

# NUTRISON PROTEIN PLUS MULTI FIBRE

A nutritionally complete, high protein, fibre enriched, ready-to-use enteral tube feed.

## FEATURES

- Suitable as a sole source of nutrition<sup>^</sup>
- **1.28kcal/ml:** to prevent overfeeding calories.
- **63g protein (20%E) per 1000ml:** for people with increased protein requirements e.g. due to metabolic stress.<sup>1</sup>
- **Whey-dominant P4 protein blend:** in line with international recommendations on protein quality/ amino acid profile and for gastro-intestinal tolerance benefits.<sup>2-8</sup>
- **15g of MF6<sup>#</sup> fibre blend per 1000ml pack:** to help maintain normal bowel function.
- **Fish oils:** to provide Docosahexaenoic acid (DHA) and Eicosapentaenoic acid (EPA).
- **Medium chain triglycerides (MCT):** for easier fat digestion and absorption.<sup>9-10</sup>
- **Enriched with carotenoids:** in line with general health recommendations for their antioxidant properties and positive effect on immune function.<sup>11</sup>

## Indications

For the dietary management of:

- Disease-related malnutrition with moderate stress.
- Conditions with increased protein requirements e.g. postoperative patients, burns, infections and pressure ulcers.

## Important Notice

- Not for parenteral use.
- Not suitable for patients requiring a fibre free diet.
- Not suitable for patients with galactosaemia.
- Not suitable for patients with cow's milk protein allergy.
- Not suitable for infants under 1 year of age.
- Use with caution in children aged 1-6 years
- Use with caution in individuals with a seafood allergy.

## Directions for Use

- Shake well before use.
- Use at room temperature.
- Handle aseptically to ensure product remains sterile.
- Usage to be determined by a healthcare professional.

## Storage

- Store in a cool, dry place.
- Once opened, store in the refrigerator.
- Discard unused content after 24 hours.

## Ordering Information

To order contact Nutricia Customer Care **1800 889 480**.

Nutrison Protein Plus Multi Fibre	Product code	Units per carton
1000ml pack	71121	8

## Ingredients

**Nutrison Protein Plus Multi Fibre:** water, maltodextrin, vegetable oils (sunflower oil, rapeseed oil, MCT oil (coconut oil, palm kernel oil)), whey protein (from cow's **milk**) cow's **milk** protein caseinate, dietary fibres (inulin, oligofructose, arabic gum, **soy** polysaccharides, cellulose, resistant starch), pea protein, **soy** protein, **fish** oil, potassium citrate, emulsifier (**soy** lecithin), magnesium hydrogen phosphate, calcium carbonate, potassium hydroxide, carotenoids (contains **soy**) ( $\beta$ -carotene, lutein, lycopene), sodium chloride, choline chloride, potassium chloride, sodium L-ascorbate, di potassium hydrogen phosphate, ferrous lactate, zinc sulphate, nicotinamide, retinyl acetate, DL- $\alpha$  tocopheryl acetate, copper gluconate, manganese sulphate, sodium selenite, calcium D-pantothenate, cholecalciferol, chromium chloride, D-biotin, thiamin hydrochloride, pteroylmonoglutamic acid, pyridoxine hydrochloride, riboflavin, potassium iodide, sodium fluoride, sodium molybdate, phytomenadione, cyanocobalamin.

## Allergen & Cultural Information

- Contains: cow's milk protein, soy, fish oil.
- Does not contain: wheat, egg, shellfish, nuts\*, sesame seeds, lupins.
- No Halal forbidden ingredients.
- No Kosher forbidden ingredients.
- No gluten containing ingredients. No detectable gluten when tested to a sensitivity level of less than 5 parts per million (<5 ppm i.e. <5mg/kg).
- Low lactose (lactose <2g/100g).



# NUTRISON PROTEIN PLUS MULTI FIBRE

NUTRITION INFORMATION		Per 100ml	Per 1000ml
Energy	kcal	535	5350
	kJ	128	1280
Protein	g	6.3 (20% E)	63
Casein	g	1.6	16
Whey	g	2.2	22
Soy	g	1.3	13
Pea	g	1.3	13
Carbohydrate	g	14.1 (46% E)	141
Sugars	g	1.0	10
as Lactose	g	<0.025	<0.25
Fat	g	4.9 (34%E)	49
Saturates	g	1.3	13
of which MCT	g	0.8	8
Monounsaturates	g	2.7	27
Polyunsaturates	g	0.9	9
DHA	mg	20.4	204
EPA	mg	30	300
$\omega 6 / \omega 3$ ratio		2.7:1	2.7:1
Fibre	g	1.5	15
Soluble : Insoluble		80:20	80:20
Water	ml	80	800
Minerals		Per 100ml	Per 1000ml
Sodium	mg	111	1110
	mmol	4.8	48
Potassium	mg	168	1680
	mmol	4.3	43
Calcium	mg	90	900
Phosphorus	mg	90	900
Magnesium	mg	28	280
Chloride	mg	80	800
Ca:P ratio		1:1	1:1

