

Nutramil Complex Protein



dietary food for special medical purposes

A high-protein, high-energy, and low-fibre diet.

Nutramil complex® Protein is a food for special medical purposes. The preparation is a composition of essential nutrients - proteins, carbohydrates, fats, vitamins, micro- and macro-elements (including minerals in the form of highly digestible Albion® amino acid chelates).

It is a supplement to the daily diet. This product includes three sources of high-value protein of varying absorption kinetics - whey-protein concentrate, calcium caseinate, and whey-protein isolate. Maize maltodextrins are the source of carbohydrates in the product, and, similarly to proteins, exhibit a varying rate of absorption. Vegetable oils are a source of fats which provide long-chain triglycerides (LCT), essential fatty acids, and medium-chain triglycerides (MCT), which constitute an easily available source of energy for persons for whom it is essential, i.e. malnourished or debilitated people. Lipase and bile are not needed for the digestion of medium-chain triglycerides (MCT), which is of vital importance, among others, in patients with functional disorders of the pancreas, occurring with impaired absorption of fats. A gluten-free and low-fibre product. Clinically lactose-free.

Lactose-intolerant persons might be among those to whom doctors would recommend this product. In such cases, the significant lactose content of the product could prevent or limit its use, which would be contrary to the doctor's instructions. Because of this, Nutramil® complex Protein is clinically free of lactose, i.e. the quantity does not exceed 0.02 g/100 kcal in the daily diet, which is in accordance with the opinion of the EFSA's Scientific Panel on Dietetic Products, Nutrition and Allergies.

- **For persons with symptoms of malnutrition or the risk of its occurring, and**

convalescents.

- For patients with an increased protein demand, e.g. oncology patients, weakened by their condition.
- Gluten-free product.
- Clinically lactose-free.

Composition

Nutritional information	1 portion/ 1 sachet dissolved in 150 ml of water (200 ml of liquid)	100 g
Energy value	1254 kJ/ 300 kcal	1791 kJ/ 429 kcal
Fat, including	10.7 g	15.3 g
- saturated fatty acids	4.8 g	6.9 g
- oil with medium-chain fatty acids (MCT)	4.0 g	5.7 g
Carbohydrates, including	32.2 g	46 g
- sugars	3.9 g	5.6 g
- lactose	<0.058 g	<0.08 g
Fibre	0 g	0 g
Protein	18.8 g	26.9 g
Salt	0.43 g	0.6 g
Vitamin A (mg RE)	160 µg	229 µg
Vitamin D	5 µg	7.1 µg
Vitamin E (mg α-TE)	4 mg	5.7 mg
Vitamin K	15 µg	21.4 µg
Vitamin C	16 mg	23 mg
Vitamin B1	0.22 mg	0.3 mg
Vitamin B2	0.28 mg	0.4 mg
Niacin (mg NE)	3.2 mg	4.6 mg
Vitamin B6	0.28 mg	0.4 mg

Folic acid	40 µg	57.1 µg
Vitamin B12	0.5 µg	0.71 µg
Biotin	10 µg	14.3 µg
Pantothenic acid	1.2 mg	1.7 mg
Sodium	170 mg	243 mg
Potassium	349 mg	499 mg
Chlorides	160 mg	229 mg
Calcium	360 mg	514 mg
Phosphorus	140 mg	200 mg
Magnesium (from Albion® chelate)	45 mg	64.3 mg
Iron (from Albion® chelate)	1.5 mg	2.1 mg
Zinc (from Albion® chelate)	2 mg	2.9 mg
Copper	200 µg	286 µg
Manganese	0.4 mg	0.57 mg
Molybdenum	10.5 µg	15 µg
Selenium	22 µg	31.4 µg
Chromium	8 µg	11.4 µg
Iodine	30 µg	42.9 µg
Osmolarity	290 mOsm/l	

Contains sugars and sweeteners.

With a neutral taste

Ingredients: maize maltodextrins, concentrated whey protein (**milk**), calcium caseinate (**milk**), whey-protein isolate (**milk**), vegetable oils (rapeseed oil 63%, oil with medium chain fatty acids (MCT) 37%), stabilisers - hydroxypropyl methylcellulose, talc, polyethylene glycol; calcium diglycinate, orthophosphoric-acid potassium salts, magnesium diglycinate, flavourings, sodium

chloride, emulsifier - lecithin (**soya**), sodium citrate, L-ascorbic acid - vit. C, sweetener - saccharin, zinc diglycinate, ferric (II) diglycinate, DL-alpha-tocopheryl acetate - vit. E; manganese gluconate, nicotinamide - niacin, sodium (IV) selenate, retinyl acetate - vit. A, antioxidant - a mixture of tocopherols, copper (II) gluconate, calcium D-pantothenate - pantothenic acid, D-biotine, cyanocobalamin - vit. B12, cholecalciferol - vit. D, folic acid (pterilomonoglutamic acid) - folate, pyridoxine hydrochloride - vit. B6, phylloquinone (phytomenadione) - vit. K, riboflavin - vit. B2, thiamine mononitrate - vit. B1, chromium (III) chloride and its hexahydrate, potassium iodide, sodium molybdate (VI), colouring agent - titanium dioxide.

