

More variety in flavour for formula

After consultation with your doctor: Silnea^{IBD} can be flavoured with AroMaxx. AroMaxx are aroma preparations from metaX in many different varieties.

- Silnea^{IBD} tastes fruity with AroMaxx Banana, Pear, Strawberry, Cherry or Lemon.
- For all those coffee lovers: You definitely need to try Silnea^{IBD} with AroMaxx Cappuccino!
- All nut fans will also be delighted: Silnea^{IBD} with AroMaxx Peanut or Hazelnut tastes delicious.
- Silnea^{IBD} can even be prepared as a soup. With AroMaxx Tomato-Basil Silnea^{IBD} tastes as fine as a real tomato soup. A great alternative!



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}

very
pleasant
in taste

Formula
for Crohn's Disease
– suitable from 3 years of age –

with
resistant
starch



- as exclusive enteral nutrition:
for remission induction
- as partial enteral nutrition:
for remission maintenance

FOOD FOR SPECIAL MEDICAL PURPOSES

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INSTITUT FÜR DIÄTETIK
GmbH

Powdered formula

- for the dietary management of Crohn's Disease and other inflammatory bowel diseases
- as exclusive enteral nutrition with the aim of remission induction
- as partial enteral nutrition with the aim of remission maintenance and the compensation of malnutrition
- ✓ very pleasant in flavour
- ✓ easily soluble in water for preparation as a drink or a tube feed – warm or cold
- ✓ suitable from 3 years of age

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

Exclusive Enteral Nutrition

➤ with the aim of inducing remission

Exclusive Enteral Nutrition therapy (EEN) is the first line therapy for children and adolescents with Crohn's Disease during acute flares.



solely polymeric formula, e.g. Silnea^{IBD}



6 to 8 weeks



water, unsweetened tea and sugar-free chewing gum are permitted in addition to the therapy

➤ Aims of the Therapy

- remission induction
- mucosal healing
- body growth
- quality of life

Nutritional Therapy with Silnea^{IBD}

- Silnea^{IBD} contains all the nutrients as well as all the vitamins and minerals that are necessary to heal the inflamed gut and ensure an optimal nutrition.
- Therapy with Silnea^{IBD} is very gentle and effective, it works just as efficiently as a medication, however with no side effects.
- If a sufficient amount of Silnea^{IBD} is drunk in several portions throughout the day, you don't feel hungry.
- During nutritional therapy, you can continue with your school or training as usual.
- Many positive effects can be felt after just a few days:
 - Abdominal pain decreases until it disappears completely.
 - Bowel movements normalise.
 - You feel more and more energetic and your quality of life improves.
- Once the inflammation in the bowel has subsided, the nutritional therapy is slowly phased out under medical supervision.

Preparation

- A diet plan should, in consideration of the individual nutrient requirements, establish the daily amount of Silnea^{IBD}.
- Ideally the daily amount should be divided into several portions.
- Silnea^{IBD} can be administered orally or via tube.

Exclusive enteral nutrition – aim is the induction of remission

- For remission induction 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.

Partial enteral nutrition – aim is the maintenance of remission

- To prolong remission and to improve energy and nutrient intake, a partial enteral nutrition with an amount of 500 – 1000 ml of the formula per day is recommended – depending on the energy density.

Dosage

energy density	prepared formula		water	Silnea ^{IBD}
1,0 kcal/ml normo-caloric	250 ml	265 kcal	200 ml	55 g = 5 ½ MS
	500 ml	506 kcal	400 ml	105 g = 10 ½ MS
	1000 ml	1012 kcal	800 ml	210 g = 21 MS
	1500 ml	1518 kcal	1200 ml	315 g = 31 ½ MS
	2000 ml	2024 kcal	1600 ml	420 g = 42 MS
1,2 kcal/ml high-caloric	250 ml	313 kcal	190 ml	65 g = 6 ½ MS
	500 ml	603 kcal	375 ml	125 g = 12 ½ MS
	1000 ml	1205 kcal	750 ml	250 g = 25 MS
	1500 ml	1808 kcal	1125 ml	375 g = 37 ½ MS
	2000 ml	2410 kcal	1500 ml	500 g = 50 MS
1,5 kcal/ml high-caloric	250 ml	386 kcal	170 ml	80 g = 8 MS
	500 ml	747 kcal	335 ml	155 g = 15 ½ MS
	1000 ml	1494 kcal	675 ml	310 g = 31 MS
	1500 ml	2241 kcal	1015 ml	465 g = 46 ½ MS
	2000 ml	2988 kcal	1350 ml	620 g = 62 MS

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 ½ MS (Measuring Spoons) of Silnea^{IBD} powder.

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.