

# Altraplen ENERGY

## DATASHEET October 2022

Altraplen Energy is a nutritionally complete Food for Special Medical Purposes for use under medical supervision.

- ◆ A ready to drink milkshake style oral nutritional supplement containing 300kcal and 12g protein in 200ml.
- ◆ May be used to supplement a patient's dietary intake or suitable as a sole source of nutrition.
- ◆ Available in 200ml tetra. Starter pack also available including 4 x 200ml tetra.



**Flavours:** Available in Vanilla, Strawberry, Banana and Chocolate flavours.

**Allergen information:** Contains milk protein. Gluten free.

**Indications:** For enteral use only. Must be used under medical supervision. May be used for the dietary management of patients with or at risk of disease related malnutrition as determined by appropriate nutritional screening.

**Contraindications:** Not suitable for children under 3 years. Not suitable for patients with Galactosaemia or in patients with cow's milk protein allergy.

**Precautions:** Not suitable for use in children under 3 years and use of this product in children under 6 years should be closely monitored by a dietitian or physician.

### INGREDIENTS:

**BANANA:** Water, Maltodextrin, **Milk** protein, Vegetable oil (Rapeseed oil, Sunflower oil), Saccharose, Emulsifier: Sunflower lecithin, Thickener: Gellan gum, Sodium phosphate, Calcium carbonate, Magnesium chloride, Potassium chloride, Tri Potassium citrate, Potassium phosphate, Potassium hydroxide, Tri Sodium citrate, Magnesium hydroxide, Sodium chloride, Cholinbitartrate, Sodium hydroxide, Acidity regulator: Lactic acid, Citric acid, Colouring: Beta-carotene, Flavouring, Minerals (Iron lactate, Zinc sulphate, Manganese sulphate, Copper sulphate, Sodium fluoride, Chromium chloride, Sodium molybdate, Sodium selenite, Potassium iodide) Vitamins (Retinol acetate, Thiamine mononitrate, Riboflavin, Pyridoxine hydrochloride, Cyanocobalamin, Pteroylglutamic acid, Biotin D, Calcium D Pantothenate, Ascorbic acid, Cholecalciferol, DL- $\alpha$ -Tocopheryl acetate, Phytomenadione, Nicotinamide).

**CHOCOLATE:** Water, Maltodextrin, **Milk** protein, Vegetable oil (Rapeseed oil, Sunflower oil), Saccharose, Skimmed cocoa powder, Emulsifier: Sunflower lecithin, Thickener: Gellan gum, Sodium phosphate, Calcium carbonate, Magnesium chloride, Potassium chloride, Tri Potassium citrate, Potassium phosphate, Potassium hydroxide, Tri Sodium citrate, Magnesium hydroxide, Sodium chloride, Cholinbitartrate, Sodium hydroxide, Acidity regulator: Lactic acid, Citric acid, Colouring: Lactic acid, Citric acid, Flavouring, Minerals (Iron lactate, Zinc sulphate, Manganese sulphate, Copper sulphate, Sodium fluoride, Chromium chloride, Sodium molybdate, Sodium selenite, Potassium iodide) Vitamins (Retinol acetate, Thiamine mononitrate, Riboflavin, Pyridoxine hydrochloride, Cyanocobalamin, Pteroylglutamic acid, Biotin D, Calcium D Pantothenate, Ascorbic acid, Cholecalciferol, DL- $\alpha$ -Tocopheryl acetate, Phytomenadione, Nicotinamide).

**STRAWBERRY:** Water, Maltodextrin, **Milk** protein, Vegetable oil (Rapeseed oil, Sunflower oil), Saccharose, Emulsifier: Sunflower lecithin, Thickener: Gellan gum, Sodium phosphate, Calcium carbonate, Magnesium chloride, Potassium chloride, Tri Potassium citrate, Potassium phosphate, Potassium hydroxide, Tri Sodium citrate, Magnesium hydroxide, Sodium chloride, Cholinbitartrate, Sodium hydroxide, Acidity regulator: Lactic acid, Citric acid, Colouring: Tomato lycopene, Flavouring, Minerals (Iron lactate, Zinc sulphate, Manganese sulphate, Copper sulphate, Sodium fluoride, Chromium chloride, Sodium molybdate, Sodium selenite, Potassium iodide) Vitamins (Retinol acetate, Thiamine mononitrate, Riboflavin, Pyridoxine hydrochloride, Cyanocobalamin, Pteroylglutamic acid, Biotin D, Calcium D Pantothenate, Ascorbic acid, Cholecalciferol, DL- $\alpha$ -Tocopheryl acetate, Phytomenadione, Nicotinamide).

