

# Product Information

## – for professionals only –



# EnergeaP

## In Short

- **EnergeaP** is a powdered sip feed – Food for Special Medical Purposes
- for use in the dietary management of disease related malnutrition
- easily soluble nutrient concentrate
- contains milk protein with high biological value and soluble dietary fibre
- suitable as a nutritionally complete feed or as supplement to a normal or special diet
- suitable from 10 years of age – nutritionally complete
- in convenient portion sachets at 20 g, in tins of 450 g and 1000 g

## Product profile

**EnergeaP** is a powdered sip feed for use in the dietary management of disease related malnutrition. Suitable from 10 years of age.

**EnergeaP** is an easily soluble nutrient concentrate, suitable as a nutritionally complete feed or as a supplement to a normal or special diet.

**EnergeaP** is fully balanced. Its nutritional profile complies with current recommendations for nutrient intake. **EnergeaP** contains milk protein with high biological value and soluble dietary fibre. Linoleic acid and  $\alpha$ -linolenic acid (0-6:0-3) are present in an optimal ratio.

**EnergeaP** is

- > low in lactose and free from fructose
- > gluten-free
- > easily soluble in water, drinks, soups and purees – warm or cold
- > almost neutral in taste
- > suitable for fortifying sweet and savoury foods, drinks and doughs
- > low in osmotic effect due to the use of maltodextrin
- > suitable for tube feeding – for enteral use only.

⇒ **EnergeaP** is appropriate for fortifying specifically those foods and drinks with extra energy and micronutrients, which are tolerated by the respective user.

The addition of **EnergeaP** does not increase the volume of the food.

## Indication

For the dietary management in cases of

- > malnutrition
- > protein deficiency
- > tumour cachexia
- > post-surgery status and during recovery
- > cystic fibrosis

- > difficulties in chewing and swallowing
- > glycogenoses.

**Important notice:** Only to be taken under strict medical supervision. Suitable for use as the sole source of nourishment or for supplementary feeding. For enteral use only. Contains easily digestible carbohydrates. In case of disorders in glucose tolerance use only under careful control of metabolism. **EnergeaP** must not be used when enteral feeding is contraindicated or in cases of intolerances or allergies to even one of the ingredients contained. Suitable from 10 years of age.

## Dosage and Usage

A diet plan should, in consideration of the individual nutrient requirements, establish the daily amount of **EnergeaP**. Ideally the daily dosage should be spread over several meals.

### ♦ Exclusive nutrition

Approx. 400 – 450 g product per day cover the daily needs of all important nutrients for an adult (reference values D-A-CH, 2015). When calculating the dosage of **EnergeaP** please consider the energy requirement per kg body weight and day as well as the desired effect, weight gain or weight maintenance. We recommend to calculate with 30 kcal/kg body weight and day.

### ♦ Supplementary nutrition

Measure out **EnergeaP** individually – according to desired result: Weight gain or weight maintenance. **EnergeaP** is very flexible in use and can be applied in a variety of ways:

## Preparation

### ♦ Sip feed – mixed into Drinking Water (Standard Dilution)

We recommend to add

- > 40 g/2 sachets **EnergeaP** to 140 ml drinking water and stir well. Use a shaker, if available.

(The scoop enclosed in the tin measures approx. 10 g **EnergeaP** when levelled.)

Tip: For better compliance **EnergeaP** can be flavoured with **AroMaxx** – aroma modules in many different tastes from metaX.

### ♦ Fortification of Foods and Drinks

**EnergeaP** can be stirred into foods or drinks, for example soups, vegetable or fruit puree, pudding or yoghurt.

Some examples for usage:

- > Stir 20 g/1 sachet into 200 ml juice (e. g. mild orange juice or tomato juice).
- > Stir 20 – 40 g/1 – 2 sachets into 200 ml broth to obtain a savoury cream soup.
- > Stir 20 g/1 sachet into 200 g pureed fruits or vegetables or mashed potatoes.

### ♦ Fortification of Doughs

**EnergeaP** can be worked very well into cake mixtures. For this purpose 50 – 80 g or up to 4 sachets can be added per 100 g of flour.

