

## AdPro nephro

### In Short

- **AdPro nephro** low in potassium and phosphorus, is a powdered protein concentrate (91 %) on basis of high-value whey protein – Food for Special Medical Purposes (FSMP)
- for use in the dietary management of disease related protein malnutrition in Chronic Kidney Disease (CKD) requiring dialysis – when concurrently restriction of potassium and phosphorus is required
- suitable from 1 year of age
- in convenient portion sachets at 11 g ( $\pm$  10 g protein) and in a 300 g tin

### Product Profile

**AdPro nephro** low in potassium and phosphorus, is a powdered protein concentrate (91 %) on basis of high-value whey protein.

**AdPro nephro** is suitable for complementing the daily protein requirements in case of increased protein needs or in case of insufficient protein intake through conventional foods, when concurrently restriction of potassium and phosphorus is required. **AdPro nephro** is suitable for use in the dietary management of disease related protein malnutrition in Chronic Kidney Disease (CKD) requiring dialysis – from 1 year of age.

**AdPro nephro** is

- > low in potassium and phosphorus
- > nearly neutral in taste
- > gluten-free, free from lactose and fructose
- > free from dietary fibre
- > soluble in cold and warm foods and drinks
- > suitable for fortifying sweet and savoury dishes and also for doughs and beverages
- > suitable for supplementing tube feeds – for enteral use only.

**Important Notice** Must only be used under medical supervision. Not for use as a sole source of nutrition. For enteral use only. **AdPro nephro** must not be used in cases where enteral nutrition is contraindicated or when intolerances or allergies exist to just one of the ingredients contained. **AdPro nephro** is suitable from 1 year of age.

### Dosage and Usage

A diet plan should, in consideration of the individual protein requirement, establish the daily amount of **AdPro nephro**. Ideally the daily dosage should be spread over several meals.

#### Preparation

##### ♦ Fortification of Foods and Drinks

We recommend

- > 11 g/1 sachet ( $\pm$  10 g protein) per 100 g food/drink.

(The scoop enclosed measures approx. 5,5 g **AdPro nephro** when levelled.)

For mixing **AdPro nephro** with foods, it is advisable to use a whisk. Mixing **AdPro nephro** into very hot meals may cause flocculation. This reaction is harmless to health. To avoid this, remove the meal from the stove before adding **AdPro nephro** and let cool down a bit.

When mixing **AdPro nephro** into drinks (as a shake) we recommend the use of a shaker. Here **AdPro nephro** can be flavoured in various tastes with **AroMaxx** aroma modules from metaX.

##### ♦ Fortification of Doughs

When fortifying doughs, mix **AdPro nephro** with the flour first. Batters for making muffins and waffles may be fortified with up to 50 g **AdPro nephro** per 100 g flour.

##### ♦ Fortification of Enteral Formula

**AdPro nephro** is also suitable for fortifying formulas and tube feeds, such as, for example, **nephea** or **nephea<sup>HD</sup>**, according to medical advice.

Always fortify meals and drinks with **AdPro nephro** freshly.

### Biological Value (BV) 104 – more endogenous Protein from AdPro nephro

Protein quality can be assessed by means of the BV. The higher it is, the lower the amount of protein required. Reference protein is whole egg with a BV of 100. Potato-egg standard has a BV of 137.

The BV of the whey protein in **AdPro nephro** is as high as 104. In comparison the BV of milk protein is 84. Thus more endogenous protein can be built up from **AdPro nephro** as compared to the same amount of protein from a product consisting of milk protein.

Reference: Kasper, Ernährungsmedizin und Diätetik, 12. edition 2014, p. 390

**NUTRITION INFORMATION**

AdPro nephro		100 g	11 g 1 sachet
Energy	kJ	1585	174
	kcal	373	41
Fat	g	0,9	0,1
of which saturates	g	0,6	0,07
Carbohydrate	g	0,3	0,03
of which sugars	g	0,3	0,03
Lactose	g	0,3	0,03
Fructose	g	0	0
Fibre	g	0	0
Protein	g	91	10
Salt	g	1,4	0,15

**Minerals**

Sodium	mg	538	59
	mmol	23	2,6
Potassium	mg	38	4
	mmol	1	0,1
Chloride	mg	20	2
	mmol	0,6	0,06
Calcium	mg	70	8
	mmol	1,7	0,2
Phosphorus	mg	39	4
	mmol	1,3	0,14
Magnesium	mg	10	1
	mmol	0,4	0,045

		100 g	11 g 1 sachet
<b>Amino acids</b>			
L-Alanine	g	5,2	0,57
L-Arginine	g	2,7	0,30
L-Aspartic acid	g	11,4	1,25
L-Cystine	g	3,6	0,40
L-Glutamic acid	g	16,0	1,76
L-Glycine	g	1,6	0,18
L-Histidine	g	1,8	0,20
L-Isoleucine	g	5,7	0,63
L-Leucine	g	13,0	1,43
L-Lysine	g	10,2	1,12
L-Methionine	g	2,2	0,24
L-Phenylalanine	g	3,5	0,38
L-Proline	g	4,1	0,45
L-Serine	g	4,1	0,45
L-Threonine	g	4,8	0,53
L-Tryptophan	g	2,2	0,24
L-Tyrosine	g	3,8	0,42
L-Valine	g	5,1	0,56

**Osmolality**

AdPro nephro (g)	drinking water (ml)	osmolality (mosmol/kg)
11	100	25
22	100	47

**INGREDIENTS**

*Whey protein isolate*, emulsifier: sunflower lecithin.

Delivery Unit	300 g tin	6 x 300 g tin	25 x 11 g = 275 g sachet/box
Article Number	xx-002-41050	xx-002-41056	xx-002-41060
Delivery to	Wholesalers, pharmacies, clinics		
Storage	Store in a cool, dry place.		