

# Glucerna 1.5kcal

1.5 kcal/ml high energy, high protein nutrition with sweeteners

## PRESENTATION

- Presented in 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 are unable to eat sufficient quantities of everyday food and drink to meet their nutritional requirements.

Nutritionally complete for vitamins and minerals in 1091 ml excluding electrolytes (calculated using the UK Reference Nutrient Intake for men aged 19-50 years). EFSA Dietary Reference Values available on request.

## INDICATIONS / COMMUNITY USE

Suitable for the dietary management of patients with diabetes or abnormal glucose metabolism with, or at risk of developing, disease-related malnutrition.

Available on the GMS (General Medical Services) Scheme in Ireland. No further HSE online approval required.

## STORAGE & DIRECTIONS FOR USE

- Store unopened at room temperature.
- Ready for use. SHAKE WELL.
- 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.
- The 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.
- Not intended for use in children unless recommended by a physician or other qualified healthcare professional.

## 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, FOS\*\* 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, B<sub>6</sub>, B<sub>1</sub>, B<sub>2</sub>, vitamin A palmitate, folic acid, biotin, K<sub>1</sub>, D<sub>3</sub>, B<sub>12</sub>), taurine, L-carnitine, stabiliser: E418, sweeteners (E950, E955).

\*Isomaltulose and sucromalt are sources of glucose and fructose  
\*\*Fructoogliosaccharides

## GENERAL INFORMATION

|                            |                              |
|----------------------------|------------------------------|
| Energy density             | 1.5 kcal/ml                  |
| Energy distribution:       |                              |
| Protein                    | 20.06%                       |
| Carbohydrate               | 32.81%                       |
| of which polyols           | 1.92%                        |
| Fat                        | 45.13%                       |
| Fibre                      | 2.00%                        |
| Renal solute load          | 571 mOsm/L                   |
| Osmolarity                 | 671 mOsm/L                   |
| Osmolality                 | 875 mOsm/kg H <sub>2</sub> O |
| Gluten free?               | ✓                            |
| Clinically lactose free?   | ✓ <sup>1</sup>               |
| Milk free?                 | ✗                            |
| Suitable for vegetarians?  | ✓ <sup>2</sup>               |
| Suitable for halal diets?  | ✓                            |
| Suitable for kosher diets? | ✓                            |

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

1. Maximum lactose value: 197 mg/L
2. Vitamin D<sub>3</sub> 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 500 ml  |
|--------------------------------------|-----------|------------|-------------|
| <b>Energy</b>                        | kJ        | 625        | 3127        |
|                                      | kcal      | 150        | 748         |
| Fat                                  | g         | 7.50       | 37.50       |
| - of which saturates                 | g         | 0.53       | 2.65        |
| Carbohydrate                         | g         | 12.75      | 63.75       |
| - of which sugars                    | g         | 6.7        | 33.5        |
| - of which polyols                   | g         | 1.20       | 6.00        |
| Fibre                                | g         | 1.50       | 7.50        |
| - of which FOS                       | g         | 1.00       | 5.00        |
| Protein (nitrogen)                   | g         | 7.50 (1.2) | 37.50 (6.0) |
| Salt                                 | g         | 0.35       | 1.75        |
| <b>Vitamins</b>                      |           |            |             |
| Vitamin A (RE)                       | µg        | 144        | 720         |
| Vitamin D <sub>3</sub>               | µg (IU)   | 2.5 (100)  | 12.5 (500)  |
| Vitamin E (α TE)                     | mg        | 3.02       | 15.10       |
| Vitamin K <sub>1</sub>               | µg        | 12         | 60          |
| Vitamin C                            | mg        | 13         | 65          |
| Folic acid                           | µg        | 40         | 200         |
| Thiamin (vitamin B <sub>1</sub> )    | mg        | 0.26       | 1.30        |
| Riboflavin (vitamin B <sub>2</sub> ) | mg        | 0.34       | 1.70        |
| Vitamin B <sub>6</sub>               | mg        | 0.39       | 1.95        |
| Vitamin B <sub>12</sub>              | µg        | 0.50       | 2.50        |
| Niacin (NE)                          | mg        | 3.0        | 15.0        |
| Pantothenic acid                     | mg        | 1.2        | 6.0         |
| Biotin                               | µg        | 7.2        | 36          |
| <b>Minerals and other nutrients</b>  |           |            |             |
| Sodium                               | mg (mmol) | 140 (6.09) | 700 (30.4)  |
| Potassium                            | mg (mmol) | 165 (4.22) | 825 (21.1)  |
| Chloride                             | mg (mmol) | 145 (4.09) | 725 (20.4)  |
| Calcium                              | mg (mmol) | 100 (2.50) | 500 (12.5)  |
| Phosphorus (phosphate)               | mg (mmol) | 100 (3.23) | 500 (16.1)  |
| Magnesium                            | mg (mmol) | 31 (1.28)  | 155 (6.4)   |
| Iron                                 | mg        | 0.85       | 4.25        |
| Zinc                                 | mg        | 1.7        | 8.5         |
| Manganese                            | mg        | 0.44       | 2.20        |
| Copper                               | mg        | 0.11       | 0.53        |
| Iodine                               | µg        | 15         | 75          |
| Selenium                             | µg        | 9.5        | 47.5        |
| Chromium                             | µg        | 9.0        | 45          |
| Molybdenum                           | µg        | 16         | 80          |
| Taurine                              | mg        | 15         | 75          |
| Carnitine                            | mg        | 12         | 60          |
| Inositol                             | mg        | 85         | 425         |
| Choline                              | mg        | 60         | 300         |
| Water                                | g         | 76.96      | 384.80      |

