OPTIFIBRE®

DESCRIPTION
OptiFibre® is a powdered soluble dietary fibre that mixes easily in hot and cold liquids and foods without affecting texture or taste. It can be adminstered via an enteral feeding tube. It is a nutritionally incomplete Food for Special Medical Purposes for use under medical supervision. For the dietary management of patients with intestinal transit disorders.

PRESENTATION
16 x 5g sachets (80g box) or 250g tins with re-sealable lid, 6 tins per case.

INDICATIONS
ACBS approved, prescribable on FP10 (GP10 in Scotland) for the following indications: short bowel syndrome, intractable malabsorption, pre-operative preparation of patients who are undernourished, patients with proven inflammatory bowel disease, following total gastrectomy, bowel fistulae, disease related malnutrition.

INGREDIENTS
Partially Hydrolysed Guar Gum (this is a low viscous galactomannan, which has been produced by controlled partial enzymatic hydrolysis).

SHELF LIFE AND STORAGE
Tin: Shelf life 24 months. Close tin tightly after each use and store in a cool, dry place. Once opened, use within 8 weeks.
Sachet: Shelf life 24 months. Store in a cool, dry place.

All prepared products should be used immediately, or within 24 hours if refrigerated. Discard any unfinished heated product.

CONTRAINDICATIONS
Use only where dietary fibre supplementation is clinically appropriate.

PRECAUTIONS
- Introduce gradually and adjust according to individual tolerance.
- Increased fibre intake may be associated with transient gastrointestinal symptoms such as bloating, abdominal distension or flatulence, particularly during the initial phase of use. If these occur, consider reducing the dose and increasing more gradually.
- Ensure adequate fluid intake when increasing dietary fibre consumption.
- Suitable for children aged 3 years and above.
- Not suitable as a sole source of nutrition.
- For optimal dispersion, do not add to carbonated beverages or sparkling water.

3+ YRS — Suitable for children above 3 years of age
GF — Gluten Free
Halal
Suitable for vegetarians



ADMINISTRATION AND DOSAGE
- Add 1 scoop or 1 sachet (5g OptiFibre®, providing 4.3g soluble fibre) to 200ml liquid or 150g food.
- Stir until dissolved.
- Minimum dilution volume: 100ml.
- Not for parenteral use.

5-25g of the product is recommended per day, or as recommended by a healthcare professional.

Suggested Introduction Schedule

Days	Adults
1-3	Up to 1 scoop/sachet daily
4-6	2 scoops/sachets daily
7-9	3 scoops/sachets daily
10-12	4-5 scoops/sachets daily

Children (>3 years):
- Introduce gradually according to age, dietary fibre intake and tolerance.
- Consider starting with ½ scoop daily and increase as tolerated under healthcare professional guidance.

PEG (or enteral feeding tube) administration:
- Dissolve 1 scoop or 1 sachet in 200ml water.
- Administer as directed by a healthcare professional.
- Flush the feeding tube before and after administration.

IMPORTANT INFORMATION
- Not suitable as a sole source of nutrition
- Suitable for children over 3 years
- Introduce gradually
- Ensure adequate hydration

NUTRITION INFORMATION

Typical values	Per 100g	Per 5g serving
General		
Energy kJ/kcal	816/202	41/10
Fat (0% kcal) g	0	0
of which saturates g	0	0
Carbohydrate (12% kcal) g	6	0.30
of which sugars* g	6	0.30
Fibre (85% kcal) g	86	4.3
Protein (3% kcal) g	<1.5	<0.075
Salt g	<0.5	<0.025
Minerals		
Sodium mg/mmol	<200/8.7	<10/0.43
Potassium mg/mmol	<500/13	<25/0.65

*With no added sugars. Contains naturally occuring sugars.
Recipe Code: ACC011

+According to clinical discretion
**If the liquid mixture is to be administered as a bolus via an enteral feeding syringe, boiled, cooled tap water can be used to mix the OptiFibre®.

Nestlé HealthScience

Optifibre® is a food for special medical purposes for use under medical supervision.
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