



# Kabi Glutamine

20g sachets x 30

## Nutritional Information

Average content		per portion*	per 100 g powder
Energy value	kJ (kcal)	310 (74)	1550 (370)
Fat	g	0	0
of which saturated fatty acids	g	0	0
Carbohydrate	g	8	40
of which sugars	g	0.22	1.11
of which lactose	g	0	0
Fibre**	g	1.2	5.9
Protein	g	0	0
Glutamine	g	10	50
Salt (Na x 2.5)	g	< 0.03	< 0.13
Osmolarity*	mosmol/l	235	
<b>Caloric distribution (energy%)</b>			
Fat 0, carbohydrate 43, fibre 3, protein 54			
*1 sachet containing 20 g + 200 ml water			
**Source: stabiliser (E 414)			

## Prescribing Information

### Food for special medical purposes:

Oral nutritional supplement powder to be reconstituted with fluid. High in glutamine, lactose free, gluten free, low in fibre. For the dietary management of patients with increased glutamine needs due to cancer therapy related mucositis, inflammatory bowel disease or short bowel syndrome.

### Dosage:

To be determined by a healthcare professional according to patients' needs. Recommended for supplementary nutrition 2-3 sachets (40-60 g equivalent to 20-30 g glutamine) per day,  $\geq$  5 days. Recommendation for cancer patients to start 3-5 days prior to chemo- or radiation therapy and continue for  $\geq$  5 days thereafter. Can also be used for tube feeding.

### Important notes:

To be used under medical supervision. Not suitable as sole source of nutrition. Not suitable for children < 3 years. Use with caution in children < 6 years.

### Not for parenteral (I.V.) use.

### Instruction for use:

Store dry and at room temperature. Can be mixed with water, juices or food like yoghurt, apple puree, etc. Do not mix with drugs. Packaged in a protective atmosphere.

### Contraindications:

Not suitable whenever enteral nutrition is not permitted such as in acute gastrointestinal bleeding, ileus and shock. Use with caution in severe organ failure with impaired metabolism and severe forms of malabsorption. Not suitable for patients with congenital inability to metabolise nutrients contained in KABI Glutamine.

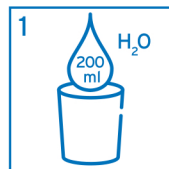
## Ingredients

L-glutamine, starch, maltodextrin, stabiliser (E 414)

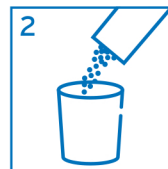
## Flavour

Neutral

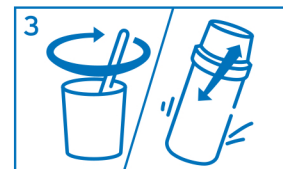
## KABI Glutamine Preparation



1 Pour 200 ml of preferably cool water into a clean container or shaker.



2 Add content of one sachet.



3 Mix thoroughly using a shaker or a spoon. Stir again after one minute.



**Once prepared, the product should be refrigerated and used within 24 hours. When reconstituted with food/liquid other than water, consume immediately.**

## References

1. De-Souza DA, Greene LJ. Intestinal permeability and systemic infections in critically ill patients: effect of glutamine. Crit Care Med. 2005; 33(5): 1125-1135.
2. Daniele B, Perrone F, Gallo C, et al. Oral glutamine in the prevention of fluorouracil induced intestinal toxicity: a double blind, placebo controlled, randomised trial. Gut. 2001; 48(1): 28-33.
3. Garcia-de-Lorenzo A, Zarazaga A, Garcia-Luna PP, et al. Clinical evidence for enteral nutritional support with glutamine: a systematic review. Nutrition. 2003; 19(9): 805-811.
4. Anderson PM, Ramsay NK, Shu XO, et al. Effect of low-dose oral glutamine on painful stomatitis during bone marrow transplantation. Bone Marrow Transplant. 1998; 22(4): 339-344.
5. Sayles C, Hickerson SC, Bhat RR, et al. Oral Glutamine in Preventing Treatment-Related Mucositis in Adult Patients With Cancer: A Systematic Review. Nutr Clin Pract. 2016; 31(2): 171-179.
6. Tsujimoto T, Yamamoto Y, Wasa M, et al. L-glutamine decreases the severity of mucositis induced by chemoradiotherapy in patients with locally advanced head and neck cancer: A double-blind, randomized, placebo-controlled trial. Oncology reports. 2015; 33(1): 33-39.
7. Novak F, Heyland DK, Avenell A, et al. Glutamine supplementation in serious illness: a systematic review of the evidence. Crit Care Med. 2002; 30(9): 2022-2029.
8. Houdijk AP, Rijnsburger ER, Jansen J, et al. Randomised trial of glutamine-enriched enteral nutrition on infectious morbidity in patients with multiple trauma. Lancet. 1998; 352(9130): 772-776.

Further information is available from company upon request. For healthcare professionals only.