Vitamins		Per 100ml	Per 1000ml
Vitamin A	$\mu\text{g-RE}$	102	1020
Vitamin D	$\mu\text{g}$	1.7	17
Vitamin E	$\text{mg } \alpha\text{-TE}$	1.6	16
Vitamin K	$\mu\text{g}$	6.6	66
Vitamin C	$\text{mg}$	13	130
Thiamin	$\text{mg}$	0.19	1.9
Riboflavin	$\text{mg}$	0.20	2.0
Niacin	$\text{mg NE}$	2.3	23
Vitamin B6	$\text{mg}$	0.21	2.1
Vitamin B12	$\mu\text{g}$	0.26	2.6
Folic Acid	$\mu\text{g}$	33	330
Pantothenic Acid	$\text{mg}$	0.66	6.6
Biotin	$\mu\text{g}$	5	50
Trace Elements		Per 100ml	Per 1000ml
Iron	$\text{mg}$	2	20
Zinc	$\text{mg}$	1.5	15
Manganese	$\text{mg}$	0.41	4.1
Copper	$\mu\text{g}$	230	2300
Iodine	$\mu\text{g}$	17	170
Molybdenum	$\mu\text{g}$	13	130
Selenium	$\mu\text{g}$	7.1	71
Chromium	$\mu\text{g}$	8.3	83
Fluoride	$\text{mg}$	0.13	1.3
Other		Per 100ml	Per 1000ml
Carotenoids	$\text{mg}$	0.25	2.5
Choline	$\text{mg}$	46	460
Osmolality	$\text{mOsmol/ kgH}_2\text{O}$	360	360

**A food for special medical purposes;  
to be used under strict medical supervision.**

For more information call the  
**Nutricia Careline 1800 438 500**

**REFERENCES** 1. Hurt RT, McClave SA, Martindale RG, et al. Summary Points and Consensus Recommendations From the International Protein Summit. Nutrition in Clinical Practice. 2017;32:142S–151S. 2. World Health Organization. Protein and amino acid requirements in human nutrition: report of a joint FAO/WHO/UNU expert consultation. 2007; WHO technical report series; no. 935. 3. Kuyumcu S, Menne D, Curcic J, et al. Noncoagulating enteral formula can empty faster from the stomach: A double-blind, randomized crossover trial using magnetic resonance imaging. Journal of Parenteral and Enteral Nutrition. 2015;39:544–551. 4. van den Braak CC, Klebach M, Abrahamse E, et al. A novel protein mixture containing vegetable proteins renders enteral nutrition products noncoagulating after in vitro gastric digestion. Clinical Nutrition. 2013;32:765–771. 5. Klebach M, Hofman Z, Bluemel S, et al. Effect of protein type in enteral nutrition formulas on coagulation in the stomach in vivo: Post hoc analyses of a randomized controlled trial with MRI. Abstract presented at Clinical Nutrition Week, January 16–19; Austin, Tx. Journal of Parenteral and Enteral Nutrition. 2016;40:134(21). 6. Luttkhold J, van Norren K, Rijna H, et al. Jejunal feeding is followed by a greater rise in plasma cholecystokinin, peptide YY, glucagon-like peptide 1, and glucagon-like peptide 2 concentrations compared with gastric feeding in vivo in humans: a randomized trial. Am J Clin Nutr. 2016;103:435–43. 7. Abrahamse E, van der Lee S, van den Braak S, et al. Gastric non-coagulation of enteral tube feed yields faster gastric emptying of protein in a dynamic in vitro model. Abstract presented at 34th ESPEN Congress. Sept 8–11; Barcelona, Spain. Clinical Nutrition Supplements. 2012;7:PP239(119). 8. Liu J, Klebach M, Abrahamse E, et al. Specific protein mixture reduces coagulation: An in vitro stomach model study mimicking a gastric condition in critically ill patients. Poster presented at 38th ESPEN Congress. 17–20 September; Copenhagen, Denmark. Clinical Nutrition. 2016;35:MON-P182 (S220). 9. Beckers EJ, Jeukendrup AE et al. Gastric emptying of carbohydrate--medium chain triglyceride suspensions at rest. Int J Sports Med. 1992 Nov;13(8):581–4. 10. Hunt JN, Knox MT. A relation between the chain length of fatty acids and the slowing of gastric emptying. J Physiol. 1968 Feb;194(2):327–36. 11. Cooper DA, Eldridge AL, Peters JC. Dietary carotenoids and certain cancers, heart disease and age-related macular degeneration: A review of recent research. Nutrition Reviews 1999; 57: 201–214.

#MF6 is a unique, patented blend of six soluble and insoluble fibres (soy polysaccharide, cellulose, resistant starch, gum arabic, oligofructose and inulin) reflecting the proportions of the different fibre types in a healthy diet.

\* Peanut (*Arachis hypogaea*), Almond (*Amygdalus communis L.*), Hazelnut (*Corylus avellana*), Walnut (*Juglans regia*), Cashew (*Anacardium occidentale*), Pecan nut (*Carya illinoensis (Wangenh.) K. Koch*), Brazil nut (*Bertholletia excelsa*), Pistachio nut (*Pistacia vera*), Macadamia nut and Queensland nut (*Macadamia ternifolia*) and products thereof.

^ In accordance with Australia New Zealand Food Standards Code – Standard 2.95

**NUTRICIA**  
LIFE-TRANSFORMING NUTRITION

Nutricia Australia Pty Ltd.  
Lvl 4, Building D, 12-24 Talavera Road,  
Macquarie Park, NSW, 2113.  
[www.nutriciamedical.com.au](http://www.nutriciamedical.com.au)

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