

# PaediaSure Fibre

1.0 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 (202 kcal) bottles and 500 ml (506 kcal) Ready to Hang (RTH) containers.
- Both presentations are available in vanilla flavour. The 200 ml presentation is also available in banana and strawberry flavours.

## 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 1000 ml for children aged 1-3 years, 1000 ml for children aged 4-6 years and 1250 ml for children aged 7-10 years (excluding electrolytes, calculated using the UK Reference Nutrient Intake for these age bands).

## 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 SIP FEEDING

- Store unopened at room temperature.
- Ready for use. Open immediately prior to use.
- Shake well before use.
- Best served chilled. May also be served as warm drinks. Do not boil.
- Once opened, unused product should be resealed and stored in a refrigerator. Unused contents should be discarded after 24 hours.

## DIRECTIONS FOR TUBE FEEDING

- Ready for use.
- Administer at room temperature for tube feeding.
- Both the Ready to Hang and the reclosable plastic bottles will attach to all Abbott giving sets.
- For gravity feeding, the use of a Flexiflo gravity gavage set is recommended.
- 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.
- 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).
- 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.
- 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 (calcium phosphate tribasic, magnesium chloride, potassium chloride, sodium citrate, potassium phosphate dibasic, potassium citrate, ferrous sulphate, zinc sulphate, cupric sulphate, manganese sulphate, sodium fluoride, potassium iodide, sodium molybdate, chromium chloride, sodium selenite), flavouring, FOS\*, **oat** fibre, **soy** polysaccharide, emulsifiers (E471, E322: **soy** lecithin), gum arabic, sodium carboxymethyl cellulose, choline bitartrate, stabiliser: E415, vitamins (C, niacinamide, E, calcium pantothenate, B<sub>1</sub>, B<sub>2</sub>, B<sub>6</sub>, vitamin A palmitate, folic acid, biotin, K<sub>1</sub>, D<sub>3</sub>, B<sub>12</sub>), myo-inositol, taurine, acidity regulators (E525, E330), L-carnitine.

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

## GENERAL INFORMATION

Energy density	1.0 kcal/ml
Energy distribution:	
Protein	11.1%
Carbohydrate	43.2%
Fat	44.3%
Fibre (FOS)	1.44%
Renal solute load	259 mOsm/L
Osmolarity	289 mOsm/L
Osmolality	340 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	per 200 ml
<b>Energy</b>	kJ	424	847
	kcal	101	202
Fat	g	4.98	9.96
- of which saturates	g	1.30	2.60
- of which MCT**	g	0.90	1.8
Carbohydrate	g	10.9	21.9
- of which sugars	g	3.75	7.5
Fibre	g	0.73	1.46
- of which FOS	g	0.23	0.46
Protein (nitrogen)	g	2.80 (0.45)	5.60 (0.90)
Salt	g	0.15	0.30

<b>Vitamins</b>			
Vitamin A (RE)	µg	45	90
- of which β-carotene	µg	0	0
Vitamin D	µg	1.0	2.0
Vitamin E (α TE)	mg	1.5	3.0
Vitamin K	µg	4.0	8.0
Vitamin C	mg	5.0	10.0
Folacin (folic acid)	µg	15	30
Thiamin (vitamin B <sub>1</sub> )	mg	0.15	0.30
Riboflavin (vitamin B <sub>2</sub> )	mg	0.20	0.40
Vitamin B <sub>6</sub>	mg	0.10	0.20
Vitamin B <sub>12</sub>	µg	0.20	0.40
Niacin (NE)	mg	1.2	2.4
Pantothenic acid	mg	0.30	0.60
Biotin	µg	5.0	10.0

<b>Minerals</b>			
Sodium	mg (mmol)	60 (2.61)	120 (5.22)
Potassium	mg (mmol)	110 (2.81)	220 (5.62)
Chloride	mg (mmol)	100 (2.82)	200 (5.64)
Calcium	mg (mmol)	56 (1.40)	112 (2.80)
Phosphorus (phosphate)	mg (mmol)	53 (1.71)	106 (3.42)
Magnesium	mg (mmol)	16 (0.66)	32 (1.32)
Iron	mg	1.0	2.0
Zinc	mg	1.0	2.0
Manganese	mg	0.10	0.20
Copper	mg	0.10	0.20
Iodine	µg	10.0	20.0
Selenium	µg	2.8	5.6
Chromium	µg	2.5	5.0
Molybdenum	µg	4.0	8.0
Fluoride	mg	0.05	0.10
Taurine	mg	7.2	14
L-carnitine	mg	1.7	3.4
Inositol	mg	8.0	16
Choline	mg	15	30

