

Glucerna 1.5kcal

1.5 kcal/ml complete, balanced, high energy, high protein liquid with sweeteners

PRESENTATION

- Presented in 220 ml (329 kcal) bottles and 500 ml (748 kcal) Ready to Hang (RTH) containers.
- Glucerna 1.5kcal is vanilla flavour.

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 1143 ml excluding electrolytes (calculated using the UK Reference Nutrient Intake for men aged 19-50 years).

INDICATIONS/ COMMUNITY USE

Suitable for the dietary management of patients with, or at risk of developing, disease-related malnutrition, experiencing poor glucose control:

- Type I Diabetes Mellitus
- Type II Diabetes Mellitus
- Stress-induced hyperglycaemia
- Impaired glucose tolerance

GMS (General Medical Services) Scheme pending approval.

STORAGE & DIRECTIONS FOR SIP FEEDING

- Store unopened at room temperature.
- Ready for use.
- Shake well before use and open immediately prior to use.
- Once opened, unused product should be covered and stored in a refrigerator.
- Unused contents should be discarded after 24 hours.
- Best served chilled if taken orally.

DIRECTIONS FOR TUBE FEEDING

- Store unopened at room temperature. RTH bottles should be stored avoiding prolonged exposure to light.
- Ready for use.
- Shake well before use and open immediately prior to use.
- Administer at room temperature for tube feeding.
- Once opened, unused product should be resealed and stored in a refrigerator. Unused contents should be discarded after 24 hours.
- 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.
- 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.
- 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.
- Both the 220ml bottle and 500ml container 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.
- Unless recommended by a qualified 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.
- Not for use in galactosaemia.
- Do not use in children under 1 year of age.
- Suitable for people with diabetes provided that routine glucose checks are performed.

INGREDIENTS

Water, vegetable oils (canola, high oleic sunflower), **milk** proteins, isomaltulose^{*}, maltodextrin, **soy** protein isolate, sucromalt^{*}, glycerine, fructooligosaccharides, minerals (potassium citrate, calcium phosphate tribasic, magnesium chloride, sodium citrate, potassium chloride, magnesium phosphate dibasic, calcium carbonate, zinc sulphate, ferrous sulphate, manganese sulphate, cupric sulphate, sodium molybdate, chromium chloride, sodium selenate, potassium iodide), flavouring, **oat** fibre, emulsifier: **soy** lecithin, **soy** polysaccharide, myo-inositol, choline chloride, acidity regulator (E525), vitamins (C, niacinamide, E, calcium pantothenate, B₆, B₁, B₂, vitamin A palmitate, folic acid, biotin, K₁, D₃, B₁₂), taurine, L-carnitine, stabiliser (E418), sweeteners (E950, E955).

^{*}Isomaltulose and sucromalt are sources of glucose and fructose

GENERAL INFORMATION

Energy density	1.5 kcal/ml
Energy distribution:	
Protein	20.1%
Carbohydrate	32.8%
of which polyols	1.92%
Fat	45.1%
Fibre	2.00%
Renal solute load	571 mOsm/L
Osmolarity	671 mOsm/L
Osmolality	875 mOsm/kg H ₂ O
Gluten free?	✓
Clinically lactose free?	✓
Milk free?	✗
Suitable for vegetarians?	✓ ¹

For suitability for other diets and free-from information, please contact the Freephone Nutrition Helpline on 1800 411 411.

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 220 ml	per 500 ml
Energy	kJ	625	1376	3127
	kcal	150	329	748
Fat	g	7.50	16.5	37.5
- of which saturates	g	0.58	1.27	2.9
Carbohydrate	g	12.8	28.05	63.75
- of which sugars	g	6.7	14.7	34
- of which polyols	g	1.20	2.64	6.00
Fibre	g	1.50	3.30	7.50
- of which FOS	g	1.00	2.20	5.00
Protein (nitrogen)	g	7.50 (1.2)	16.5 (2.64)	37.5 0 (6.0)
Salt	g	0.33	0.73	1.65

Vitamins

Vitamin A (RE)	µg	144	317	720
Vitamin D ₃	µg	2.5	5.5	12.5
Vitamin E (α TE)	mg	3.02	6.64	15.1
Vitamin K ₁	µg	12	26	60
Vitamin C	mg	13	29	65
Folic acid (folic acid)	µg	40	88	200
Thiamin (vitamin B ₁)	mg	0.26	0.57	1.30
Riboflavin (vitamin B ₂)	mg	0.34	0.75	1.70
Vitamin B ₆	mg	0.39	0.86	1.95
Vitamin B ₁₂	µg	0.50	1.10	2.50
Niacin (NE)	mg	3.0	6.6	15.0
Pantothenic acid	mg	1.2	2.6	6.0
Biotin	µg	7.2	15.8	36

