<b>Minerals</b>		
Sodium	mg (mmol)	88 (3.83)
Potassium	mg (mmol)	148 (3.79)
Chloride	mg (mmol)	136 (3.84)
Calcium	mg (mmol)	68 (1.70)
Phosphorus (phosphate)	mg (mmol)	68 (2.20)
Magnesium	mg (mmol)	20 (0.82)
Iron	mg	1.4
Zinc	mg	1.3
Manganese	mg	0.38
Copper	mg	0.17
Iodine	µg	11
Selenium	µg	6.0
Chromium	µg	6.5
Molybdenum	µg	12
Choline	mg	56
Taurine	mg	0
L-carnitine	mg	0
Water	g	84.9

## PROTEIN & AMINO ACIDS

	g/100 g protein	g/100 ml
<b>Protein source</b>		
Sodium caseinate	73.0	2.92
Soy protein isolate	16.0	0.64
Calcium caseinate	11.0	0.44
<b>Amino acids</b>		
<b>- Essential</b>		
Histidine	2.94	0.12
Isoleucine	5.45	0.22
Leucine	9.50	0.38
Lysine	7.85	0.31
Methionine	2.73	0.11
Phenylalanine	5.28	0.21
Threonine	4.33	0.17
Tryptophan	1.15	0.05
Valine	6.72	0.27
Arginine	4.41	0.18
<b>-Non-essential</b>		
Alanine	3.25	0.13
Aspartic acid	3.32	0.13
Cystine	0.67	0.03
Glutamic acid	11.7	0.47
Glycine	2.27	0.09
Proline	9.85	0.39
Serine	5.91	0.24
Tyrosine	5.48	0.22
Asparagine	4.58	0.18
Glutamine	10.1	0.40
Non-protein calorie: N	133 :1	

## CARBOHYDRATES

	% total carbohydrates	g/100 ml
<b>Carbohydrate source</b>		
Maltodextrin	99.0	13.5
Carboxymethyl cellulose	0.96	0.13

## FAT & FATTY ACIDS

	% total fatty acids	g/100 ml
<b>Fat source</b>		
High oleic sunflower oil	47.8	1.63
Canola oil	28.7	0.98
MCT from palm kernel oil	19.1	0.65
Lecithin	4.43	0.15
<b>Fatty acids</b>		
<b>- Essential</b>		
Linoleic acid	C18:2	10.9
Alpha-linolenic acid	C18:3	2.76
<b>- Monounsaturated</b>		
Palmitoleic acid	C16:1	0.09
Oleic acid	C18:1	55.8
Gadoleic acid	C20:1	0.49
Erucic acid	C22:1	0.21
<b>- Saturated</b>		
Caproic acid	C6:0	0.09
Caprylic acid	C8:0	10.4
Capric acid	C10:0	7.30
Lauric acid	C12:0	0.22
Myristic acid	C14:0	0.09
Palmitic acid	C16:0	3.70
Margaric acid	C17:0	-
Stearic acid	C18:0	2.21
Arachidic acid	C20:0	0.33
Behenic acid	C22:0	0.51
Tricosanoic acid	C23:0	-
Lignoceric acid	C24:0	0.17
P/S ratio	0.55	
n6:n3 ratio	4.0 : 1	

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