**VANILLA:** Water, Maltodextrin, **Milk** protein, Vegetable oil (Rapeseed oil, Sunflower oil), Saccharose, Emulsifier: Sunflower lecithin, Thickener: Gellan gum, Sodium phosphate, Calcium carbonate, Magnesium chloride, Potassium chloride, Tri Potassium citrate, Potassium phosphate, Potassium hydroxide, Tri Sodium citrate, Magnesium hydroxide, Sodium chloride, Cholinbitartrate, Sodium hydroxide, Acidity regulator: Lactic acid, Citric acid, Colouring: Beta-carotene, Flavouring, Minerals (Iron lactate, Zinc sulphate, Manganese sulphate, Copper sulphate, Sodium fluoride, Chromium chloride, Sodium molybdate, Sodium selenite, Potassium iodide) Vitamins (Retinol acetate, Thiamine mononitrate, Riboflavin, Pyridoxine hydrochloride, Cyanocobalamin, Pteroylglutamic acid, Biotin D, Calcium D Pantothenate, Ascorbic acid, Cholecalciferol, DL- $\alpha$ -Tocopheryl acetate, Phytomenadione, Nicotinamide).

**Directions for use:** Ready to drink. Altraplen Energy can be consumed chilled, or at room temperature.

- ◆ Shake well before use.

**Storage:** Altraplen Energy should be stored in a cool, dry place (below 25°C). Once opened consume within 4 hours or store in a refrigerator and consume within 24 hours. Discard unused contents thereafter.

**Shelf life:** 12 months from manufacture. See individual tetra and outer packaging for best before date.

**Country of origin:** Germany.

This product is packaged in a protective atmosphere.

Altraplen Energy		Banana, Strawberry Vanilla		Chocolate	
Average content	Units	Per 100ml	Per 200ml tetra	Per 100ml	Per 200ml tetra
Energy	KJ Kcal	640 150	1280 300	640 150	1280 300
Fat	g	5.8	11.6	5.8	11.6
of which saturates	g	0.52	1.04	0.57	1.14
of which monounsaturates	g	2.85	5.7	2.80	5.60
of which polyunsaturates	g	2.46	4.92	2.43	4.86
Carbohydrate	g	18.5	37	18.5	37
of which sugars	g	6.5	13	6.5	13
Fibre	g	0	0	0	0
Protein	g	6	12	6	12
Salt	g	0.23	0.46	0.23	0.46
<b>VITAMINS</b>					
Vitamin A	$\mu$ g-RE	150	300	150	300
Vitamin D	$\mu$ g	1.2	2.4	1.2	2.4
Vitamin E	mg $\alpha$ -TE	3	6	3	6
Vitamin K	$\mu$ g	9	18	9	18
Vitamin C	mg	27	54	27	54
Thiamin (B1)	mg	0.23	0.46	0.23	0.46
Riboflavin (B2)	mg	0.23	0.46	0.23	0.46
Niacin	mg NE	2.3	4.6	2.3	4.6
Vitamin B6	mg	0.23	0.46	0.23	0.46
Folic Acid	$\mu$ g	48	96	48	96
Vitamin B12	$\mu$ g	0.45	0.9	0.45	0.9
Biotin	$\mu$ g	6	12	6	12
Pantothenic Acid	mg	0.75	1.5	0.75	1.5
Choline	mg	61	122	61	122
<b>MINERALS</b>					
Sodium	mmol mg	3.9 90	7.8 180	3.9 90	7.8 180
Potassium	mmol mg	4.1 159	8.2 318	4.1 159	8.2 318
Chloride	mmol mg	2.5 87	5 174	2.5 87	5 174
Calcium	mmol mg	2.3 91	4.6 182	2.3 91	4.6 182
Phosphorus	mmol mg	3 94	6 188	3 94	6 188
Magnesium	mmol mg	0.9 23	1.8 46	0.9 23	1.8 46
Iron	mg	2	4	2	4
Zinc	mg	2.3	4.6	2.3	4.6
Copper	mg	0.21	0.42	0.21	0.42
Manganese	mg	0.5	1	0.5	1
Selenium	$\mu$ g	11	22	11	22
Chromium	$\mu$ g	11	22	11	22
Molybdenum	$\mu$ g	12	24	12	24
Iodine	$\mu$ g	21	42	21	42
Fluoride	mg	0.15	0.3	0.15	0.3
Osmolarity	mOsmol/L	682	-	682	-
Osmolality	mOsmol/kg/H <sub>2</sub> O	626	-	626	-
Lactose	g	<0.1	<0.1	<0.1	<0.1