

PaediaSure Plus Fibre sip feed

1.5 kcal/ml complete, balanced nutrition with fibre and FOS* for children weighing 8-30 kg

FOR HEALTHCARE PROFESSIONAL USE ONLY

PRESENTATION

- Presented in 200 ml (304 kcal) bottles.
- Available in banana, chocolate, strawberry and vanilla flavours.
- There is a separate datasheet for chocolate flavour.

NB. For tube feeding, please see the datasheet for PaediaSure Plus Fibre tube feed.

USES

Food for Special Medical Purposes, for use under medical supervision. Suitable as a nutritional supplement or as a sole source of nutrition 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 619 ml for children aged 1-3 years, 667 ml for children aged 4-6 years and 833 ml for children aged 7-10 years (excluding electrolytes, calculated using the UK Reference Nutrient Intake for these age bands).

For nutritionally complete values for chocolate flavour, please refer to the PaediaSure Plus Fibre chocolate flavour datasheet.

COMMUNITY USE—PRESCRIPTIONS

Can be prescribed on a FP10 (GP10 in Scotland) for the following indications in children weighing 8-30 kg:

- Disease-related malnutrition and/or growth failure
- Short bowel syndrome
- Bowel fistulae
- Intractable malabsorption
- Pre-operative preparation of patients who are malnourished
- Dysphagia

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

STORAGE & DIRECTIONS FOR USE

- Store unopened at room temperature.
- Ready for use. Open immediately prior to use.
- Shake well before use.
- Best served chilled unless bolus feeding is indicated, in which case the product should be administered at room temperature.
- May also be served as warm drinks. To warm, pour into a saucepan and heat gently. Do not boil.
- Once opened, unused product should be resealed and stored in a refrigerator. Unused contents should be discarded after 24 hours.
- Bottles will attach to all Abbott giving sets.

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.
- 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. It is suggested that patients consult with their dentist for further advice.

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, vegetable oils (high oleic sunflower, soy, MCT from palm kernel oil), sucrose, **milk** proteins, minerals (magnesium chloride, calcium phosphate tribasic, potassium phosphate dibasic, potassium citrate, potassium chloride, sodium citrate, ferrous sulphate, zinc sulphate, cupric sulphate, manganese sulphate, sodium fluoride, potassium iodide, sodium molybdate, chromium chloride, sodium selenite), **oat** fibre, fructo-oligosaccharides, **soy** polysaccharide, flavouring, emulsifiers (E471, E322: **soy** lecithin), gum arabic, sodium carboxymethyl cellulose, choline bitartrate, vitamins (C, niacinamide, calcium pantothenate, B₁, B₂, vitamin A palmitate, E, B₆, folic acid, biotin, K₁, D₃, B₁₂), myo-inositol, taurine, L-carnitine.

Note: all information based on vanilla flavour. Some minor differences exist between flavours and there is a separate datasheet for chocolate flavour.

GENERAL INFORMATION¹

| | |
|---------------------------|------------------------------|
| Energy density | 1.5 kcal/ml |
| Energy distribution: | |
| Protein | 11.07% |
| Carbohydrate | 43.19% |
| Fat | 44.29% |
| Fibre (FOS*) | 1.45% |
| Renal solute load | 354 mOsm/L |
| Osmolarity | 389 mOsm/L |
| Osmolality | 500 mOsm/kg H ₂ O |
| Gluten free? | ✓ |
| Clinically lactose free? | ✓ |
| Milk free? | ✗ |
| Suitable for vegetarians? | ✓ ² |
| Suitable for Halal diet? | ✓ |
| Suitable for Kosher diet? | ✓ |

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

1. The general information is for banana, strawberry and vanilla flavours only. For chocolate flavour, see separate datasheet.