**NUTRITION INFORMATION**

EnergeaP

		100 g	20 g 1 sachet
<b>Energy</b>			
	kJ	1819	364
	kcal	433	87
<b>Fat</b>	g	16	3
of which			
saturates	g	5,8	1,2
mono-unsaturates	g	7	1,3
polyunsaturates	g	3	0,6
Linoleic acid	g	2,7	0,5
$\alpha$ -Linolenic acid	g	0,2	0,05
<b>Carbohydrate</b>	g	48	10
of which sugars	g	11	2
Lactose	g	1,3	0,3
Fructose	g	0	0
<b>Fibre</b>	g	5	1
<b>Protein</b>	g	23	4,5
<b>Salt</b>	g	0,8	0,16

**Vitamins**

Vitamin A	µg	275	55
Vitamin D3	µg	9	1,8
Vitamin E	mg	9	1,8
Vitamin K1	µg	20	4
Vitamin C	mg	26	5
Thiamin (Vit. B1)	mg	0,3	0,06
Riboflavin (Vit. B2)	mg	1	0,2
Niacin	mg	5	1
Vitamin B6	mg	0,4	0,08
Folic acid	µg	183	37
Vitamin B12	µg	3	0,6
Biotin	µg	11	2
Pantothenic acid	mg	1,5	0,3

**Minerals**

Sodium	mg	318	64
Potassium	mg	510	102
Chloride	mg	473	95
Calcium	mg	500	100
Phosphorus	mg	337	67
Magnesium	mg	86	17

**Trace elements**

Iron	mg	5	1
Zinc	mg	6	1,2
Copper	mg	0,3	0,06
Manganese	mg	0,9	0,17

**Important notice**

EnergeaP contains easily available carbohydrates. In case of impaired glucose tolerance use only under careful medical supervision.

100 g

20 g  
1 sachet

Selenium	µg	35	7
Chromium	µg	17	3
Molybdenum	µg	30	6
Iodine	µg	46	9

**FURTHER NUTRITION INFORMATION****Amino acids**

L-Alanine	mg	911	182
L-Arginine	mg	795	159
L-Aspartic acid	mg	2093	419
L-Cystine	mg	279	56
L-Glutamic acid	mg	4328	866
Glycine	mg	433	87
L-Histidine	mg	538	108
L-Isoleucine	mg	1189	238
L-Leucine	mg	2466	493
L-Lysine	mg	1969	394
L-Methionine	mg	535	107
L-Phenylalanine	mg	935	187
L-Proline	mg	1700	340
L-Serine	mg	1235	247
L-Threonine	mg	1068	214
L-Tryptophan	mg	484	97
L-Tyrosine	mg	990	198
L-Valine	mg	1254	251

**INGREDIENTS**

Maltodextrin, **milk protein**, **skim milk powder**, vegetable oils (palm oil, rape seed oil, sunflower oil), dextrin, vitamin B2, vitamin B1, magnesium carbonate, emulsifiers: sunflower lecithin & E 472c, potassium carbonate, calcium phosphate, ferric diphosphate, calcium carbonate, sodium carbonate, sodium chloride, vitamin C, zinc sulphate, vitamin E, vitamin D, niacin, manganese sulphate, pantothenic acid, cupric sulphate, vitamin B6, vitamin A, folic acid, chromium (III) chloride, sodium selenite, potassium iodide, sodium molybdate, vitamin K, biotin, vitamin B12.

**Osmolality**

EnergeaP (g)	drinking water (ml)	Osmolality (mosmol/kg)
20	70	390

When taking **pancreatic enzymes** please consider:  
Per 1 g dietary fat 2,000 IU of pancreatic enzymes are required.

**Example:**

20 g/1 sachet EnergeaP  $\triangleq$  3 g fat  
 $\triangleq$  6.000 IU pancreatic enzymes

Delivery Unit	450 g tin	1000 g tin	6 x 450 g tin	6 x 1000 g tin	20 x 20 g = 400 g sachet/box
Article Number	xx-002-40060	xx-002-40067	xx-002-40061	xx-002-40066	xx-002-40065
Delivery to	Wholesalers, pharmacies, clinics, patients				
Storage	Store in a cool, dry place.				