

NUTRITIONALLY COMPLETE

Elemental 028 Extra Powder

Indications

Elemental 028 Extra can be used in children from one year of age and adults as a sole source of nutrition or as a supplementary feed for the dietary management of conditions where there is severe impairment on the GI tract, such as:

- Crohn's disease
- Short bowel syndrome
- Intractable malabsorption
- Bowel fistulae
- Radiation enteritis

Precautions

Must only be used under strict medical supervision. Not for parenteral use. Not suitable for use under one year of age.

Preparation and administration

The dosage should be determined by a clinician or a dietitian only and is dependent on age, body weight and medical condition of the patient.

The standard recommended feed concentration is 20% w/v (100g powder in 500ml water, 0.89 kcal/ml)*.

For osmotically sensitive patients, an initial dilution of 13.3% w/v (67g of powder in 500ml water, 0.59 kcal/ml) is recommended. These dilutions are guidelines only.

Elemental 028 Extra can be taken as a more concentrated drink but additional water or diluted drinks must be taken immediately after. To achieve a 1 kcal/ml drink, a 22.6% w/v concentration is required (100g powder in 443ml water). Elemental 028 Extra is best given as a chilled drink.

The unflavoured version may be flavoured with Modjil flavours or other appropriate flavourings.

For tube or sip feeding

Weigh out the prescribed amount of Elemental 028 Extra, add a small amount of the prescribed water. Stir with a fork until a smooth paste is obtained. Continue stirring whilst adding the rest of the prescribed amount of water.

Once reconstituted, store in a refrigerator and use within 24 hours. Shake or stir immediately before use.

Storage

Store in a cool, dry place. Once opened, a sachet should be stored in an airtight container and used within two to three days.

Ingredients

Dried glucose syrup, fractionated coconut oil, canola oil, hybrid safflower oil, L-lysine L-aspartate, L-glutamine, L-leucine, L-phenylalanine, L-arginine, trisodium citrate, L-proline, calcium phosphate dibasic, L-valine, glycine, L-isoleucine, L-threonine, N-acetyl, L-methionine, L-histidine, emulsifiers (E471, E472(e)), L-serine, tripotassium citrate, L-alanine, magnesium acetate, potassium chloride, L-tryptophan, choline bitartrate, dipotassium hydrogen phosphate, L-tyrosine, sodium chloride, calcium chloride, L-cystine, taurine, ascorbic acid, stabiliser (E405), L-carnitine, ferrous sulphate, zinc sulphate, DL-alpha tocopheryl acetate, M-inositol, nicotinamide, manganese sulphate, calcium D-pantothenate, copper sulphate, pyridoxine hydrochloride, thiamine hydrochloride, riboflavin, vitamin A acetate, potassium iodide, sodium molybdate, folic acid, chromium chloride, sodium selenite, vitamin K1, D-biotin, vitamin D3, cyanocobalamin.

Ingredients shown are for Elemental 028 Extra Unflavoured, for Banana and Orange flavoured Elemental 028 Extra ingredient details please contact Nutricia.

Elemental 028 Extra Powder

Nutrition Information	Per 100g Powder		Per 100ml*			
Energy kJ	1793	1793	1871	358	358	374
kcal	427	427	443	85	85	89
Protein equivalent g			12.5			2.5
Total amino acids g			15			3
Carbohydrate g	55	55	59	11	11	11.8
as sugars g	23.3	7.9	5.31	4.7	1.6	1.1
Fat g			17.45			3.5
as saturates g			6.7			1.3
monounsaturates g			7.4			1.5
polyunsaturates g			2.4			0.5
% MCT			35			65
% LCT			65			
Ratio n6 : n3 fatty acids			4:1			
% Energy from linoleic acid			4			
% Energy from α linolenic acid			1			
Fibre g			nil added			
Vitamins						
Vitamin A µg RE			330			66
IU			1099			220
Vitamin D µg			2.5			0.5
IU			100			20
Vitamin E mg α.T.E.			6.1			1.2
IU			9.1			1.8
Vitamin C mg			28.3			5.7
Vitamin K µg			25			5
Thiamin mg			0.6			0.12
Riboflavin mg			0.6			0.12
Niacin mg			4.2			0.84
Niacin equivalent (mg NE)			9			1.8
Vitamin B6 mg			0.8			0.16
Folate µg			83.3			16.7
Vitamin B12 µg			1.7			0.34
Biotin µg			18			3.6
Pantothenic acid µg			2			0.4
Choline mg			91.6			18.3
Inositol mg			9.2			1.8
Minerals						
Sodium mg			305			61
mmol			13.3			2.7
Potassium mg			466			93.2
mmol			11.9			2.4
Chloride mg			333			66.6
mmol			9.4			1.9
Calcium mg			245			49
Phosphorus mg			200			40
Magnesium mg			81.6			16.3
Trace Elements						
Iron mg			4.2			0.84
Copper mg			0.4			0.08
Zinc mg			4.2			0.84
Manganese mg			0.6			0.12
Iodine µg			33.3			6.7
Molybdenum µg			33.3			6.7
Selenium µg			15			3
Chromium µg			15			3
* At the concentration of 20% w/v						
Osmolality						
Unflavoured Elemental 028 extra:					Orange Elemental 028 extra:	
340 mosm/kg at 13.3% (0.59kcal/ml)					389 mosm/kg at 13.3% (0.57kcal/ml)	
502 mosm/kg at 20% (0.89kcal/ml)					636 mosm/kg at 20% (0.85kcal/ml)	
634 mosm/kg at 22.6% (1kcal/ml)					821 mosm/kg at 23.4% (1kcal/ml)	
Banana Elemental 028 extra:						
490 mosm/kg at 20% (0.85kcal/ml)						
670 mosm/kg at 23.4% (1kcal/ml)						
Presentation						
100g sachets						
Note: Where a flavour variation occurs, information is represented by colour.						

NUTRITIONALLY COMPLETE - Elemental 028 Extra

TRITIONALLY COMPLETE - Elemental 028 Extra