

BallastoMaxx

In Short

- BallastoMaxx is insoluble fibre in powder form
- for the supplementary daily intake of insoluble dietary fibre
- finely ground wheat fibre
- 94 % insoluble dietary fibre
- low in protein, potassium and phosphorus
- gluten-free, lactose-free and vegan
- positive effect on GI tract through increase in stool volume
- ideal for fortifying food and drinks with insoluble fibre
- especially suitable for adding to dough
- suitable from 1 year of age
- in 750 g tin

• Low Protein or Gluten-free Baking Mix

When using an amount up to 300 g of baking mix (low protein or gluten-free), 30 g baking mix can be substituted by 30 g BallastoMaxx (\cong 270 g low protein + 30 g BallastoMaxx), without the need for additional liquid. For preparing bread with 500 g baking mix we recommend to use 470 g baking mix and 30 g BallastoMaxx.

BallastoMaxx can be prepared in many more variations. Various different ideas and suggestions can be found in our recipes. You can order the recipe booklet "BallastoMaxx – fantastic recipes for well balanced low protein diet" from us free of charge – also for giving to your patients.

Product Profile

BallastoMaxx is finely ground wheat fibre for the supplementary daily intake of insoluble dietary fibre – in powder form. BallastoMaxx has a beneficial effect on the GI tract by increasing stool volume and thus makes an important contribution to a healthy high fibre nutrition.

BallastoMaxx is versatile in use. Foods and drinks can easily be upgraded with dietary fibre.

BallastoMaxx has a proportion of approx. 97 g fibre in 100 g, hereof 94 % insoluble and 3 % soluble and is

- > low in protein, potassium and phosphorus
- > gluten-free, lactose-free and vegan
- > light in colour and in powder form
- > neutral in taste and smell
- > versatile and easy to handle
- > especially suitable for adding to dough.

⇒ Ideal for fortifying food and drinks with insoluble fibre.

⇒ Facilitates digestion in a natural way.

Indication

BallastoMaxx is suitable for supplementation with insoluble fibre in

- > low protein or gluten-free diets
- > indigestion, e.g. constipation
- > restricted fibre uptake, e.g. in chewing difficulties.

Dosage and Administration

For a supplementary supply of dietary fibre an amount of 10–20 g per day is recommended.

5–10 g BallastoMaxx can be stirred into 150–200 ml drink or 150–200 g food. 10 g out of each 100 g of flour or low protein or gluten-free baking mix can be substituted by 10 g BallastoMaxx. Due to the swelling effect an extra amount of 10–20 ml liquid per 10 g BallastoMaxx may be required.

BallastoMaxx can also be used in higher dosage – depending on acceptance and individual tolerance.

Notice: When using BallastoMaxx or other high fibre diet, an adequate uptake of liquid is essential. For adults an amount of 2 liters per day is generally recommended.

Preparation

• Drinks

Add 5–10 g BallastoMaxx to 150–200 ml fruit- or vegetable juice, milk, cocoa or mixed drink, stir well and drink it right away.

• Warm Dishes

5–10 g of BallastoMaxx can be stirred straight into 150–200 g of mashed potatoes, soups and sauces. For pancakes, waffles or patties BallastoMaxx can be added to the flour (see sections referring to „flour“ and „baking mixes“).

• Regular Flour

In a recipe using, e.g. 250 g flour, 25 g of flour can be replaced by 25 g BallastoMaxx (\cong 225 g flour + 25 g BallastoMaxx) – In this case we recommend an extra 25–50 ml liquid.

NUTRITION INFORMATION		
BallastoMaxx	100 g	
Energy	kJ	792
	kcal	198
Fat	g	0,2
of which saturates	g	<0,1
Carbohydrate	g	<0,1
of which sugars	g	<0,1
Fibre	g	97
insoluble fibre	g	94
soluble fibre	g	3
Protein	g	0,4
L-Phenylalanine	mg	2
L-Leucine	mg	6
L-Methionine	mg	3
L-Tyrosine	mg	3
Salt	g	<0,1
Minerals		
Potassium	mg	2,7
Phosphorus	mg	1,8

INGREDIENTS

Gluten-free wheat fibre.

Delivery Unit	1 x 750 g tin
Article Number	xx-003-50010
Delivery to	Pharmacies, clinics, patients
Storage	Keep in a dry place.