With a strawberry flavour

Ingredients: maize maltodextrins, concentrated whey protein (**milk**), calcium caseinate (**milk**), whey protein isolate (**milk**), vegetable oils (rapeseed oil 63%, oil with medium-chain fatty acids (MCT) 37%), flavourings, stabilisers - hydroxypropyl methylcellulose, talc, polyethylene glycol; calcium diglycinate; acidity regulators - citric acid; malic acid; orthophosphoric-acid potassium salts; magnesium diglycinate; sodium chloride; emulsifier - lecithin (**soya**); sodium citrate; sweeteners - acesulfame K, sucralose, saccharins; L-ascorbic acid - vit. C, colouring agent - cochineal, zinc diglycinate, ferric (II) diglycinate, DL-alpha-tocopheryl acetate - vit. E; manganese gluconate, nicotinamide - niacin, sodium (IV) selenate, retinyl acetate - vit. A, antioxidant - mixture of tocopherols, copper (II) gluconate, calcium D-pantothenate - pantothenic acid, D-biotine, cyanocobalamin - vit. B12, cholecalciferol - vit. D, folic acid (pterilomonoglutamic acid) - folate, pyridoxine hydrochloride - vit. B6, phylloquinone (phytomenadione) - vit. K, riboflavin - vit. B2, thiamine mononitrate - vit. B1, chromium (III) chloride and its hexahydrate, potassium iodide, sodium molybdate (VI), colouring agent - titanium dioxide.

With a vanilla flavour

Ingredients: maize maltodextrins, concentrated whey protein (**milk**), calcium caseinate (**milk**), whey-protein isolate (**milk**), vegetable oils (rapeseed oil 63%, oil with medium-chain fatty acids (MCT) 37%), flavourings, stabilisers - hydroxypropyl methylcellulose, talc, polyethylene glycol; calcium diglycinate, orthophosphoric-acid potassium salts, magnesium diglycinate, sodium chloride, emulsifier - lecithin (**soya**); sodium citrate, sweeteners - acesulfame K, sucralose, saccharins; L-ascorbic acid - vit. C, zinc diglycinate, iron (II) diglycinate, DL-alpha-tocopheryl acetate - vit. E; manganese gluconate, nicotinamide - niacin, sodium (IV) selenate, retinyl acetate - vit. A, antioxidant - a mixture of tocopherols, copper (II) gluconate, calcium D-pantothenate - pantothenic acid, D-biotine, cyanocobalamin - vit. B12, cholecalciferol - vit. D, folic acid (pterilomonoglutamic acid) - folate, pyridoxine hydrochloride - vit. B6, phylloquinone (phytomenadione) - vit. K, riboflavin - vit. B2, thiamine mononitrate - vit. B1, chromium (III) chloride and its hexahydrate, potassium iodide, sodium molybdate (VI), colouring agent - titanium dioxide.

Purpose

The product is intended for dietary management in conditions with increased demand for protein in malnutrition, or the risk of its occurrence related to disease (e.g. cancer, neurodegenerative, anorexia, extensive burns); in convalescence; in diseases which hinder biting and swallowing; in

problems with the independent preparation and consumption of meals; in short-lived, severe diseases (e.g. influenza, cold with high fever); in conditions after strokes and injuries; preoperative and postoperative periods; inflammatory-bowel diseases; irritable bowel syndrome (diarrhoea); partial intestinal or gastric resection; elimination diet in coeliac disease and lactose intolerance (lactose < 0.02g/ 100 kcal or < 0.025g/ 100 ml of a prepared Nutramil complex® Protein meal).

Recomendation

Dosage: Depends on the individual energy demand of the body. As a supplement to the daily diet, it is recommended to take 1-3 sachets per day (300 - 900 kcal), unless a doctor or dietitian instructs otherwise.

Method of preparation: For the preparation of 200 ml of a ready meal, slowly add the contents of 1 sachet into a dish containing 150 ml of room-temperature, boiled, water, stirring constantly until the powder dissolves completely. Consume immediately after preparation.

Important information: The preparation is intended for use under medical supervision. The product does not constitute the sole source of food. The preparation may be used by children, if the doctor recommends its use.

Precautions and contraindications: this product should not be used in cases of hypersensitivity to any of its components. Do not use in galactosemia. This product is not intended for parenteral use.