



Fresubin Diben

For glycaemic control

1.5 kcal/mL, high protein oral nutritional supplement for the dietary management of patients with or at risk of malnutrition, with impaired glucose metabolism such as impaired glucose tolerance, stress-induced hyperglycaemia, and diabetes mellitus



Modified carbohydrate profile with low glycaemic index for improved glycaemic control^{1,2}

Balanced fat profile: high in monounsaturated fatty acids to improve glycaemic control³⁻⁵ and insulin sensitivity⁶⁻⁸, and fish oil for cardiovascular protection⁹⁻¹¹

Low in sodium and cholesterol in line with Diabetes guidelines^{12,13}

Fresubin® Diben DRINK

Available in vanilla flavour



Nutritional Information

Average content		100mL	bottle = 200 mL
Energy value	kJ (kcal)	630 (150)	1260 (300)
Fat (42% Energy)	g	7.0	14.0
of which SFA*	g	1.7	3.4
of which medium chain triglycerides	g	1.2	2.4
of which MUFA**	g	3.8	7.6
of which PUFA***	g	1.5	3.0
of which EPA# + DHA**	g	0.054	0.108
of which cholesterol	mg	≤ 6	≤ 12
Carbohydrate (35% Energy)	g	13.1	26.2
of which starch	g	5.3	10.6
of which sugars	g	2.5	5.0
of which fructose	g	1.9	3.8
of which lactose	g	≤ 0.5	≤ 1.0
Fibre (3% Energy)	g	2.0	4.0
Protein (20% Energy)	g	7.5	15
Water	mL	79	158
Osmolarity	mosmol/L	350	350
Osmolality	mosmol/kg H ₂ O	440	440
Minerals and trace elements			
Sodium	mg	65	130
Potassium	mg	130	260
Chloride	mg	55	110
Calcium	mg	150	300
Magnesium	mg	15	30
Phosphorus	mg	95	190
Iron	mg	2.0	4.0
Zinc	mg	1.5	3.0
Copper	mg	0.3	0.6
Manganese	mg	0.4	0.8
Iodine	µg	30	60
Fluoride	mg	0.2	0.4
Chromium	µg	10	20
Molybdenum	µg	15	30
Selenium	µg	10	20
Vitamins and other nutrients†			
Vitamin A	µg RE°	170	340
Vitamin D ₃	µg	2.0	4.0
Vitamin E	mg α-TE°°	3.0	6.0
Vitamin K ₁	µg	16.7	33.4
Thiamine (Vitamin B ₁)	mg	0.23	0.46
Riboflavin (Vitamin B ₂)	mg	0.32	0.64
Niacin	mg	1.5	3
Vitamin B ₆	mg	0.33	0.66
Vitamin B ₁₂	µg	0.6	1.2
Pantothenic acid	mg	1.2	2.4
Biotin	µg	7.5	15.0
Folic acid	µg	50	100
Vitamin C	mg	15	30
Choline	mg	26.7	53.4

° RE: retinol equivalents; °°α-TE: alpha-tocopherol equivalents;
*eicosapentaenoic acid **docosahexaenoic acid

General information

Food for special medical purposes:

Nutritionally complete, high-caloric (1.5 kcal / mL), high protein oral nutritional supplement, with fibre. High in monounsaturated fatty acids, modified carbohydrate profile with low glycaemic index (GI <37), low in sodium and cholesterol. For the dietary management of patients with or at risk of malnutrition in particular for patients with impaired glucose metabolism.

Dosage:

Must be determined by the healthcare professional according to patients' needs. Recommendation for supplementary nutrition 2 - 3 bottles (600 - 900 kcal)/day, for complete nutrition 5 bottles (1500 kcal)/day.

Important notice:

To be used under medical supervision. Suitable as sole source of nutrition. Not suitable for children <3 years. Use with caution in children <6 years. Not suitable for patients with galactosaemia. Ensure adequate fluid intake.

Not for parenteral (I.V.) use!

Instructions for use:

Best served chilled. Shake well before use. Store at room temperature. Opened bottles may be stored in a refrigerator for up to 24 hours.

Additional considerations:

Not suitable where enteral nutrition is not permitted such as in acute gastrointestinal bleeding, gut atonia, ileus and others. Not suitable for patients with severe form of malabsorption, or those with congenital inability to metabolise nutrients contained in Diben DRINK.

