

Fresubin[®] PROTEIN Shot

Complete protein blend in just 40 mL. A tasty shot or a tube feed module, based on your patient's needs.

Zero sugar, zero fat, zero compromise
of course.

NEW

**A SMALL
SHOT**

TO CLOSE THE DAILY GAP*

**20 g protein in 40 mL
including all 9 EAA****

* Fresubin[®] PROTEIN Shot can help address protein gaps. More than one pouch may be needed.

** Essential Amino Acid

MIND THE PROTEIN GAP

Many patients experience increased protein needs during catabolic disease states to help preserve muscle mass, support wound healing, maintain immune function, and promote recovery.^{1,2,3}

Despite this, protein requirements often remain unmet across various healthcare settings, underscoring the need for targeted nutritional strategies.

PROTEIN REQUIREMENTS		PROTEIN GAPS
Older adults ^{3,4}	→ 1,2-1,5 g/kg/day (acute/chronic illness) → 2,0 g/kg/day (malnourished/severe illness or injury)	71 % ^{*5} 
Oncology patients ⁶⁻⁹	→ 1,0-1,5 g/kg/day up to 2,0 g/kg/day (higher end of the target range for those with malnutrition, sarcopenia, cachexia and in a catabolic state)	66 % ^{*10} 
Bariatric surgery patients ^{11,12}	→ 1,0-1,5 g/kg/day IBW** up to 2,1 g/kg/day IBW (post-malabsorptive procedures)	45 % ^{*13} (at 4 months post surgery) 
Critically ill ICU ^o patients ^{14,15}	→ 1,3 g/kg/day (progressive intake) 1,5-2,5 g/kg/day (post-ICU recovery)	37 % ^{***16} 

Although protein needs vary, some clinical conditions (e.g., critical illness) may require protein supplementation without added calories to prevent overfeeding and related adverse outcomes. In catabolic diseases, **both protein quantity and quality are essential.**^{14,17,18}

*Prevalence of patients not meeting protein requirement

** Ideal Body Weight

*** Gap between average protein intake vs protein requirement

^o Intensive Care Unit

PROTEIN

A CORE NUTRIENT

As a macronutrient vital for life, protein is made up of amino acid building blocks, essential for tissue growth, repair, and maintenance. Protein supports key functions of enzyme production, immune defense, and muscle health.^{18,19}

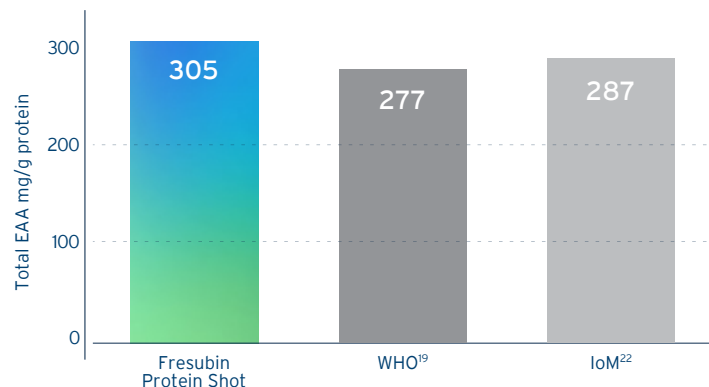
WHAT DEFINES PROTEIN QUALITY?

- **Nine** of the common 20 AAs are defined as essential, meaning that they cannot be synthesised by the body and thus must be provided by the diet.²⁰
- The EAAs content of a protein is a critical aspect of protein quality stimulating MPS* and has an important role in supporting metabolic health.^{19,20,21}



Fulfilling the WHO** EAA Reference Pattern Ensures Optimal Protein Utilisation & Prevents Limitations in Protein Synthesis due to EAA Deficiencies¹⁹

- Fresubin® PROTEIN Shot fulfils both the WHO and IoM*** reference pattern for all EAA.



Graph developed based on content from FAO/WHO/UNU. 2007¹⁹, Trumbo et al. 2020²²

* Muscle Protein Synthesis
** World Health Organisation
*** Institute of Medicine

HELPING TO CLOSE THE PROTEIN GAP COMES WITH MANY BENEFITS

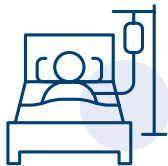
Clinical and Patient-Centered Benefits*



Improved muscle & physical function, e.g. physical mobility, hand grip strength^{3,4,5}



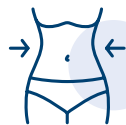
Reduced sarcopenia & frailty risk^{3,5}



Reduced post-operative complications; Shorter length of stay^{23,24}



Improved healing of wounds and pressure ulcers^{18,25}



Increased weight loss (achieving > 50 % of excess weight lost) post bariatric surgery; preservation of muscle mass; improved body composition^{26,27,28}



Meeting protein targets without overfeeding¹⁷

Health-Economic Benefits*

Reduction in healthcare costs through:



- Risk of complications^{2,23}
- Hospital length of stay (LOS)^{16,24}
- Hospital readmission rates^{2,3,15}

* When protein requirements are met



Fresubin® PROTEIN Shot

→ A COMPLETE PROTEIN BLEND IN A SMALL SHOT

A top-up, high-quality protein module, that may be incorporated to support the nutritional care routine of your patients with or at risk of protein malnutrition. Flexible to use as an ONS* or tube feeding.

→ COMPACT FORMULA TO HELP PATIENT COMPLIANCE

- ✓ 20 g of protein in just 40 mL
- ✓ Complete high quality protein blend
- ✓ Zero sugar, zero fat to help avoid providing excess non-protein calories

→ IDEAL FOR TUBE FEEDING

No lumps, no foam, time-efficient to administer

**20 g of
PROTEIN**

=
The minimum
effective dose to
maintain
muscle mass²⁹

→ FEATURES: Advanced Amino Formula**

A combination of hydrolysed collagen & whey protein, plus additional AAs

- Easier to digest & absorb
- Assuring high protein quality and efficacy
- With a Protein Digestibility-Corrected Amino Acid Score (PDCAAS) of 1

* Oral Nutritional Supplements
** Developed by Dutch Medical Food

Fresubin® PROTEIN Shot

Nutrition values		Sip feed /100 mL	Sip feed /40 mL
Energy	kJ (kcal)	850 (200)	340 (80)
Fat	g	< 0,1	< 0,1
of which saturates	g	< 0,1	< 0,1
Carbohydrate	g	0	0
of which sugars	g	0	0
of which lactose	g	< 0,25	< 0,1
Fibre	g	0	0
Protein	g	50	20
Salt	g	0,40	0,16
Minerals			
Sodium	mg (mmol)	161 (7,0)	64 (2,8)
Potassium	mg (mmol)	97 (2,5)	39 (1,0)
Calcium	mg (mmol)	132 (3,3)	53 (1,3)
Phosphorus	mg (mmol)	131 (4,2)	52 (1,7)
Magnesium	mg (mmol)	10,7 (0,4)	4,3 (0,2)
Osmolarity	mOsmol/L	300	300



Fresubin® PROTEIN Shot is a food for special medical purposes to be used under medical supervision.

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