

## DESCRIPTION

**Elemental 028 Extra Liquid** is a convenient and palatable nutritionally complete liquid elemental diet, consisting of a mixture of essential and non-essential amino acids, carbohydrate, fat, vitamins, minerals, trace elements and flavourings with sugars & sweeteners. Available in Grapefruit, Orange & Pineapple and Summer Fruits flavours. A food for special medical purposes.

## INDICATIONS

**Elemental 028 Extra Liquid** can be used in children over 5 years and adults as a sole source of nutrition (or as a supplementary feed from 1 year of age) for the dietary management of the following conditions:

1. Crohn's disease.<sup>1,2</sup>
2. Short bowel syndrome.
3. Intractable malabsorption.
4. Radiation Enteritis.<sup>3</sup>

## SUGGESTED INTAKE

The quantity of **Elemental 028 Extra Liquid** should be determined by a clinician or a dietitian only and is dependent on the age, bodyweight, and medical condition of the patient.

## PREPARATION AND ADMINISTRATION

**Elemental 028 Extra Liquid** is best presented as a chilled drink. It can be diluted if necessary for osmotically sensitive patients.

## OSMOLALITY

Grapefruit = 673 mosm/kg.  
Orange and Pineapple = 725 mosm/kg.  
Summer Fruits = 695 mosm/kg.

## PRECAUTIONS

Use under medical supervision.  
Not for parenteral use.

## STORAGE

Store in a cool dry place.  
Once opened store in a refrigerator and use within 24 hours.

## PACK SIZE

**Elemental 028 Extra Liquid** is available in trays of 18 x 250ml.

## SHELF LIFE

9 months.

## References

1. Riordan et al. Lancet 1993; 342:1131-1134
2. Verma et al. Dig Liv Dis 2000; 32:769-774
3. McArdle et al. Arch Surg 1986; 121:879-885

NUTRITION INFORMATION	per		Amino Acid Profile	g per		Fatty Acid Profile	g per 100g	
	100ml	250ml		100ml	250ml		Fatty Acids	Fatty Acids
Energy kJ	360	900	L-Alanine	0.12		C8:0		20
kcal	86	215	L-Arginine	0.26		C10:0		14
Protein Equivalent g	2.5	6.25	L-Aspartic Acid	0.24		C12:0		0.1
Total Amino Acids g	3	7.5	L-Cystine	0.01		C14:0		0.2
Carbohydrate g	11	27.5	Glycine	0.2		C16:0		3.8
of which sugars g	4.7	11.7	L-Histidine	0.15		C18:0		2.4
Fat g	3.5	8.7	L-Isoleucine	0.2		C18:1		46
of which saturates g	1.35	3.4	L-Leucine	0.34		C18:2		10.5
monounsaturates g	1.55	3.9	L-Lysine	0.26		C18:3		3
polyunsaturates g	0.45	1.2	L-Methionine	0.15				
% LCT	65		L-Phenylalanine	0.25				
% MCT	35		L-Proline	0.24				
Ratio n6 : n3			L-Serine	0.15				
fatty acids	4 : 1		L-Threonine	0.17				
% energy from			L-Tryptophan	0.07				
linoleic acid	4		L-Tyrosine	0.04				
% energy from			L-Valine	0.21				
α linolenic acid	1		L-Carnitine	0.003				
Fibre		nil added	Taurine	0.006				
<b>Vitamins</b>	<b>per 100ml</b>	<b>per 250ml</b>	<b>Minerals</b>	<b>per 100ml</b>	<b>per 250ml</b>	<b>Trace Elements</b>	<b>per 100ml</b>	<b>per 250ml</b>
Vitamin A µg RE	65	163	Sodium mg	61	153	Iron mg	0.84	2.1
IU	216	540	mmol	2.7	6.8	Copper mg	0.08	0.2
Vitamin D µg	0.48	1.2	Potassium mg	93.2	233	Zinc mg	0.84	2.1
IU	19.2	48	mmol	2.4	6	Manganese mg	0.12	0.3
Vitamin E mg α TE	1.7	4.3	Chloride mg	66.6	166.5	Iodine µg	6.66	16.7
IU	2.5	6.3	mmol	1.9	4.8	Molybdenum µg	6.66	16.7
Vitamin C mg	5.7	14.3	Calcium mg	45	113	Selenium µg	3	7.5
Vitamin K µg	5	12.5	Phosphorus mg	40	100	Chromium µg	3	7.5
Thiamin mg	0.12	0.3	Magnesium mg	16.3	40.8			
Riboflavin mg	0.12	0.3						
Niacin mg	0.84	2.1						
mg NE	2	5						
Vitamin B <sub>6</sub> mg	0.16	0.4						
Folic Acid µg	16.7	41.8						
Vitamin B <sub>12</sub> µg	0.4	1						
Biotin µg	3.6	9.0						
Pantothenic Acid mg	0.4	1						
Choline mg	18.3	45.8						
Inositol mg	1.8	4.5						