

## Product Information: Promote® with Fiber

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# Promote® with Fiber

Complete, balanced high protein nutrition with fiber

- 1 PROMOTE WITH FIBER is a complete, balanced, high-protein, and fiber-fortified formula for patients who need a higher proportion of calories from protein. It is ideal for patients with low caloric and/or wound-healing needs and those at risk for protein-energy malnutrition or pressure ulcers.
- 1 For tube or oral feeding.
- 1 For supplemental or sole-source nutrition.
- 1 Use under medical supervision.
- 1 High in protein (25% of Cal, 14.8 g/8 fl oz) from sodium and calcium caseinates and soy protein isolate. Protein is needed for lean body mass maintenance and repair.
- 1 Fiber blend of 85% oat fiber and 15% soy fiber to provide a product with a good source of dietary fiber (14.4 g/L) but low in viscosity. Fiber helps moderate bowel function.
- 1 Meets or exceeds 100% of the 1995 RDIs for 24 essential vitamins and minerals in 1000 Cal (1000 mL).
- 1 Fat blend has safflower, MCTs, and soy oils. Patients who absorb lipids improperly may benefit from consuming a formula that contains MCTs as part of the fat source.
- 1 1 Cal/mL.
- 1 Kosher.
- 1 Halal (recloseable carton only).
- 1 Gluten-free.
- 1 Suitable for lactose intolerance.



## Safety Precautions

- 1 Not for IV use.
- 1 Not for people with galactosemia.

## Ingredients

### Liquid Vanilla:

Water, Corn Maltodextrin, Sodium & Calcium Caseinates, Soy Protein Isolate, Sugar, Soy Oil, Oat Fiber, Medium chain Triglycerides, Natural & Artificial Flavor, Safflower Oil, Calcium Phosphate, Soy Fiber, Magnesium Phosphate, Potassium Citrate, Sodium Citrate, Potassium Chloride, Soy Lecithin, Ascorbic Acid, Choline Chloride, Taurine, L-Carnitine, Gellan Gum, Zinc Sulfate, dl-Alpha-Tocopheryl Acetate, Ferrous Sulfate, Niacinamide, Calcium Pantothenate, Manganese Sulfate, Copper Sulfate, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Beta-Carotene, Folic Acid, Biotin, Chromium Chloride, Sodium Molybdate, Potassium Iodide, Sodium Selenate, Phylloquinone, Vitamin B12, and Vitamin D3.

**Allergens:** Contains milk and soy ingredients.

## Availability

List Number	Item
62703	Promote With Fiber / 1000 mL (1.1 QT) Ready-To-Hang Prefilled Container / 8 ct
62705	Promote With Fiber / 1500 mL (1.6 QT) Ready-To-Hang Prefilled Container / 6 ct
64631	Promote With Fiber Vanilla / 8 fl oz (237 mL) Recloseable Carton / 24 ct

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## Nutrition Information - Liquid Vanilla

	8 fl oz (237 mL)		1000 mL (1.1 QT)		1500 mL (1.6 QT)	
	Value	%RDI / %DV	Value	%RDI / %DV	Value	%RDI / %DV
Protein, g	14.8		62.5		93.8	
Fat, g	6.7		28.2		42.4	
Carbohydrate, g	32.8		138.3		207.2	
Dietary Fiber, g	3.4*		14.4*		21.6*	
Taurine, mg	36		150		225	
L-Carnitine, mg	36		150		225	
Water, g/mL	197		831		1247	
Calories	237		1000		1500	
Vitamin A, IU	1720 <sup>†</sup>		7250 <sup>†</sup>		10875 <sup>†</sup>	
Beta-Carotene, mg	0.40		1.7		2.6	
Vitamin D, IU	95		400		600	
Vitamin E, IU	11		45		68	
Vitamin K, mcg	19		80		120	
Vitamin C, mg	81		340		510	
Folic Acid, mcg	145		600		900	
Thiamin (Vitamin B1), mg	0.54		2.3		3.5	
Riboflavin (Vitamin B2), mg	0.61		2.6		3.9	
Vitamin B6, mg	0.72		3.0		4.5	
Vitamin B12, mcg	2.2		9.0		14	
Niacin, mg	7.2		30		45	
Choline, mg	145		600		900	
Biotin, mcg	110		450		675	
Pantothenic Acid, mg	3.6		15		23	
Sodium, mg	310		1300		1950	
Sodium, mEq	13.5		56.5		84.8	
Potassium, mg	500		2100		3150	
Potassium, mEq	12.8		53.8		80.8	
Chloride, mg	300		1260		1890	
Chloride, mEq	8.5		35.6		53.4	
Calcium, mg	285		1200		1800	
Phosphorus, mg	285		1200		1800	
Magnesium, mg	95		400		600	
Iodine, mcg	36		150		225	
Manganese, mg	1.2		5.0		7.5	
Copper, mg	0.48		2.0		3.0	
Zinc, mg	5.7		24		36	
Iron, mg	4.3		18		27	
Selenium, mcg	17		70		105	
Chromium, mcg	29		120		180	