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

* Fructo-oligosaccharides

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NUTRITION INFORMATION+

| | units | per 100 ml | per 200 ml |
|----------------------|-------|-------------|-------------|
| Energy | kJ | 635 | 1270 |
| | kcal | 152 | 304 |
| Fat | g | 7.47 | 14.9 |
| - of which saturates | g | 2.0 | 4.0 |
| - of which MCT** | g | 1.37 | 2.74 |
| Carbohydrate | g | 16.39 | 32.8 |
| - of which sugars | g | 5.5 | 11.0 |
| Fibre | g | 1.10 | 2.20 |
| - of which FOS | g | 0.35 | 0.70 |
| Protein (nitrogen) | g | 4.20 (0.67) | 8.40 (1.34) |
| Salt | g | 0.15 | 0.30 |

Vitamins

| | | | |
|--------------------------------------|----|------|------|
| Vitamin A (RE) | µg | 99 | 198 |
| - of which β-carotene | µg | 0 | 0 |
| Vitamin D | µg | 1.1 | 2.3 |
| Vitamin E (α TE) | mg | 1.5 | 3.1 |
| Vitamin K | µg | 5.9 | 12 |
| Vitamin C | mg | 7.5 | 15 |
| Folic acid | µg | 23 | 46 |
| Thiamin (vitamin B ₁) | mg | 0.23 | 0.46 |
| Riboflavin (vitamin B ₂) | mg | 0.30 | 0.60 |
| Vitamin B ₆ | mg | 0.15 | 0.30 |
| Vitamin B ₁₂ | µg | 0.30 | 0.60 |
| Niacin (NE) | mg | 1.8 | 3.6 |
| Pantothenic acid | mg | 0.45 | 0.90 |
| Biotin | µg | 7.5 | 15 |

Minerals

| | | | |
|------------------------|-----------|------------|------------|
| Sodium | mg (mmol) | 60 (2.61) | 120 (5.22) |
| Potassium | mg (mmol) | 135 (3.45) | 270 (6.92) |
| Chloride | mg (mmol) | 100 (2.82) | 200 (5.63) |
| Calcium | mg (mmol) | 83 (2.07) | 166 (4.15) |
| Phosphorus (phosphate) | mg (mmol) | 80 (2.58) | 160 (5.12) |
| Magnesium | mg (mmol) | 24 (0.99) | 48 (2.00) |
| Iron | mg | 1.5 | 3.0 |
| Zinc | mg | 1.5 | 3.0 |
| Manganese | mg | 0.15 | 0.30 |
| Copper | mg | 0.17 | 330 |
| Iodine | µg | 15 | 30 |
| Selenium | µg | 4.2 | 8.4 |
| Chromium | µg | 3.8 | 7.6 |
| Molybdenum | µg | 5.9 | 12 |
| Fluoride | mg | 0.07 | 0.14 |
| Taurine | mg | 11 | 22 |
| L-carnitine | mg | 2.6 | 5.2 |
| Inositol | mg | 12 | 24 |
| Choline | mg | 23 | 46 |

Water g 78 156

* Fructo-oligosaccharides
**medium-chain triglycerides (C6:0 - C12:0)

PROTEIN & AMINO ACIDS+

| | g/100 g protein | g/100 ml | g/200 ml |
|--------------------------|-----------------|----------|----------|
| Protein source | | | |
| Sodium caseinate | 60.0 | 2.52 | 5.04 |
| Calcium caseinate | 22.0 | 0.92 | 1.85 |
| Whey protein concentrate | 18.0 | 0.76 | 1.51 |
| Amino acids | | | |
| - Essential | | | |
| Histidine | 2.75 | 0.12 | 0.24 |
| Isoleucine | 5.66 | 0.24 | 0.48 |
| Leucine | 9.78 | 0.41 | 0.82 |
| Lysine | 8.25 | 0.35 | 0.70 |
| Methionine | 2.86 | 0.12 | 0.24 |
| Phenylalanine | 4.87 | 0.20 | 0.40 |
| Threonine | 5.04 | 0.21 | 0.42 |
| Tryptophan | 1.21 | 0.05 | 0.10 |
| Valine | 6.72 | 0.28 | 0.56 |
| Arginine | 3.59 | 0.15 | 0.30 |
| - Non-essential | | | |
| Alanine | 3.37 | 0.14 | 0.28 |
| Aspartic acid | 3.37 | 0.14 | 0.28 |
| Cystine | 0.85 | 0.04 | 0.08 |
| Glutamic acid | 11.6 | 0.49 | 0.98 |
| Glycine | 1.92 | 0.08 | 0.16 |
| Proline | 9.95 | 0.42 | 0.84 |
| Serine | 5.73 | 0.24 | 0.48 |
| Tyrosine | 5.20 | 0.22 | 0.44 |
| Asparagine | 4.68 | 0.20 | 0.40 |
| Glutamine | 10.2 | 0.43 | 0.86 |

