



Glucerna

1.0 kcal/ml reduced carbohydrate, complete balanced feed with monounsaturated fat and fibre

PRESENTATION

- Presented in 250 ml (253 kcal) cans and 500ml (506 kcal) Ready to Hang (RTH) containers.
- Glucerna is vanilla flavour.

USES

Food for Special Medical Purposes, for use under medical supervision.

Glucerna is a liquid enteral feed specially designed for patients with abnormal glucose tolerance. It can be used as a nutritional supplement or as a complete source of nutrition. Glucerna has a reduced carbohydrate and a modified fat profile designed to enhance glucose control and can be administered either as a sip or tube feed.

Nutritionally complete for vitamins and minerals in 1531 ml (excluding electrolytes, calculated using the UK Reference Nutrient Intake for men aged 19-50 years).

INDICATIONS / COMMUNITY USE

Suitable for patients who require nutrition support and have poor blood glucose control:

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

Available on the GMS (General Medical Services) Scheme and the DPS (Drugs Payment Scheme).

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 for use.

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.
- Suitable for people with diabetes provided that routine glucose checks are performed.

INGREDIENTS

Water, maltodextrin, high oleic sunflower oil, sodium and calcium caseinates (*milk* protein), *soy* polysaccharide, fructose, canola oil, emulsifier: E322 (*soy* lecithin), flavouring, potassium citrate, magnesium chloride, tricalcium phosphate, sodium citrate, m-inositol, potassium chloride, choline chloride, vitamin C, potassium phosphate dibasic, taurine, L-carnitine, ferrous sulphate, zinc sulphate, niacin, manganese sulphate, calcium pantothenate, vitamin E, copper sulphate, vitamin A, vitamin B₆, thiamin (vitamin B₁), riboflavin (vitamin B₂), beta carotene, folic acid, sodium molybdate, chromium chloride, sodium selenate, potassium iodide, vitamin K, biotin, vitamin D, vitamin B₁₂.

GENERAL INFORMATION

Energy density 1.0 kcal/ml

Energy distribution:

Protein	16.5%
Carbohydrate	32.2%
Fat	48.4%
Fibre	2.85%

Renal solute load 347 mOsm/L

Osmolarity 300 mOsm/L

Osmolality 354 mOsm/kg H₂O

Gluten free? ✓

Clinically lactose free? ✓

Milk free? ✗

Suitable for vegetarians? ✓¹

For suitability for other diets and free-from information, please contact Abbott Nutrition.

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 250 ml	per 500 ml
Energy	kJ	422	1056	2111
	kcal	101	253	506
Fat	g	5.44	14	27
- of which saturates	g	0.46	1.1	2.3
- of which MCT*	g	trace	trace	trace
Carbohydrate	g	8.14	20	41
- of which sugars	g	2.1	5.3	10.5
Fibre	g	1.44	3.6	7.2
- of which FOS	g	0	0	0
Protein (nitrogen)	g	4.18 (0.67)	10 (1.6)	21 (3.36)
Salt	g	0.23	0.58	1.15

Vitamins

Vitamin A (RE)	µg	80	270	539
- of which B-carotene	µg	28	70	140
Vitamin D	µg	0.70	1.8	3.5
Vitamin E (α TE)	mg	2.1	5.4	11
Vitamin C	mg	11	28	55
Thiamin (vitamin B₁)	mg	0.16	0.40	0.80
Riboflavin (vitamin B₂)	mg	0.18	0.45	0.90
Niacin (NE)	mg	1.7	4.3	8.5
Vitamin B₆	mg	0.21	0.53	1.1
Folacin (folic acid)	µg	42	105	210
Vitamin B₁₂	µg	0.30	0.75	1.5
Biotin	µg	4.0	10	20
Pantothenic acid	mg	0.75	1.9	3.8
Vitamin K	µg	5.6	14	28

