

# TWOCAL® HN

Calorie and protein dense liquid formula



## INDICATIONS FOR USE

TwoCal® HN is a nutritionally complete, high calorie formula designed to meet the needs of people with increased protein and calorie requirements and for people requiring low-volume feedings.

Suggested indications:

- For people with elevated energy and protein requirements.
- For people requiring low-volume feedings.
- For people with fluid restrictions.
- For supplemental or as a sole source of nutrition.
- Not suitable for people with galactosemia.

## FEATURES AND BENEFITS

- Calorically dense, with 2 Cal/mL.
- 20 g protein/235-mL can (83.5 g protein/L).
- Contains 1.97 g/235-mL can and 5.0 g/L of short-chain fructooligosaccharides (scFOS).
- TwoCal® HN has been clinically shown to help improve weight status when provided in 60-mL doses, four times per day, along with medication.<sup>1,2</sup>
- For oral or tube feeding use.

## TECHNICAL DATA

	Ready to use	Ready to hang
Caloric density (Cal/mL)	2.0	2.0
Protein (% of total energy)	16.8	16.7
Fat (% of total energy)	39.4	40.1
Carbohydrate (% of total energy)	43.8	43.2
Total Cal:g nitrogen ratio	152:1	153:1
Non-protein Cal:g nitrogen ratio	127:1	127:1
Water (g/L)	690	700
Osmolality (mOsm/kg water)	725	725
Renal solute load (mOsm/L)	656	652
Viscosity at room temperature/ chilled	-	-
Minimum tube size for gravity/ pump feeding (Fr)	Not applicable /8	Not applicable /8
Low residue	Yes	Yes
Gluten-free	Yes	Yes
Kosher	Yes	Yes
Halal	-	-

## AVAILABILITY

### Ready to use

62241825	TwoCal® HN, Vanilla	235-mL cans	24/case
62709803	TwoCal® HN, Vanilla	1000-mL ready-to-hang containers	8/case

## REFERENCES:

1. Jukkola K and McLennan P. Improving the efficacy of nutritional supplementation in the hospitalized elderly. *Austr J Ageing* 2005;24:119-24. 2. Kerrigan ER et al. Dispensing of a calorically dense oral supplement with medication pass: a creative approach to oral supplementation. *J Am Diet Assoc* 1996;96(Suppl):A32.

## ENERGY

	Per 235 mL	Per 1000 mL
ENERGY (Cal [kJ])	470 (1966)	2000 (8368)
PROTEIN (g)	19.7	83.5
% of total energy	16.8	16.7
Taurine (mg)	38	160
Carnitine (mg)	38	160
Source	Sodium and calcium caseinates	
FAT (g)	20.9	90.5
% of total energy	39.4	40.1
Polyunsaturated fatty acids (g)	9.4	11.8
Linoleic acid (g)	8.2	10.1
Linolenic acid (g)	0.16	1.03
Omega-6:Omega-3 ratio	53:1	9.7:1
Monounsaturated fatty acids (g)	4.7	50.2
Saturated fatty acids (g)	6.3	23.2
Cholesterol (mg)	4.4	20
Source	Corn oil, MCT oil, soy lecithin	High oleic safflower oil, MCT oil, canola oil, soy lecithin
MCT oil (% of total fats)	18.7	19.2
CARBOHYDRATE (g)	52.6	218.5
% of total energy	43.8	43.2
Total dietary fibre (g)	1.97	5.0
Short-chain fructooligosaccharides (scFOS) <sup>†</sup> (g)	1.97	5.0
Source	Corn maltodextrin, sucrose, scFOS	Corn syrup solids, corn maltodextrin, sucrose, scFOS
Acesulfame-potassium (mg)	-	-
Sucralose (mg)	-	-