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## Nutrition Information - Liquid Vanilla

	8 fl oz (237 mL)		1000 mL (1.1 QT)		1500 mL (1.6 QT)	
	Value	%RDI / %DV	Value	%RDI / %DV	Value	%RDI / %DV
Molybdenum, mcg	36		150		225	

## Liquid Vanilla Footnotes & References

### Per 8 fl oz (237 mL)

\*3.4 g of total dietary fiber from oat and soy fiber.

†530 IU of vitamin A activity supplied by 0.4 mg of beta-carotene.

### Per 1000 mL (1.1 QT)

\*14.4 g of total dietary fiber from oat and soy fiber.

†2250 IU of vitamin A activity supplied by 1.7 mg of beta-carotene.

### Per 1500 mL (1.6 QT)

\*21.6 g of total dietary fiber from oat and soy fiber.

†3375 IU of vitamin A activity supplied by 2.6 mg of beta-carotene.

## Preparation

### Instructions for Use:

#### 8 fl oz recloseable carton

- 1 Store unopened at room temperature; avoid extreme temperatures.
- 1 Shake well prior to opening.
- 1 Once opened, reclose or cover, refrigerate and **use within 48 hours**.

#### Oral Feeding:

- 1 May be used for total or supplemental nutrition.
- 1 May be fed at room temperature or chilled.

#### Tube Feeding:

- 1 Follow physician's instructions.
- 1 Adjust flow rate and volume according to patient's condition and tolerance.
- 1 Feed at room temperature using a feeding pump or syringe.
- 1 Additional fluid requirements should be met by giving water between or after feedings or when flushing the tube.
- 1 Avoid contamination during preparation and use.

### Ready-To-Hang Container

All liquid medical foods, regardless of type of administration system, require careful handling because they can support microbial growth. Follow these instructions for clean technique and proper setup to reduce the potential for microbial contamination.

NOTE: Failure to follow the Instructions for Use increases the potential for microbial contamination and reduces hangtime.

- 1 Administer product at room temperature.
- 1 THOROUGHLY wash hands with soap and water before handling container or feeding set.
- 1 Turn container upside down and SHAKE VIGOROUSLY, using a twisting motion for at least 10 seconds.
- 1 DO NOT touch any part of the container or feeding set that comes into contact with the formula.
- 1 When initiating feeding, follow physician's instructions. Adjust flow rate and volume according to patient's condition and tolerance.
- 1 Additional fluid requirements should be met by giving water between or after feedings or when flushing the tube.

#### For Use with Enteral Feeding Pumps:

- 1 Remove dust cover from RTH Safety Screw Cap.
- 1 Remove dust cover from feeding set connector.
- 1 Insert feeding set connector into port of RTH Safety Screw Cap and completely pierce foil.
- 1 Turn connector collar clockwise until it is securely fastened.
- 1 Close clamp on set before inverting container.
- 1 Invert container and suspend, using hanging ring on bottom of container.
- 1 Follow directions for use provided by manufacturer of feeding sets.
- 1 Unless a shorter hang time is specified by the set manufacturer, hang product for up to 48 hours after initial connection when clean technique and only one new set are used. Otherwise hang for no more than 24 hours.