

# Calogen Extra

## Description

Calogen Extra is a Food for Special Medical Purposes for use under medical supervision. Calogen Extra is a high energy fat emulsion with protein, carbohydrate, vitamins and minerals. Calogen Extra can be used to supplement or fortify the diet of patients who are unable to meet their energy and/or vitamin and mineral requirements from normal food and drink. Calogen Extra can be used as an energy enhancer in tube and sip feeds.

Calogen Extra is available in 200ml plastic bottles, in 2 flavours: Neutral and Strawberry.

## Indications

For enteral use only. ACBS approved, prescribable on Form FP10 (GP10 in Scotland) for the following indications: disease related malnutrition; malabsorption states or other conditions requiring fortification with a high fat supplement with or without fluid restriction.

## Contraindications

Not for intravenous use. Not suitable for children under 3 years of age. Not suitable as a sole source of nutrition. Only to be used as a supplement to the normal diet. Not suitable for patients with galactosaemia.

## Precautions

Must be used under strict medical supervision.

## Directions for use

Shake well before opening. Dosage determined by a clinician or dietitian and is dependent on the age, bodyweight, and medical condition of the patient. Recommended dose is 4 x 30ml per day, unless specified by a clinician or dietitian. Can be taken undiluted or diluted with milk, water or mixed into foods. May require dilution for children under 5 years of age.

## Storage

Store in a dry, cool place (18-25°C) and away from direct sunlight. Once opened, Calogen Extra should be stored in a refrigerator (<5°C) and used within 48 hours. Calogen Extra is not suitable for freezing. Always replace container lid after use. Wash cup thoroughly after use.

## Shelf life

Unopened: 12 months. Best before date: see back of label.

## Ingredients (Neutral flavour)

Water, vegetable oils, milk protein, sucrose, tri potassium citrate, whey protein hydrolysate (from milk), tri calcium phosphate, flavour (soy masking), magnesium hydrogen phosphate, magnesium carbonate, acidity regulator (citric acid), stabilisers (microcrystalline cellulose and sodium carboxymethylcellulose), choline chloride, potassium chloride, sodium L-ascorbate, maltodextrin, artificial sweetener (sucralose), ferrous lactate, inositol, zinc sulphate, nicotinamide, sodium selenite, retinyl acetate, copper gluconate, manganese sulphate, D-biotin, calcium D-pantothenate, cholecalciferol, pteroylmonoglutamic acid, chromium chloride, cyanocobalamin, pyridoxine hydrochloride, thiamin hydrochloride, phytomenadione, potassium iodide, riboflavin, sodium molybdate.

For other flavour please see individual packaging.

**CALOGEN EXTRA IS GLUTEN AND LACTOSE FREE.**

## AVERAGE CONTENTS

	UNIT	per 100ml	per 120ml
<b>NEUTRAL</b>			
<b>Energy:</b>	kcal	400	480
	kJ	1650	1980
<b>Protein:</b>	g	5.0	6.0
nitrogen	g	0.8	0.96
% total energy	%	5.0	0.05
<b>Carbohydrates:</b>	g	4.5	5.4
polysaccharides	g	0.1	
sugars	g	3.5	4.2
lactose	g	<0.025	<0.03
% total energy	%	90.8	0.04
<b>Fat:</b>	g	50	48.4
saturates	g	3.9	4.7
monounsaturates	g	24.8	29.8
polyunsaturates	g	11.6	14
% total energy	%	90.8	0.91
<b>Dietary fibre:</b>	g	0	0
<b>Minerals:</b>			
sodium	mg (mmol)	57 (2.5)	68 (3.0)
potassium	mg (mmol)	535 (13.4)	642 (16.1)
chloride	mg (mmol)	60 (1.7)	72 (2.0)
calcium	mg (mmol)	223 (5.6)	268 (6.7)
phosphorus	mg (mmol)	197 (6.3)	236 (7.6)
magnesium	mg (mmol)	90 (3.7)	108 (4.4)
iron	mg	3	3.6
zinc	mg	3.5	4.2
copper	mcg	366	439.2
manganese	mg	0.7	0.84
fluoride	mg	0	0
molybdenum	mcg	20	24
selenium	mcg	23	27.6
chromium	mcg	11	13.2
iodine	mcg	46	55.2
<b>Vitamins:</b>			
vitamin A	mcg RE	210	252
vitamin D	mcg	3	3.6
vitamin E	mg α TE	6	7.2
vitamin K	mcg	31	37.2
thiamin	mg	0.4	0.48
riboflavin	mg	0.4	0.48
niacin	mg NE	5.1	6.12
pantothenic acid	mg	1.5	1.8
vitamin B6	mg	0.55	0.66
folic acid	mcg	105	126
vitamin B12	mcg	0.8	0.96
biotin	mcg	16	19.2
vitamin C	mg	30	36
<b>Others:</b>			
choline	mg	100	120
<b>Water:</b>	g	48	
osmolarity	mOsm/l	545	545
osmolality	mOsm/kg H <sub>2</sub> O	1145	
potential renal solute load	mOsm/l	528	

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