Minerals

Sodium	mg (mmol)	140 (6.09)	308 (13.4)	700 (30.4)
Potassium	mg (mmol)	165 (4.22)	363 (9.28)	825 (21.1)
Chloride	mg (mmol)	145 (4.09)	319 (8.99)	725 (20.4)
Calcium	mg (mmol)	100 (2.50)	220 (5.5)	500 (12.5)
Phosphorus (phosphate)	mg (mmol)	100 (3.23)	220 (7.11)	500 (16.1)
Magnesium	mg (mmol)	31 (1.28)	68 (2.82)	155 (6.4)
Iron	mg	0.85	1.87	4.25
Zinc	mg	1.7	3.7	8.5
Manganese	mg	0.44	0.97	2.20
Copper	mg	0.11	0.23	0.53
Iodine	µg	15	33	75
Selenium	µg	9.5	20.9	47.5
Chromium	µg	9.0	19.8	45
Molybdenum	µg	16	35	80
Taurine	mg	15	33	75
Carnitine	mg	12	26	60
Inositol	mg	85	187	425
Choline	mg	60	132	300

Water	g	77	169	385
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PROTEIN & AMINO ACIDS

	g/100 g protein	g/100 ml	g/ 220 ml
Protein source			
Sodium caseinate	75.0	5.63	12.4
Soy protein isolate	20.0	1.50	3.3
Calcium caseinate	5.0	0.38	0.83

Amino acids

- Essential

Histidine	2.52	0.19	0.42
Isoleucine	4.52	0.34	0.75
Leucine	8.82	0.66	1.45
Lysine	7.02	0.53	1.17
Methionine	2.27	0.17	0.37
Phenylalanine	4.95	0.37	0.81
Threonine	4.08	0.31	0.68
Tryptophan	1.16	0.09	0.20
Valine	5.65	0.42	0.92

- Non-essential

Alanine	3.17	0.24	0.53
Arginine	4.17	0.31	0.68
Aspartic acid	3.39	0.25	0.55
Cystine	0.58	0.04	0.09
Glutamic acid	11.2	0.84	1.85
Glycine	2.35	0.18	0.40
Proline	9.45	0.71	1.56
Serine	5.57	0.42	0.92
Tyrosine	4.84	0.36	0.79
Asparagine	4.59	0.34	0.75
Glutamine	9.74	0.73	1.61

Non-protein calorie: N 100: 1

CARBOHYDRATES

	% total carbohydrates	g/100 ml	g/ 220 ml
Carbohydrate source			
Isomaltulose*	54.26	6.95	15.3
Maltodextrin	35.46	4.54	10
Sucromalt*	9.60	1.23	2.70
Oligofructose (fructooligosaccharides)	0.61	0.08	0.17
Oat fibre	0.05	0.01	0.01
Soy fibre	0.02	trace	0.01

*Isomaltulose and sucromalt are sources of glucose and fructose

FIBRE

	% total fibre	g/100 ml	g/220 ml
Fibre source			
Oligofructose (fructooligosaccharides)	66.76	1.00	2.2
Maltodextrin	17.95	0.27	0.59
Oat fibre	8.97	0.13	0.30
Soy fibre	6.32	0.09	0.21

FAT & FATTY ACIDS

	% total fatty acids	g/100 ml	g/ 220 ml
Fat source			
Canola oil	68.0	5.1	11.2
High oleic sunflower oil	30.0	2.25	4.95
Lecithin	2.00	0.15	0.33

Fatty acids

	g/100 g fat	g/100 ml	g/220 ml
- Essential			
Linoleic acid C18:2	16.0	1.18	2.60
Linolenic acid C18:3	5.67	0.42	0.92

- Monounsaturated

Palmitoleic acid C16:1	0.13	0.01	0.02
Oleic acid C18:1	64.8	4.78	10.5
Gadoleic acid C20:1	1.08	0.08	0.18
Erucic acid C22:1	0.49	0.04	0.09

- Saturated

Caproic acid C6:0	-	-	-
Caprylic acid C8:0	-	-	-
Capric acid C10:0	-	-	-
Lauric acid C12:0	0.03	trace	trace
Myristic acid C14:0	-	-	-
Palmitic acid C16:0	4.37	0.32	0.70
Margaric acid C17:0	-	-	-
Stearic acid C18:0	2.21	0.16	0.35
Arachidic acid C20:0	0.50	0.04	0.09
Behenic acid C22:0	0.48	0.04	0.09
Tricosanoic acid C23:0	-	-	-
Lignoceric acid C24:0	0.23	0.02	0.04

P/S ratio 2.76
n6 : n3 2.8 : 1

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