Water g 85.2 170

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

## PROTEIN & AMINO ACIDS

	g/100 g protein	g/100 ml	g/200 ml
<b>Protein source</b>			
Sodium caseinate	70.0	1.96	3.92
Whey protein concentrate	18.0	0.50	1.01
Calcium caseinate	12.0	0.34	0.67
<b>Amino acids</b>			
<b>- Essential</b>			
Histidine	2.38	0.07	0.14
Isoleucine	4.78	0.13	0.26
Leucine	9.15	0.26	0.52
Lysine	7.51	0.21	0.42
Methionine	2.46	0.07	0.14
Phenylalanine	4.55	0.13	0.26
Threonine	4.82	0.13	0.26
Tryptophan	1.21	0.03	0.06
Valine	5.77	0.16	0.32
Arginine	3.22	0.09	0.18
<b>- Non-essential</b>			
Alanine	3.24	0.09	0.18
Aspartic acid	3.17	0.09	0.18
Cystine	0.74	0.02	0.04
Glutamic acid	11.1	0.31	0.62
Glycine	1.89	0.05	0.10
Proline	9.76	0.27	0.54
Serine	5.42	0.15	0.30
Tyrosine	4.67	0.13	0.26
Asparagine	4.47	0.13	0.26
Glutamine	9.79	0.27	0.54
Non-protein calorie: N 205 : 1			

## CARBOHYDRATES

	% total carbohydrates	g/100 ml	g/200 ml
<b>Carbohydrate source</b>			
Maltodextrin	68.3	7.44	14.9
Sucrose	31.2	3.40	6.80
Xanthan gum	0.20	0.02	0.04
Fructo-oligosaccharide powder	0.13	0.01	0.03
Oat fibre	0.10	0.01	0.02
Soy fibre	0.05	trace	0.01
Arabic gum	0.03	trace	0.01
Carboxymethyl cellulose	0.01	trace	trace

## FIBRE

	% total fibre	g/100 ml	g/200 ml
<b>Fibre source</b>			
Fructo-oligosaccharide powder	31.4	0.23	0.46
Oat fibre	31.0	0.23	0.45
Soy fibre	20.6	0.15	0.30
Gum arabic	12.0	0.09	0.18
Carboxymethyl cellulose	5.15	0.04	0.08
Soluble fibre content: 49% Insoluble fibre content: 51%			

## FAT & FATTY ACIDS

	% total fatty acids	g/100 ml	g/200 ml
<b>Fat source</b>			
High oleic sunflower oil	49.5	2.46	4.93
Soy oil	29.7	1.48	2.96
MCT from palm kernel oil	19.8	0.99	1.97
Lecithin	1.07	0.05	0.11
<b>Fatty acids</b>			
	g/100 g fat	g/100 ml	g/200 ml
<b>- Essential</b>			
Linoleic acid	C18:2 19.1	0.96	1.92
Linolenic acid	C18:3 1.76	0.09	0.18
<b>- Monounsaturated</b>			
Palmitoleic acid	C16:1 0.12	0.01	0.02
Oleic acid	C18:1 46.6	2.33	4.66
Petroselinic acid	C18:1 0.08	trace	trace
Gadoleic acid	C20:1 0.05	trace	trace
Erucic acid	C22:1 -	-	-
<b>- Saturated</b>			
Caproic acid	C6:0 0.09	trace	trace
Caprylic acid	C8:0 10.3	0.51	1.02
Capric acid	C10:0 7.66	0.38	0.76
Lauric acid	C12:0 0.14	0.01	0.02
Myristic acid	C14:0 0.06	trace	trace
Palmitic acid	C16:0 5.34	0.27	0.54
Margaric acid	C17:0 0.07	trace	trace
Stearic acid	C18:0 2.72	0.14	0.28
Arachidic acid	C20:0 0.34	0.02	0.04
Behenic acid	C22:0 0.56	0.03	0.06
Tricosanoic acid	C23:0 -	-	-
Lignoceric acid	C24:0 0.10	trace	trace
P/S ratio 0.77			
n6 : n3 10.9 : 1			

Abbott Laboratories Ltd., Abbott House, Vanwall Business Park, Vanwall Rd., Maidenhead, Berks. SL6 4XE. Tel: 0800 252882 Nutrition.abbott/uk

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