

Osmolite

1.0 kcal/ml complete and balanced isotonic nutrition

FOR HEALTHCARE PROFESSIONAL USE ONLY

PRESENTATION

- Presented in 500 ml (504 kcal) and 1000 ml (1008 kcal) Ready to Hang (RTH) containers.
- Osmolite is unflavoured.

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 1500 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

For the dietary management of patients with, or at risk of developing, disease-related malnutrition. For tube feeding.

Available on the GMS (General Medical Services) Scheme. No HSE Online Application Approval required.

STORAGE

- Store unopened at room temperature.
- Avoid prolonged exposure to light.
- Once opened, unused product should be resealed and stored in a refrigerator.
- Unused contents should be discarded after 24 hours.

DIRECTIONS FOR USE

- Ready for use. SHAKE WELL.
- Administer at room temperature for tube feeding.
- 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.
- 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.
- 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.

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.
- Do not use in children under 1 year of age.
- Not for use in galactosaemia.
- Suitable for people with diabetes provided that routine glucose checks are performed.

INGREDIENTS

Water, maltodextrin, **milk** proteins, vegetable oils (high oleic sunflower, canola, MCT* from palm kernel oil), minerals (calcium phosphate tribasic, potassium chloride, potassium citrate, magnesium chloride, sodium citrate, magnesium sulphate, potassium phosphate dibasic, ferrous sulphate, zinc sulphate, manganese sulphate, cupric sulphate, sodium molybdate, chromium chloride, sodium selenate, potassium iodide), **soy** protein isolate, stabilisers (E460, E466, E418) emulsifier: **soy** lecithin, choline chloride, vitamins (C, E, niacinamide, calcium pantothenate, B₆, B₁, vitamin A palmitate, B₂, folic acid, biotin, K₁, D₃, B₁₂).

GENERAL INFORMATION

Energy density 1.0 kcal/ml

Energy distribution:
Protein 15.87%
Carbohydrate 53.79%
Fat 30.34%

Renal solute load 342 mOsm/L

Osmolarity 244 mOsm/L

Osmolality 288 mOsm/kg H₂O

Gluten free? ✓

Clinically lactose free? ✓¹

Milk free? ✗

Suitable for vegetarians? ✓²

Suitable for halal diet? ✓

Suitable for kosher diet? ✓

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

1. Typical lactose: 75 mg/L
2. Vitamin D is synthesised from cholesterol, extracted from the grease in wool sheared from live sheep.

*medium-chain triglycerides (C6:0 - C12:0)

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GMS APPROVED

1.0kcal/mL complete and balanced isotonic nutrition for the dietary management of patients with, or at risk of developing, disease-related malnutrition.

NUTRITIONAL INFORMATION	UNIT	PER 100mL
Energy	kJ	424
	kcal	101
Protein (nitrogen)	g	4.0 (0.64)
Carbohydrate	g	13.56
of which sugars	g	0.60
Fat	g	3.40
of which saturates	g	0.85
Fibre	g	0
Salt	g	0.22
VITAMINS		
Vitamin A (RE)	µg	108
Vitamin D ₃	µg (IU)	0.73 (29)
Vitamin E (α TE)	mg	2.1
Vitamin K ₁	µg	5.2
Vitamin C	mg	10
Folic Acid	µg	23
Thiamin (Vitamin B ₁)	mg	0.16
Riboflavin (Vitamin B ₂)	mg	0.18
Vitamin B ₆	mg	0.22
Vitamin B ₁₂	µg	0.34
Niacin (NE)	mg	1.7
Pantothenic Acid	mg	0.78
Biotin	µg	4.6
MINERALS		
Sodium	mg (mmol)	88 (3.83)
Potassium	mg (mmol)	148 (3.79)
Magnesium	mg (mmol)	20 (0.82)
Phosphate	mg (mmol)	68 (2.20)
Calcium	mg (mmol)	68 (1.70)
Chloride	mg (mmol)	136 (3.84)
Iron	mg	1.4
Zinc	mg	1.3
Manganese	mg	0.38
Copper	mg	0.17
Iodine	µg	11
Selenium	µg	6.0
Chromium	µg	6.5
Molybdenum	µg	12
Choline	mg	56
Osmolality	mOsm/kg H ₂ O	288
Osmolarity	mOsm/litre	244
Water	g/100ml	84.9
Renal solute load	mOsm/litre	342
ORDER CODES		
Osmolite RTH [®] : E711 (500mL) Osmolite RTH [®] : E711 (1000mL)		