Perative
1.3 kcal/ml complete, balanced, semi-elemental liquid

PRESENTATION
- Presented in 500 ml (655 kcal) and 1000 ml (1309 kcal) Ready to Hang (RTH) containers.
- Perative 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 will not eat sufficient quantities of everyday food and drink to meet their nutritional requirements. Perative is a complete semi-elemental enteral feed designed for the dietary management of patients with malabsorption.

Nutrionally complete for vitamins and minerals in 1230 ml (excluding electrolytes, calculated using the UK Reference Nutrient Intake for men aged 19-50 years).

COMMUNITY USE—PRESCRIPTIONS
Can be prescribed on a FP10 (GP10 in Scotland) for the following indications:
- Disease-related malnutrition
- Total gastrectomy
- Short bowel syndrome
- Bowel fistulae
- Intractable malabsorption
- Pre-operative preparation of patients who are malnourished
- Proven inflammatory bowel disease
- Dysphagia

All prescriptions should be endorsed ACBS (Advisory Committee on Borderline Substances).

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

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.
- 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.
- 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.
- A Flexitainer enteral nutrition container may be used if decanting is necessary.

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).
- Do not make any additions to the feed without consulting your 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.
- 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.
- 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, hydrolysed milk proteins, vegetable oils (MCT from palm kernel oil, canola, corn), minerals (potassium citrate, calcium phosphate tribasic, magnesium chloride, potassium chloride, potassium phosphate dibasic, sodium citrate, ferrous sulphate, zinc sulphate, manganese sulphate, cupric sulphate, chromium chloride, sodium molybdate, potassium iodide, sodium selenate), L-arginine, stabilisers (E460, E466, E418), emulsifier: soy lecithin, choline chloride, vitamins (C, E, niacinamide, calcium pantothenate, beta carotene, B12, vitamin A palmitate, folic acid, K1, biotin, D3, B12), taurine and L-carnitine.

GENERAL INFORMATION
- Energy density: 1.3 kcal/ml
- Energy distribution:
  - Protein: 20.5%
  - Carbohydrate: 54.1%
  - Fat: 25.4%
- Renal solute load: 512 mOsm/L
- Osmolarity: 308 mOsm/L
- Osmolality: 385 mOsm/kg H2O
- Gluten free: ✓
- Clinically lactose free: ✓
- Milk free: ×
- Suitable for vegetarians: ✓

For suitability for other diets and free-from information, please contact the Freephone Nutrition Helpline on 0800 252882.

1. Vitamin D is synthesised from cholesterol, extracted from the grease in wool sheared from live sheep.

Version 4: October 2018
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FOR HEALTHCARE PROFESSIONAL USE ONLY

**NUTRITION INFORMATION**

<table>
<thead>
<tr>
<th><strong>Energy</strong></th>
<th>units</th>
<th>per 100 ml</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>kcal</td>
<td>131</td>
</tr>
<tr>
<td>Fat</td>
<td>g</td>
<td>3.70</td>
</tr>
<tr>
<td>- of which saturates</td>
<td>g</td>
<td>1.45</td>
</tr>
<tr>
<td>- of which MCT</td>
<td>g</td>
<td>1.37</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>g</td>
<td>17.7</td>
</tr>
<tr>
<td>- of which sugars</td>
<td>g</td>
<td>0.45</td>
</tr>
<tr>
<td>Protein (nitrogen)</td>
<td>g</td>
<td>0.70 (1.07)</td>
</tr>
<tr>
<td>- of which FOS</td>
<td>g</td>
<td>0</td>
</tr>
<tr>
<td>Salt</td>
<td>g</td>
<td>0.26</td>
</tr>
</tbody>
</table>

**Vitamins**

- Vitamin A (RE) µg 139
- Vitamin D₃ µg 85
- Vitamin E (α-TE) mg 2.7
- Vitamin K₃ µg 7.0
- Vitamin C mg 15
- Folacin (folic acid) µg 32
- Thiamin (vitamin B₁) mg 0.20
- Riboflavin (vitamin B₂) mg 0.23
- Niacin (NE) mg 0.47
- Pantothenic acid mg 1.1
- Biotin µg 6.0

