

# Peptamen HN

High protein, high calorie, whey peptide, complete diet for tube feeding and oral nutrition.

Peptamen® HN is appropriate for use in metabolically stressed patients; those with compromised gastrointestinal tracts and/or as a dual feeding with TPN. Clinical applications include: pre/post gastro-intestinal surgery; early post operative-feeding; gastro-intestinal cancers; trauma; burns; pancreatitis; cystic fibrosis and patients with challenging feeding issues. It is appropriate for both short or long-term feedings.

### Nutritional profile

Peptamen® HN has a 1.33 kcal/ml caloric density and is nutritionally complete, with a balanced energy distribution of 20% protein, 33% fat and 47% carbohydrate.

### Ingredients

Maltodextrin, whey peptides, Medium Chain Triglycerides (MCT), corn starch, soy oil, vitamins, minerals and trace elements.

### Lipid

The lipid sources of Peptamen® HN are MCT and soy oil.

- 4.9g lipid/100ml (3.68g lipid/100kcal)

MCT, representing 69% of the lipid fraction, is an easily absorbed and rapidly utilised source of energy.

Peptamen® HN may be used for patients requiring fat restriction as long chain triglycerides provide only 10% TEI.

- Essential fatty acids provide 3.7% TEI, exceeding minimum requirements.
- ω6/ω3 ratio of 7:1

Fatty acid profile:

Saturated	80 %*
Monounsaturated	9 %
Polyunsaturated	11 %

\*MCT, which do not elevate serum lipids, supply 87% of the saturated fat (3.4g/100ml).

### Protein

Peptides, from hydrolysed whey protein, provide an easily absorbed and well utilised source of nitrogen.

- 6.6g protein/100ml (4.96g/100kcal)

Research has shown peptides offer advantages over free amino acid and intact protein diets.

- Better protein absorption and GI tolerance compared to free amino acid or intact protein diets.
- Better maintenance of GI tract integrity compared to free amino acids or intact proteins.
- Superior protein quality, bioavailability, net utilisation and growth compared to free amino acid or intact protein diets.

- More favourable recovery, outcome and survival in animal studies comparing peptides to free amino acids or intact proteins.

Peptamen® HN is gluten free.

### Carbohydrate

Carbohydrate sources are maltodextrin and corn starch.

- 15.6g carbohydrate / 100ml (11.7g/100kcal)

This is a moderate carbohydrate formula which is important for patients with glucose intolerance.

Peptamen® HN is lactose free.

### Micronutrients

Vitamin and mineral requirements are met or exceeded in 1000ml (1333kcal).

### Fibre

Peptamen® HN is a low residue diet.

### Osmolality / Osmolarity

- 500 mosm/kg H<sub>2</sub>O / 390 mosm/l

Peptamen® HN has a moderate osmolality thus reducing the risk of osmotic diarrhoea.

### Packaging

Peptamen® HN unflavoured is available in 500ml Dripac®-flex.

Dripac®-flex is an innovative, non-air dependent closed system. Dripac®-flex offers safety, convenience and reduced waste in an easy-to-use enteral feeding system. Ready-to-use, UHT processed.

A full range of compatible sets and devices is also available.

NUTRITIONAL COMPOSITION		per 100 ml
ENERGY	kcal	133
	kJ	560
PROTEIN	(20% TEI) g	6.6
CARBOHYDRATE	(47% TEI) g	15.6
FAT	(33% TEI) g	4.9
DIETARY FIBRE	g	0
Sodium	mg	90
Potassium	mg	165
Calcium	mg	75
Phosphorus	mg	75
Magnesium	mg	30
Chloride	mg	80
Iron	mg	1.6
Zinc	mg	1.5
Copper	mg	0.15
Manganese	mg	0.29
Fluoride	mg	0.15
Chromium	µg	7.5
Molybdenum	µg	15
Selenium	µg	7.5
Iodine	µg	15
Vitamin A	µg RE (IU)	130 (420)
β-carotene	µg RE (IU)	25 (83)
Vitamin D	µg (IU)	1.5 (60)
Vitamin E	mg α-TE (IU)	2.0 (3.0)
Vitamin K	µg	8.2
Vitamin C	mg	15
Thiamin (vit. B1)	mg	0.18
Riboflavin (vit. B2)	mg	0.19
Pantothenic acid	mg	0.75
Vitamin B6	mg	0.26
Vitamin B12	µg	0.70
Niacin	mg (mg NE)	1.8 (4.0)
Folic acid	µg	36
Biotin	µg	4.5
Choline	mg	30
Carnitine	mg	15
Taurine	mg	15

TEI: Total Energy Intake

For a regular flow rate, the use of a pump is advisable.

Use under medical supervision.

