Product Information
– for professionals only –

EnergeaP Kid

In Short

- EnergeaP Kid is a powdered sip feed – Food for Special Medical Purposes (FSMP)
- 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 nutritionally complete feed or as supplement to normal or special diet
- suitable for children from 1 to 10 years of age – nutritionally complete for this age group
- in convenient portion sachets at 20 g, in tins of 450 g and 1000 g

Product Profile

EnergeaP Kid is a powdered sip feed for use in the dietary management of disease related malnutrition. Suitable for children from 1 to 10 years of age.

EnergeaP Kid is an easily soluble nutrient concentrate, suitable as a nutritionally complete feed or as a supplement to a normal or special diet. EnergeaP Kid is fully balanced. Its nutritional profile complies with current recommendations for nutrient intake. EnergeaP Kid contains milk protein with high biological value and soluble dietary fibre.

EnergeaP Kid 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 or savoury foods, drinks or doughs
> low in osmotic effect due to the use of maltodextrin
> suitable for tube feeding – for enteral use only.

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

The addition of EnergeaP Kid 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 Kid must not be used when enteral feeding is contraindicated or in cases of intolerances or allergies to even one of the ingredients contained. Suitable for children from 1 to 10 years of age.

Dosage and Usage

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

• Exclusive Nutrition

According to D-A-CH 2015 reference values children with a PAL of 1,4 should take EnergeaP Kid as follows

> 1 to 3 years: 260 g m / 240 g f
> 4 to 6 years: 300 g m / 280 g f
> 7 to 9 years: 360 g m / 320 g f

for coverage of all important nutrients. Individual adaptations are always possible and necessary where appropriate – depending on the development of the child – related to the percentile.

Supplementary Nutrition

Measure out EnergeaP Kid individually – according to desired result: Weight gain or weight maintenance.

EnergeaP Kid 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 Kid to 140 ml drinking water and stir well. Use a shaker, if available.

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

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

• Fortification of Foods and Drinks

EnergeaP Kid 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 Kid can be worked very well into cake mixtures. For this purpose:

> 50 – 60 g or 2 to 3 sachets can be added per 100 g of flour.

NUTRITION INFORMATION

EnergeaP Kid		100 g	20 g 1 sachet
Energy	kJ	1956	391
	kcal	467	93
Fat	g	21	4
of which			
saturates	g	7,4	1,5
mono-unsaturates	g	9	1,8
polyunsaturates	g	4	0,8
Linoleic acid	g	3,7	0,7
α-Linolenic acid	g	0,3	0,1
Carbohydrate	g	55	11
of which sugars	g	7	1,4
Lactose	g	< 0,6	< 0,13
Fructose	g	0	0
Fibre	g	5	1
Protein	g	12	2,4
Salt	g	0,6	0,12
Vitamins			
Vitamin A	µg	321	64
Vitamin D3	µg	9	1,8
Vitamin E	mg	9	1,8
Vitamin K1	µg	25	5
Vitamin C	mg	43	9
Thiamin (Vit. B1)	mg	0,4	0,08
Riboflavin (Vit. B2)	mg	0,6	0,12
Niacin	mg	4,5	0,9
Vitamin B6	mg	0,45	0,09
Folic acid	µg	198	40
Vitamin B12	µg	2,2	0,44
Biotin	µg	11	2,2
Pantothenic acid	mg	2,6	0,5
Minerals			
Sodium	mg	243	49
Potassium	mg	488	98
Chloride	mg	217	43
Calcium	mg	292	58
Phosphorus	mg	220	44
Magnesium	mg	39	8
Trace elements			
Iron	mg	4	0,8
Zinc	mg	3,5	0,7
Copper	mg	0,4	0,08
Manganese	mg	0,5	0,1
Fluoride	mg	0,34	0,07
Selenium	µg	30	6
Chromium	µg	15	3
Molybdenum	µg	30	6
Iodine	µg	49	10
Amino acids			
L-Alanine	mg	484	97
L-Arginine	mg	427	85
L-Aspartic acid	mg	1113	223
L-Cystine	mg	145	29
L-Glutamic acid	mg	2279	456
Glycine	mg	230	46
L-Histidine	mg	290	58
L-Isoleucin	mg	636	127
L-Isoleucine	mg	1313	263
L-Lysine	mg	1050	210
L-Methionine	mg	290	58
L-Phenylalanine	mg	501	100
L-Proline	mg	905	181
L-Serine	mg	662	132
L-Threonin	mg	569	114
L-Tryptophan	mg	258	52
L-Tyrosine	mg	537	107
L-Valine	mg	674	135

INGREDIENTS

Maltodextrin, vegetable oils (palm oil, rape seed oil, sunflower oil), ***milk protein***, dextrin, ***skim milk powder***, vitamin B2, vitamin B1, magnesium carbonate, emulsifiers: sunflower lecithin & E 472c, potassium carbonate, calcium phosphate, ferric diphosphate, sodium carbonate, sodium chloride, vitamin C, zinc sulphate, vitamin E, sodium fluoride, 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 Kid (g)	drinking water (ml)	osmolality (mosmol/kg)
20	70	330

Important Notice

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

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 Kid ≙ 4 g fat
≙ 8.000 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-002-40160	xx-002-40167	xx-002-40161	xx-002-40166	xx-002-40165
Delivery to	Wholesalers, pharmacies, clinics, patients				
Storage	Store in a cool, dry place.				

metaX Institut fuer Diaetetik GmbH
Am Strassbach 5
61169 Friedberg/Germany

phone +49 (0) 8432 - 94 86 0
e-mail service@metax.org
web metax-shop.org · metax.org

26/01/23 d29/05/02