

# RESOURCE® 2.0 FIBRE

## DESCRIPTION

Resource® 2.0 Fibre is a 2.0 kcal/ml ready to drink oral nutritional supplement high in energy with added fibre. It is a nutritionally complete Food for Special Medical Purposes for use under medical supervision.

## PRESENTATION

200ml bottle; prescribing unit 4 x 200ml bottles. 6 units (4 x 200ml bottles) per case (24 bottles). Available in 6 flavours; Vanilla, Strawberry, Coffee, Neutral, Apricot and Summer Fruits.

## INDICATIONS

ACBS approved, prescribable on FP10 (GP10 in Scotland) for the following indications: disease related malnutrition, short bowel syndrome, intractable malabsorption, pre-operative preparation of patients who are undernourished, proven inflammatory bowel disease, following total gastrectomy, bowel fistulae, dysphagia and for conditions requiring high energy and low volume diets.

For oral or enteral use (to be administered with a suitable diameter tube size). Not for parenteral use.

## INGREDIENTS - VANILLA FLAVOUR\*

Water, glucose syrup, milk proteins, rapeseed oil, fibres [galactooligosaccharides (contain milk), fructo-oligosaccharides], sucrose, minerals (sodium citrate, potassium citrate, potassium chloride, chromium chloride, sodium molybdate, potassium iodide, magnesium oxide, magnesium citrate, sodium selenate, ferrous sulphate, sodium chloride, zinc sulphate, calcium citrate, manganese sulphate, copper sulphate, sodium fluoride), emulsifiers (E472e, E471), flavouring, vitamins (C, E, niacin, pantothenic acid, B6, thiamin, riboflavin, A, folic acid, K, biotin, D), acidity regulators (E525, E330), stabiliser (E418).

## ADMINISTRATION AND DOSAGE

Recommended dosage: 1-3 servings per day or as recommended by the healthcare professional if used as sole source of nutrition. Suitable as sole source of nutrition or supplement. Nutritionally complete in 1000ml for females and 1260ml for males.

## SHELF LIFE AND STORAGE

Shelf life of 12 months. Unopened, store in a cool, dry place. Once open, refrigerate and use within 24 hours.

## PRECAUTIONS

Suitable for children above 3 years of age.



# NUTRITION INFORMATION - VANILLA FLAVOUR\*

Typical values	Per 100ml	Per 200ml
<b>General</b>		
Energy kJ/kcal	835/200	1670/400
Fat (39 % kcal) g	8.7	17.4
of which saturates g	0.7	1.4
of which monounsaturates g	5.0	10
of which polyunsaturates g	2.3	4.6
Carbohydrate (40% kcal) g	20	40
of which sugars g	6.0	12
of which lactose g	<1.0	<2.0
Fibre (3% kcal) g	2.5	5
Protein (18% kcal) g	9	18
Salt g	0.25	0.5
<b>Vitamins</b>		
A µg	165	330
D µg	1.8	3.6
K µg	14	28
C mg	17	34
Thiamin (B1) mg	0.2	0.4
Riboflavin (B2) mg	0.22	0.44
B6 mg	0.35	0.7
Niacin mg/mg NE	1.2/3	2.4/6
Folic acid µg	40	80
B12 µg	0.4	0.8
Pantothenic acid mg	0.88	1.76
Biotin µg	7	14
E mg αTE	4	8
<b>Minerals</b>		
Sodium mg/mmol	100/4.3	200/8.6
Chloride mg/mmol	110/3.1	220/6.2
Potassium mg/mmol	210/5.4	420/10.8
Calcium mg/mmol	190/4.8	380/9.5
Phosphorus/Phosphate mg/mmol	130/4.2	260/8.4
Magnesium mg/mmol	20/0.83	40/1.66
Iron mg	1.5	3
Zinc mg	1.7	3.4
Copper mg	0.2	0.4
Iodine µg	20	40
Selenium µg	12	24
Manganese mg	0.32	0.64
Chromium µg	6.5	13
Molybdenum µg	15	30
Fluoride mg	0.15	0.3

Osmolarity: 520 mOsm/l  
Osmolality: 805 mOsm/kg  
NE= Niacin Equivalent