

Fresubin® 3.2 kcal Drink:

The only high protein ONS* to contain
a collagen hydrolysate protein blend

No
additional
PCRS
approval
required

The most energy dense 125 ml ONS,
with 3.2kcal/ml and contains 20g
of a unique protein blend.

Each 125ml bottle of Fresubin®
3.2 kcal Drink contains:



Can be taken in a shot - 3 x 40ml per day

*Oral nutritional supplement (ONS) - excludes modular protein supplements



Protein requirements can increase with age, and with acute/chronic illness¹

Protein intake recommendations for optimal muscle function with ageing from ESPEN* expert group

| | Healthy, older adults | Older adults with or at risk of malnutrition due to acute or chronic illness | Older adults with severe illness or injury |
|------------------------------|-----------------------|--|--|
| Protein g/kg body weight/day | 1.0-1.2g | 1.2-1.5g | >1.5g |

Patient Types

Fresubin® 3.2 kcal Drink is intended for the dietary management of patients with or at risk of disease related malnutrition particularly those with increased energy and protein needs or fluid restriction, e.g.

Sarcopenia



Pressure Ulcers



Surgical Patients



Oncology patients



COPD



Cachexia






Patient acceptability studies

- Between 95-96% compliance was demonstrated in patients consuming Fresubin® 3.2kcal Drink^{2,3}
- 100% of patients gave a positive response to the taste of Fresubin® 3.2 kcal Drink⁴

*European Society for Clinical Nutrition and Metabolism.



Product Comparison⁵

| | Fresubin® 3.2 kcal Drink | Cubitan® | Fortisip® Compact Protein | ProCal Shot® | Altrashot® |
|---------------------------|---|--------------|---------------------------|-----------------|--------------|
| | High Protein / High Energy ONS | | | High Energy ONS | |
| Volume | 125ml | 200ml | 125ml | 120ml | 120ml |
| Protein per bottle | 20g  | 17.6g | 18.3g | 8g | 6g |
| Protein Source | Collagen Hydrolysate & Milk Protein  | Milk Protein | Milk Protein | Milk Protein | Milk Protein |
| Energy content per bottle | 400 kcal | 248 kcal | 306 kcal | 400 kcal | 420 kcal |
| Vitamin D per bottle | 10µg  | 2.6µg | 2.6µg | - | 3.2µg |

Benefits of collagen hydrolysate supplementation:

- High (95%) bioavailability and thus easily digested⁶
- Supplementation in combination with resistance exercise in elderly sarcopenic men (n=53) showed increased muscle strength and fat free mass compared to the placebo⁷
- In care home residents (n=81) with pressure ulcers given standard care plus a collagen hydrolysate supplement showed approximately twice the rate of pressure ulcer healing compared to the control group receiving standard care plus a placebo⁸
- Improvement in measures of pain and function in joint disease⁹



| | Collagen Hydrolysate | Milk Protein |
|-----------------------|----------------------|--------------|
| Amount per bottle (g) | 16 | 4 |
| % of total protein | 80 | 20 |

Fresubin® 3.2 kcal Drink

The only high protein 125ml ONS* to contain a collagen hydrolysate protein blend.



One bottle of Fresubin® 3.2 kcal Drink contains 20g of protein

Each bottle contains 16g of collagen hydrolysate and 4g of milk protein



High energy density - 3.2 kcal/ml

Each bottle of Fresubin® 3.2kcal Drink contains 400 kcal, which is the minimum effective dose for energy from oral nutritional supplements for older adults^{10,11,12}



IDDSI Level 3 at both chilled** and at room temperature***



One bottle of Fresubin® 3.2 kcal Drink contains 10 ug of Vitamin D

Vitamin D is beneficial for:

- bone health
- skeletal muscle function

Vitamin D supplementation has been shown to reduce falls and fractures in Vitamin D deficient older adults^{13,14}



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(Vanilla-Caramel,
Hazelnut and Mango)

*Oral nutritional supplement (ONS) - excludes modular protein supplements

**6+/-1°C

***25+/-1°C

1. Deutz NE, Bauer JM, Barazzoni R, Biolo G, Boirie Y, Bosy-Westphal A, Cederholm T, Cruz-Jentoft A, Krznaric Z, Nair KS, Singer P, Teta D, Tipton K, Calder PC. Protein intake and exercise for optimal muscle function with aging: recommendations from the ESPEN Expert Group. Clin Nutr. 2014 Dec;33(6):929-36. 2. Koch C et al. New High Protein and High Energy Oral Nutritional Supplement for Compliance and Tolerance in Elderly Care. Clin Nutr 2017; 36: S268. 3. Koch C et al. Dispensing a High Caloric, High Protein Oral Nutritional Supplement 3 Times Daily is Well Tolerated and Increase Compliance in Elderly. 2017;36 Supplement 1:S267-268. 4. UK Palatability Report 2017. Data on file. IE-Fre3.2-2300005 Ireland April 2023. 5. Company websites: nutricia.ie/hcp/products, nualtra.com/products, abbottnutrition.ie/products. Accessed April 2023. 6. Dybka KW, P. Collagen Hydrolysate as a New Diet Supplement Scientific Bulletin of the Technical University of Lodz. Food Chemistry and Biotechnology. 2009;73. 7. Dziedzic D et al. Collagen Peptide supplementation in combination with training improves body composition and increases muscle strength in elderly sarcopenic males: a randomised controlled trial. Br J Nutr. 2015;114(8):1237-1245. 8. Lee SK et al. Pressure Ulcer healing with a concentrated fortified collagen protein hydrolysate supplement. A randomised controlled trial. Adv Skin Wound Care. 2006;19(2):92-96. 9. Bello, Alfonso E. and Steffen Oesser. "Collagen hydrolysate for the treatment of osteoarthritis and other joint disorders: a review of the literature." Current Medical Research and Opinion 22 (2006): 2221 - 2232. 10. Volkert D et al. ESPEN Guideline on clinical nutrition and hydration in geriatrics. Clinical Nutrition June 2018 S0261-5614(18)30210. 11. Milne AC et al. Protein and energy supplementation in elderly people at risk from Malnutrition (Review) Cochrane database Syst. Rev. 2009;15(2):CD003288. 12. Raynaud-Simon A et al. Clinical practice guidelines from the French Health High Authority: nutritional support strategy in protein-energy malnutrition in the elderly. Clin Nutr 2011;30(3):312-319. 13. Bischoff-Ferrari HA et al. A Pooled Analysis of Vitamin D Dose Requirements for Fracture Prevention. N Engl J Med 2012;367:40-9. 14. Ceglia L. Vitamin D and its role in skeletal muscle Clinical Nutrition and Metabolic Care: November 2009 - Volume 12 - Issue 6 - p 628-633.

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