**Minerals**

- Sodium mg (mmol) 104 (4.5)
- Potassium mg (mmol) 173 (4.4)
- Chloride mg (mmol) 145 (4.1)
- Calcium mg (mmol) 87 (2.2)
- Phosphorus (phosphate) mg (mmol) 87 (2.8)
- Magnesium mg (mmol) 27 (1.1)
- Iron mg 1.6
- Zinc mg 1.5
- Manganese mg 0.44
- Copper mg 0.18
- Iodine µg 16
- Selenium µg 6.1
- Chromium µg 10.0
- Molybdenum µg 13
- Taurine mg 14
- L-carnitine mg 10.0
- Choline mg 52
- Water g 80.3

*medium-chain triglycerides (C8:0 - C12:0)

**PROTEIN & AMINO ACIDS**

<table>
<thead>
<tr>
<th>Protein source</th>
<th>g/100 g protein</th>
<th>g/100 ml</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sodium caseinate (hydrolysed)</td>
<td>72.2</td>
<td>4.84</td>
</tr>
<tr>
<td>Whey protein concentrate (hydrolysed)</td>
<td>27.8</td>
<td>1.86</td>
</tr>
</tbody>
</table>

**Amino acids**

- Essential
  - Histidine 2.32 0.16
  - Isoleucine 4.92 0.33
  - Leucine 9.48 0.63
  - Lysine 7.97 0.53
  - Methionine 2.57 0.17
  - Phenylalanine 4.38 0.29
  - Threonine 4.09 0.27
  - Tryptophan 1.21 0.08
  - Valine 5.85 0.39
  - Arginine 13.4 0.90

- Non-essential
  - Alanine 3.45 0.23
  - Aspartic acid 2.99 0.20
  - Cystine 1.18 0.08
  - Glutamic acid 9.41 0.63
  - Glycine 1.78 0.12
  - Proline 8.34 0.56
  - Serine 4.82 0.32
  - Tyrosine 4.77 0.32
  - Asparagine 4.57 0.31
  - Glutamine 7.97 0.53

Non-protein calorie: N 90 : 1

**CARBOHYDRATES**

<table>
<thead>
<tr>
<th>Carbohydrate source</th>
<th>% total carbohydrates</th>
<th>g/100 ml</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maltodextrin</td>
<td>98.8</td>
<td>17.5</td>
</tr>
<tr>
<td>Carboxymethyl cellulose</td>
<td>1.20</td>
<td>0.21</td>
</tr>
</tbody>
</table>

**FAT & FATTY ACIDS**

<table>
<thead>
<tr>
<th>Fat source</th>
<th>% total fatty acids</th>
<th>g/100 ml</th>
</tr>
</thead>
<tbody>
<tr>
<td>MCT from palm kernel oil</td>
<td>40.0</td>
<td>1.48</td>
</tr>
<tr>
<td>Canola oil</td>
<td>40.0</td>
<td>1.48</td>
</tr>
<tr>
<td>Corn oil</td>
<td>16.0</td>
<td>0.39</td>
</tr>
<tr>
<td>Lecithin</td>
<td>4.00</td>
<td>0.15</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fatty acids</th>
<th>% total fatty acids</th>
<th>g/100 ml</th>
</tr>
</thead>
<tbody>
<tr>
<td>Palmitoleic acid</td>
<td>Ci6:1 0.10</td>
<td>trace</td>
</tr>
<tr>
<td>Oleic acid</td>
<td>Ci9:1 28.7</td>
<td>1.05</td>
</tr>
<tr>
<td>Stearic acid</td>
<td>Ci8:0 40.0</td>
<td>1.10</td>
</tr>
<tr>
<td>Palmitic acid</td>
<td>Ci16:0 4.01</td>
<td>0.15</td>
</tr>
<tr>
<td>Steric acid</td>
<td>Ci16:0 4.01</td>
<td>0.15</td>
</tr>
<tr>
<td>Tricosanoic acid</td>
<td>C33:1 0.30</td>
<td>0.01</td>
</tr>
<tr>
<td>Triecosanolic acid</td>
<td>C33:1 0.30</td>
<td>0.01</td>
</tr>
</tbody>
</table>

P/S ratio 0.50
n6/n3 ratio 4.9 : 1


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