



Nutren Optimum

Great tasting, complete diet designed to support recovery and help you feel stronger every day.

Nutren® Optimum is an oral supplement or complete diet designed for people needing nutrition support during recovery from illness or surgery or those with increased nutritional requirements.

Nutritional profile

Nutren® Optimum powder can be reconstituted to a variety of caloric densities. It is nutritionally complete with an energy distribution of 16% protein, 34% lipid, 50% carbohydrate.

Ingredients

Maltodextrin, Corn Syrup, Whey Protein, Sucrose, Potassium Caseinate, Low Erucic Rapeseed Oil, Medium Chain Triglycerides (MCT), Cocoa (for chocolate flavour only), Corn Oil, Soy Lecithin, Vanilla Flavour, Vitamins, Minerals and Trace elements.

Lipid

The lipid fraction of Nutren® Optimum is composed of low erucic rapeseed oil, MCT (medium chain triglycerides) and corn oil.

- 3.8g lipid/100kcal
MCT represent 25% of lipids. It is an easily absorbed and rapidly utilised source of energy.

- Essential fatty acids provide 8.3% TEI, which exceeds minimum requirements.
- ω6/ω3 ratio of 4:1.

Fatty acid Profile:

Saturated	32%
Monounsaturated	41%
Polyunsaturated	27%

Protein

The proteins are of a high biological value, comprised of an easily digested mix of casein and whey protein (50%/50%).

- 4.0g protein/100kcal

Nutren® Optimum is gluten free.

Carbohydrate

Carbohydrates are provided by maltodextrins and sucrose.

- 12.6g carbohydrate/100kcal

Nutren® Optimum is lactose free.

Micronutrients

Vitamins and minerals meet 100% of the US RDA with 1500ml (1500kcal).

Fibre

Nutren® Optimum is low residue.

Osmolality/Osmolarity

- 350 mosm/kg H₂O / 300 mosm/l
Nutren® Optimum has a low osmolality, thus reducing the risk of osmotic diarrhoea.

Packaging

Nutren® Optimum is available in 400g, 900g tins of powder and 55g sachets.

Use under medical supervision.

NUTRITIONAL COMPOSITION		per 1 liter (1kcal/ml)
ENERGY	kcal	1000
PROTEIN	(16% TEI) g	40
FAT	(34% TEI) g	38
CARBOHYDRATE	(50% TEI) g	126.3
DIETARY FIBRE	g	0
Sodium	mg	870
Potassium	mg	1240
Calcium	mg	670
Phosphorus	mg	670
Magnesium	mg	270
Chloride	mg	1200
Iron	mg	12
Zinc	mg	14
Copper	mg	1.4
Manganese	mg	2690
Chromium	mcg	40
Molybdenum	mcg	120
Selenium	mcg	39
Iodine	mcg	100
Vitamin A	IU	4000
Vitamin D	IU	280
Vitamin E	IU	28
Vitamin K	mcg	50
Vitamin C	mg	140
Thiamin (vit. B1)	mg	2
Riboflavin (vit. B2)	mg	2.4
Niacin	mg	28
Vitamin B6	mg	4
Folic acid	mcg	540
Pantothenic acid	mg	14
Vitamin B12	mcg	8
Biotin	mcg	400
Choline	mg	450
Carnitine	mg	80
Taurine	mg	80

TEI: Total Energy Intake