## PROTEIN & AMINO ACIDS

|  | g/100 g protein | g/100 ml | g/ 220 ml |
|--|-----------------|----------|-----------|
| <b>Protein source</b>                              |                 |          |           |
| Sodium caseinate                                   | 75.00           | 5.63     | 12.38     |
| Soy protein isolate                                | 20.00           | 1.50     | 3.30      |
| Calcium caseinate                                  | 5.00            | 0.38     | 0.83      |
| <b>Amino acids</b>                                 |                 |          |           |
| <b>- Essential</b>                                 |                 |          |           |
| 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      |
| <b>- Non-essential and conditionally essential</b> |                 |          |           |
| 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                                      | 11.16           | 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 |
|--|-----------------------|----------|-----------|
| <b>Carbohydrate source</b>             |                       |          |           |
| Isomaltulose*                          | 54.26                 | 6.92     | 15.22     |
| Maltodextrin                           | 35.46                 | 4.52     | 9.95      |
| Sucromalt*                             | 9.60                  | 1.22     | 2.69      |
| 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 |
|--|---------------|----------|----------|
| <b>Fibre source</b>                    |               |          |          |
| Oligofructose (fructooligosaccharides) | 66.76         | 1.00     | 2.20     |
| 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 |       |
|--|---------------------|----------|-----------|-------|
| <b>Fat source</b>                        |                     |          |           |       |
| Canola oil                               | 68.00               | 5.1      | 11.22     |       |
| High oleic sunflower oil                 | 30.00               | 2.25     | 4.95      |       |
| Lecithin                                 | 2.00                | 0.15     | 0.33      |       |
| <b>Fatty acids</b>                       |                     |          |           |       |
| <b>- Essential</b>                       |                     |          |           |       |
| Linoleic acid                            | C18:2               | 16.01    | 1.18      | 2.60  |
| Linolenic acid                           | C18:3               | 5.67     | 0.42      | 0.92  |
| <b>- Monounsaturated</b>                 |                     |          |           |       |
| Palmitoleic acid                         | C16:1               | 0.13     | 0.01      | 0.02  |
| Oleic acid                               | C18:1               | 64.76    | 4.78      | 10.52 |
| Gadoleic acid                            | C20:1               | 1.08     | 0.08      | 0.18  |
| Erucic acid                              | C22:1               | 0.49     | 0.04      | 0.09  |
| <b>- Saturated and other fatty acids</b> |                     |          |           |       |
| 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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