Ingredients

Fresubin Diben DRINK Vanilla: Water, milk protein, modified starch, maltodextrin, vegetable oils (rapeseed oil, sunflower oil), fructose, medium chain triglycerides (MCT), potassium citrate, fish oil, flavourings emulsifiers (E 471, soya lecithins), sodium chloride, choline hydrogen tartrate, acidity regulator (E 524), vit. C, sweeteners (sodium cyclamate, saccharin sodium), magnesium oxide, iron pyrophosphate, zinc sulphate, vit. E, niacin, pantothenic acid, manganese chloride, copper sulphate, vit. B₂, vit. B₃, vit. B₆, sodium fluoride, β-carotene, vit. A, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vit. K₁, biotin, vit. D₃, vit. B₁₂.

Allergen Information: Contains milk and soy. Low lactose and gluten free.

Halal & Kosher certified.

Flavour

Vanilla

References

1. Thomas DE et al. The use of low-glycaemic index diets in diabetes control. *Br J Nutr.* 2010;104(6):797-802.
2. Barazzoni R et al. Carbohydrates and insulin resistance in clinical nutrition: Recommendations from the ESPEN expert group. *Clin. Nutr.* 2017;36(2): 355-363.
3. Pohl M, Mayr P, Merti-Roetzer M, et al. Glycemic control in patients with type 2 diabetes mellitus with a disease-specific enteral formula: stage II of a randomized, controlled multicentre trial. *JPEN.* 2009;33(1):37-49.
4. Lochs H et al. Introductory to the ESPEN Guidelines on Enteral nutrition: terminology, definitions and general topics. *Clin Nutr.* 2006;25(2):180-186.
5. Qian F et al. Metabolic effects of monounsaturated fatty acid-enriched diets compared with carbohydrate or polyunsaturated fatty acid-enriched diets in patients with type 2 diabetes: a systematic review and meta-analysis of randomized controlled trials. *Diabetes Care.* 2016;39(8):1448-1457.
6. JA et al. Monounsaturated fat-rich diet prevents central body fat distribution and decreases postprandial adiponectin expression induced by a carbohydrate-rich diet in insulin-resistant subjects. *Diabetes Care.* 2007;30(7):1717-1723.
7. Brehm BJ et al. One-year comparison of a high-monounsaturated fat diet with a high-carbohydrate diet in type 2 diabetes. *Diabetes Care.* 2009;32(2):215-220.
8. Gadgil MD et al. The Effects of Carbohydrate, Unsaturated Fat, and Protein Intake on Measures of Insulin Sensitivity. *Diabetes Care.* 2013;36(5):1132-1137.
9. Kris-Etherton PM et al. Dietary reference intakes for DHA and EPA. Prostaglandins, Leukotrienes and Essential Fatty Acids. 2009;81(2-3):99-104.
10. International Society for the Study of Fatty Acids and Lipids (ISSFAL): Recommendations for Dietary Intake of Polyunsaturated Fatty Acids in Healthy Adults. Report June 2004.
11. Lee JH et al. Omega-3 fatty acids for cardioprotection. *Mayo Clin Proc.* 2008;83(3):324-332.
12. Evert AB et al. Nutrition Therapy Recommendations for the Management of Adults With Diabetes. *Diabetes Care.* 2013;36(11):3821-3842.
13. Rydén L et al. Task Force on diabetes, pre-diabetes, and cardiovascular diseases of the European Society of Cardiology (ESC), European Association for the Study of Diabetes (EASD), et al. ESC guidelines on diabetes, pre-diabetes, and cardiovascular diseases developed in collaboration with the EASD - summary. *Diab Vasc Dis Res.* 2014;11(3):133-173.
14. National Health and Medical Research Council: Nutrient Reference Values Australia and New Zealand. <https://www.eatforhealth.gov.au/nutrient-reference-values>. Accessed May, 2023.



**FRESENIUS
KABI**

caring for life

Fresenius Kabi Australia Pty Limited
Level 2, 2 Woodland Way,
Mount Kuring-gai NSW 2080
Phone 1300 732 001
Fax 1300 304 384
www.fresubin.com.au
www.strengthHEN.com.au

Fresenius Kabi New Zealand Limited
The HSBC Tower
Level 14, 188 Quay Street
Auckland 1010 New Zealand
Phone 0800 144 892
www.fresenius-kabi.com/nz
PM2023.1741 Pub: July 2023