Minerals

Sodium	mg (mmol)	93 (4.04)	233 (10.1)	465 (20.2)
Calcium	mg (mmol)	70 (1.75)	175 (4.38)	350 (8.75)
Phosphorus (phosphate)	mg (mmol)	65 (2.08)	163 (5.22)	325 (10.4)
Iron	mg	1.3	3.3	6.5
Magnesium	mg (mmol)	20 (0.83)	50 (2.08)	100 (4.15)
Zinc	mg	1.2	3.0	6.0
Iodine	µg	11	28	55
Potassium	mg (mmol)	130 (3.33)	325 (8.33)	650 (16.7)
Chloride	mg (mmol)	125 (3.52)	313 (8.82)	625 (17.6)
Copper	µg	140	350	700
Manganese	mg	0.35	0.88	1.8
Selenium	µg	4.9	12	25
Chromium	µg	7.0	18	35
Molybdenum	µg	10	25	50
Taurine	mg	11	28	55
L-carnitine	mg	7.8	20	39
Choline	mg	42	105	210
Inositol	mg	84	210	420

Water	g	84.9	212	424
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*medium-chain triglycerides (C6:0 - C12:0)

PROTEIN & AMINO ACIDS

	g/100 g protein	g/100 ml	g/ 250 ml
Protein source			
Calcium caseinate	13.2	0.55	1.38
Sodium caseinate	86.8	3.63	9.07
Amino acids			
- Essential			
Histidine	2.25	0.11	0.25
Isoleucine	4.49	0.19	0.48
Leucine	8.93	0.37	0.93
Lysine	7.19	0.30	0.75
Methionine	2.47	0.10	0.25
Phenylalanine	4.90	0.20	0.50
Threonine	4.15	0.17	0.43
Tryptophan	1.11	0.05	0.13
Valine	5.81	0.24	0.60
Arginine	3.56	0.15	0.38
- Non-essential			
Alanine	2.95	0.12	0.30
Aspartic acid	2.94	0.12	0.30
Cystine	0.43	0.02	0.05
Glutamic acid	11.5	0.48	1.20
Glycine	1.99	0.08	0.20
Proline	10.3	0.43	1.08
Serine	5.62	0.24	0.60
Tyrosine	5.06	0.21	0.53
Asparagine	4.35	0.18	0.45
Glutamine	9.77	0.41	1.03
Non-protein calorie: N	129 : 1		

CARBOHYDRATES

	% total carbohydrates	g/100 ml	g / 250 ml
Carbohydrate source			
Maltodextrin	63.1	5.14	12.8
Soy fibre	16.9	1.38	3.44
Fructose	20.0	1.63	4.07

FIBRE

	% total fibre	g/100 ml	g / 250 ml
Fibre source			
Soy fibre	100	1.44	3.6

FAT & FATTY ACIDS

	% total fatty acids	g/100 ml	g/ 250 ml
Fat source			
Canola oil	10.0	0.54	1.36
High oleic sunflower oil	85.0	4.62	11.6
Lecithin	5.0	0.27	0.68
Fatty acids			
	g/ 100 g fat	g/100 ml	g/ 250 ml
- Essential			
Linoleic acid	C18:2 10.7	0.59	1.48
Linolenic acid	C18:3 1.27	0.07	0.18
- Monounsaturated			
Palmitoleic acid	C16:1 0.10	0.01	0.03
Oleic acid	C18:1 74.9	4.14	10.4
Godoleic acid	C20:1 0.24	0.01	35
Erucic acid	C22:1 0.07	trace	trace
- Saturated			
Caproic acid	C6:0 -	-	-
Caprylic acid	C8:0 -	-	-
Capric acid	C10:0 -	-	-
Lauric acid	C12:0 0.08	trace	trace
Myristic acid	C14:0 -	-	-
Palmitic acid	C16:0 4.46	0.25	0.63
Margaric acid	C17:0 -	-	-
Stearic acid	C18:0 2.54	0.14	0.35
Arachidic acid	C20:0 0.35	0.02	0.05
Behenic acid	C22:0 0.75	0.04	0.1
Tricosanoic acid	C23:0 -	-	-
Lignoceric acid	C24:0 0.20	0.01	0.3
P/S ratio	1.43		
n6 : n3	8.5 : 1		

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