

More variety in flavour for the formula

- After consultation with the doctor, Silnea^{IBD} can be flavoured with AroMaxx.
- AroMaxx are aroma modules from metaX in many different flavours, sweet, fruity, nutty and savoury.
- Silnea^{IBD} can even be prepared as a soup. With AroMaxx Tomato-Basil Silnea^{IBD} tastes as delicious as a real tomato soup.



Nutrition Information per 100 g Silnea^{IBD}

Energy	kJ	2020
	kcal	482
Fat	g	22
of which		
saturates	g	10
mono-unsaturates	g	9
polyunsaturates	g	3
Carbohydrate	g	51
of which sugars	g	9
Lactose	g	0,03
Fibre	g	3
Protein	g	18
Salt	g	0,6

Silnea^{IBD} can be varied in flavour with

AroMaxx

flavour modules – sweet and savoury

- natural and aromatic in taste
- pleasant and typical in smell

So delicious!

Try now!

PRODUCT INFORMATION

Silnea^{IBD}

Formula
for Crohn's Disease



Nutritional therapy FOR ADULTS

Food for Special Medical Purposes

24/01/13 d24/05/06



very
pleasant
in taste

Powdered formula

- for the dietary management of Crohn's Disease and other inflammatory bowel diseases
- as partial enteral nutrition with the aim of remission maintenance and the compensation of malnutrition
- as exclusive enteral nutrition with the aim of remission induction
- ✓ very pleasant in flavour
- ✓ easily soluble in water for preparation as a drink or a tube feed – warm or cold

Especially for Crohn's Disease

- with vitamins, minerals and trace elements – specially adapted to the needs of Crohn's disease and other inflammatory bowel diseases
- with biologically high-valued whey protein
- **resistant starch** as a prebiotically effective dietary fibre, for a strengthened microbiome

Healthy gut flora thanks to resistant starch

Silnea^{IBD} contains resistant starch. This acts as a prebiotic fibre. Resistant starch is not broken down by the enzymes in the small intestine and thus reaches the large intestine unchanged. There it promotes the growth of beneficial bacteria, and contributes to the diversity of the gut flora. The intestinal microorganisms convert resistant starch into the short-chain fatty acids acetate, propionate and butyrate. Butyrate is the main source of energy for mucosal cells and has an anti-inflammatory effect. It stabilises the gut barrier, ensures an acidic environment in the large intestine and inhibits the growth of harmful bacteria.

Nutritional therapy with Silnea^{IBD} for adults with chronic inflammatory bowel disease**Supplementary nutrition – aims are:**

- **maintenance of remission**
- **improvement of the nutritional status**

✓ as formula

To prolong remission and to improve energy and nutrient intake an amount of 500 – 1000 ml of the drink per day is recommended as part of a partial enteral nutrition. This corresponds to an amount of 105 – 310 g Silnea^{IBD} – depending on the energy density. Ideally divided into several single portions. For exact dosage of powder and water see table "Dosage".

✓ stir into drinks and food

Silnea^{IBD} can be stirred into both sweet and savoury drinks and dishes – hot and cold. Silnea^{IBD} gives them extra energy without changing the flavour or increasing the volume.



We recommend to add 20 g Silnea^{IBD} per 150 – 200 ml of drink or per 150 – 200 g of food

- Use a whisk, blender or shaking cup to stir in Silnea^{IBD}.
- Cool hot drinks and food to serving temperature before stirring in Silnea^{IBD}.

Malnutrition

- worsens the prognosis and the quality of life.
- increases complication- and mortality rates.
- causes more frequent episodes of illness, malnourished patients are more likely to be hospitalised and suffer more serious infections.
- According to current guidelines on nutrition in inflammatory bowel diseases malnutrition should be "treated appropriately".

Nutritional therapy with Silnea^{IBD}

Well nourished with Silnea^{IBD}!

**Exclusive nutrition – the aim is:**

- **induction of remission**

✓ Exclusive Enteral Nutrition (EEN)

In the scope of an EEN, Silnea^{IBD} can be prepared with a normo- to high-caloric energy density of 1,0 kcal/ml, 1,2 kcal/ml or 1,5 kcal/ml, depending on energy requirements and/or tolerance. For exact dosage of powder and water see table "Dosage".

ESPEN-Guideline from 2023 says:

- Exclusive Enteral Nutrition is also effective in inducing remission in adults with mild active CD, [...] e.g. those who do not tolerate drug treatment or who refuse it.

**Nutritional therapy with Silnea^{IBD}**

Gentle and well tolerated!

Dosage

energy density	prepared formula	drinking water	Silnea ^{IBD}
1,0 kcal/ml normo- caloric	250 ml	265 kcal	200 ml
	500 ml	506 kcal	400 ml
	1000 ml	1012 kcal	800 ml
	1500 ml	1518 kcal	1200 ml
	2000 ml	2024 kcal	1600 ml
1,2 kcal/ml high- caloric	250 ml	313 kcal	190 ml
	500 ml	603 kcal	375 ml
	1000 ml	1205 kcal	750 ml
	1500 ml	1808 kcal	1125 ml
	2000 ml	2410 kcal	1500 ml
1,5 kcal/ml high- caloric	250 ml	386 kcal	170 ml
	500 ml	747 kcal	335 ml
	1000 ml	1494 kcal	675 ml
	1500 ml	2241 kcal	1015 ml
	2000 ml	2988 kcal	1350 ml

Explanation, as example see line 1

In the first third of the table, all information refers to formula with an energy density of 1,0 kcal/ml. It is normocaloric. 250 ml of the prepared formula have 265 kcal. These 250 ml are prepared with 200 ml of drinking water and 55 g or 5 1/2 MS (Measuring Spoons) of Silnea^{IBD} powder.