

# 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

## 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 straightly 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** (≙ 225 g flour + 25 g **BallastoMaxx**) – In this case we recommend an extra 25–50 ml liquid.

### ♦ 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** (≙ 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.

**NUTRITION INFORMATION**

BallastoMaxx

100 g

<b>Energy</b>	<b>kJ</b>	<b>792</b>
	<b>kcal</b>	<b>198</b>
<b>Fat</b>	<b>g</b>	<b>0,2</b>
of which saturates	<b>g</b>	<b>&lt;0,1</b>
<b>Carbohydrate</b>	<b>g</b>	<b>&lt;0,1</b>
of which sugars	<b>g</b>	<b>&lt;0,1</b>
<b>Fibre</b>	<b>g</b>	<b>97</b>
insoluble fibre	<b>g</b>	<b>94</b>
soluble fibre	<b>g</b>	<b>3</b>
<b>Protein</b>	<b>g</b>	<b>0,4</b>
L-Phenylalanine	<b>mg</b>	<b>2</b>
L-Leucine	<b>mg</b>	<b>6</b>
L-Methionine	<b>mg</b>	<b>3</b>
L-Tyrosine	<b>mg</b>	<b>3</b>
<b>Salt</b>	<b>g</b>	<b>&lt;0,1</b>

**Minerals**

Potassium	<b>mg</b>	<b>2,7</b>
Phosphorus	<b>mg</b>	<b>1,8</b>

**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.