

TwoCal

2.0 kcal/ml complete, balanced, high energy, liquid nutrition with FOS*

FOR HEALTHCARE PROFESSIONAL USE ONLY

PRESENTATION

- Presented in 1000 ml (1997 kcal) Ready to Hang (RTH) containers.
- TwoCal is unflavoured.

N.B. There is a separate datasheet for TwoCal Bolus (200ml) and Ensure TwoCal, which is available in 200 ml bottles and four different flavours.

USES

Food for Special Medical Purposes, for use under medical supervision. Suitable as a sole source of nutrition or as a nutritional supplement.

Nutritionally complete for vitamins and minerals in 875ml (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

Available on the GMS (General Medical Services) scheme.

For the dietary management of catabolic and fluid restricted patients with, or at risk of developing, disease-related malnutrition. For bolus or pump feeding only.

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 before 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.
- 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.

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).
- Unless recommended by a qualified healthcare professional, not intended for use in children.
- Patients should not make any additions to the feed without consulting their pharmacist or dietitian.

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, hydrolysed corn starch, **milk** proteins, vegetable oils (high oleic sunflower, soy, canola), maltodextrin, sucrose, FOS*, minerals (sodium citrate, potassium chloride, magnesium phosphate dibasic, magnesium chloride, potassium citrate, ferrous sulphate, zinc sulphate, manganese sulphate, cupric sulphate, sodium molybdate, chromium chloride, sodium selenate, potassium iodide), emulsifier: **soy** lecithin, choline chloride, vitamins (C, niacinamide, calcium pantothenate, E, B₆, B₁, B₂, vitamin A palmitate, folic acid, biotin, K₁, D₃, B₁₂), taurine, l-carnitine, acidity regulator: E525.

GENERAL INFORMATION

Energy density 2.0 kcal/ml

Energy distribution:

Protein	16.8%
Carbohydrate	42.1%
Fat	40.1%
Fibre (FOS)	1.00%

Renal solute load 637 mOsm/L

Osmolarity 560 mOsm/L

Osmolality 800 mOsm/kg H₂O

Gluten free? ✓

Clinically lactose free? ✓¹

Milk free? ✗

Suitable for vegetarians? ✓²

Suitable for Halal diets? ✓

Suitable for Kosher Diets? ✓

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

1. Typical lactose content: 408mg/L
2. Vitamin D is synthesised from cholesterol, extracted from the grease in wool sheared from live sheep.

*fructo-oligosaccharides

TwoCal

GMS APPROVED

2.0kcal/mL complete, balanced, high energy, liquid nutrition with FOS[®] for the dietary management of catabolic and fluid restricted patients with, or at risk of developing, disease-related malnutrition.

Please see Page 9 of the compendium for Ensure TwoCal, a sip feed.

Please see Page 44 of the compendium for TwoCal Bolus (200ml bottle).

NUTRITIONAL INFORMATION	UNIT	PER 100mL
Energy	kJ	837
	kcal	200
Protein (nitrogen)	g	8.40 (1.34)
Carbohydrate	g	21.0
of which sugars	g	4.65
Fat	g	8.90
of which saturates	g	0.85
Fibre	g	1.0
of which FOS [®]	g	1.0
Salt	g	0.33
VITAMINS		
Vitamin A (RE)	µg	158
Vitamin D ₃	µg (IU)	170 (68)
Vitamin E (α.TE)	mg	3.4
Vitamin K ₁	µg	8.5
Vitamin C	mg	20
Folic Acid	µg	48
Thiamin (Vitamin B ₁)	mg	0.30
Riboflavin (Vitamin B ₂)	mg	0.29
Vitamin B ₆	mg	0.34
Vitamin B ₁₂	µg	0.64
Niacin (NE)	mg	3.4
Pantothenic Acid	mg	1.6
Biotin	µg	8.0
MINERALS		
Sodium	mg (mmol)	130 (5.65)
Potassium	mg (mmol)	200 (5.12)
Magnesium	mg (mmol)	40 (1.65)
Phosphate	mg (mmol)	120 (3.87)
Calcium	mg (mmol)	150 (3.74)
Chloride	mg (mmol)	180 (5.08)
Iron	mg	2.1
Zinc	mg	2.4
Manganese	mg	0.55
Copper	mg	0.24
Iodine	µg	16
Selenium	µg	9.0
Chromium	µg	10
Molybdenum	µg	16
Choline	mg	63
Taurine	mg	16
L-carnitine	mg	16
Osmolality	mOsm/kg H ₂ O	800
Osmolality	mOsm/litre	560
Water	g/100ml	70.3
Renal solute load	mOsm/litre	637

ORDER CODES

TwoCal RTHI: S417 (1000mL)