Non-protein calorie: N 201 : 1

CARBOHYDRATES+

| | % total carbohydrates | g/100 ml | g/200 ml |
|----------------------------|-----------------------|----------|----------|
| Carbohydrate source | | | |
| Maltodextrin | 69.63 | 11.4 | 22.9 |
| Sucrose | 29.93 | 4.90 | 9.81 |
| Oligofructose (FOS) | 0.23 | 0.04 | 0.08 |
| Oat fibre | 0.10 | 0.02 | 0.03 |
| Gum arabic | 0.10 | 0.02 | 0.03 |
| Carboxymethyl cellulose | 0.01 | trace | trace |
| Soy fibre | 0.01 | trace | trace |

FIBRE+

| | % total fibre | g/100 ml | g/200 ml |
|----------------------------|---------------|----------|------------------------------|
| Fibre source | | | |
| FOS powder | 31.8 | 0.35 | 0.70 |
| Oat fibre | 30.7 | 0.34 | 0.68 |
| Soy fibre | 20.5 | 0.23 | 0.45 |
| Gum arabic | 11.9 | 0.13 | 0.26 |
| Carboxymethyl cellulose | 5.2 | 0.06 | 0.11 |
| Soluble fibre content: 49% | | | Insoluble fibre content: 51% |

FAT & FATTY ACIDS+

| | % total fatty acids | g/100 ml | g/200 ml | |
|--------------------------|---------------------|-------------|----------|----------|
| Fat source | | | | |
| High oleic sunflower oil | 49.5 | 3.70 | 7.40 | |
| Soy oil | 29.7 | 2.22 | 4.44 | |
| MCT from palm kernel oil | 19.8 | 1.48 | 2.96 | |
| Lecithin | 1.07 | 0.08 | 0.16 | |
| Fatty acids | | g/100 g fat | g/100 ml | g/200 ml |
| - Essential | | | | |
| Linoleic acid | C18:2 | 19.4 | 1.45 | 2.90 |
| Linoleic acid | C18:2 | 0.22 | 0.02 | 0.04 |
| Alpha linolenic acid | C18:3 | 2.10 | 0.16 | 0.32 |
| - Monounsaturated | | | | |
| Palmitoleic acid | C16:1 | 0.12 | 0.01 | 0.02 |
| Oleic acid | C18:1 | 45.2 | 3.37 | 6.74 |
| Petroselinic acid | C18:1 | 0.08 | 0.01 | 0.02 |
| Gadoleic acid | C20:1 | 0.05 | trace | trace |
| Erucic acid | C22:1 | - | - | - |
| - Saturated | | | | |
| Caproic acid | C6:0 | 0.09 | 0.01 | 0.02 |
| Caprylic acid | C8:0 | 10.7 | 0.79 | 1.58 |
| Capric acid | C10:0 | 7.48 | 0.56 | 1.12 |
| Lauric acid | C12:0 | 0.23 | 0.02 | 0.04 |
| Myristic acid | C14:0 | 0.15 | 0.01 | 0.02 |
| Palmitic acid | C16:0 | 5.09 | 0.38 | 0.76 |
| Margaric acid | C17:0 | 0.07 | 0.01 | 0.02 |
| Stearic acid | C18:0 | 3.30 | 0.25 | 0.50 |
| Arachidic acid | C20:0 | 0.34 | 0.03 | 0.06 |
| Behenic acid | C22:0 | 0.56 | 0.04 | 0.08 |
| Tricosanoic acid | C23:0 | - | - | - |
| Lignoceric acid | C24:0 | 0.10 | 0.01 | 0.02 |
| P/S ratio | | 0.78 | | |
| n6 : n3 | | 9.3 : 1 | | |

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*For all nutritional information for chocolate flavour, see separate PaediaSure Plus Fibre datasheet, chocolate flavour.