## VITAMINS

Vitamin A (RE [IU])	371 (1238)	1583 (5270)
Vitamin D <sub>3</sub> (mcg [IU])	2.47 (9.9)	10.6 (425)
Vitamin E (mg [IU])	8.0 (9.9)	38 (51)
Vitamin K <sub>1</sub> (mg)	0.02	0.085
Vitamin C (mg)	47	320
Thiamine (mg)	0.59	2.6
Riboflavin (mg)	0.68	2.9
Niacin (mg)	5.4	34
Vitamin B <sub>6</sub> (mg)	0.80	3.4
Folic acid (mg)	0.113	0.675
Vitamin B <sub>12</sub> (mg)	0.0015	0.010
Pantothenic acid (mg)	3.8	17
Biotin (mg)	0.024	0.510
Choline (mg)	148	635
Inositol (mg)	-	-

## MINERALS

Sodium (mg [mmol])	343 (15)	1450 (63)
Potassium (mg [mmol])	576 (15)	2440 (62.6)
Chloride (mg [mmol])	428 (12)	1810 (51)
Calcium (mg)	249	1050
Phosphorus (mg)	249	1050
Magnesium (mg)	99	425
Iron (mg)	4.5	19
Zinc (mg)	5.66	24
Iodine (mg)	0.0378	0.160
Copper (mg)	0.494	2.1
Manganese (mg)	1.29	5.3
Selenium (mg)	0.0200	0.074
Chromium (mg)	0.0294	0.130
Molybdenum (mg)	0.038	0.160

## INGREDIENTS

### TwoCal<sup>®</sup> HN, Vanilla, Can:

Water, corn maltodextrin, sodium caseinate, corn oil, sucrose, medium chain triglycerides (modified coconut oil and/or palm kernel oil), short-chain fructooligosaccharides, potassium citrate, calcium caseinate, magnesium chloride, calcium phosphate, soy lecithin, artificial flavour, sodium citrate, choline chloride, ascorbic acid, taurine, L-carnitine, ferrous sulphate, citric acid, zinc sulphate, *dl*- $\alpha$ -tocopheryl acetate, manganese sulphate, niacinamide, d-calcium pantothenate, cupric sulphate, pyridoxine hydrochloride, thiamine hydrochloride, riboflavin, vitamin A palmitate, chromium chloride, folic acid, sodium molybdate, sodium selenate, potassium iodide, biotin, phylloquinone, vitamin D<sub>3</sub>, cyanocobalamin. May contain potassium hydroxide.

**CONTAINS: Priority food allergens:** Milk. **Ingredients associated with food intolerances and/or sensitivities:** Corn, coconut oil, citric acid, artificial flavour, lactose, and other soy components.

### TwoCal<sup>®</sup> HN, Vanilla, Ready-to-hang container:

Water, corn syrup solids, sodium and calcium caseinates, corn maltodextrin, high oleic safflower oil, sucrose, medium chain triglycerides (modified coconut oil and/or palm kernel oil), canola oil, fructooligosaccharides (FOS), potassium citrate, magnesium chloride, calcium phosphate, natural and artificial flavours, soy lecithin, sodium citrate, ascorbic acid, choline chloride, taurine, L-carnitine, zinc sulphate, ferrous sulphate, *dl*- $\alpha$ -tocopheryl acetate, niacinamide, d-calcium pantothenate, manganese sulphate, cupric sulphate, thiamine chloride hydrochloride, pyridoxine hydrochloride, riboflavin, vitamin A palmitate, folic acid, biotin, chromium chloride, sodium molybdate, potassium iodide, sodium selenate, phylloquinone, cyanocobalamin, vitamin D<sub>3</sub>.

**CONTAINS: Priority food allergens:** Milk. **Ingredients associated with food intolerances and/or sensitivities:** Corn, coconut oil, citric acid, natural and artificial flavours, lactose, and other soy components.

† Fructooligosaccharides (FOS) have been listed as an accepted source of dietary fibre by Health Canada in April 2013. Labels will be revised accordingly as part of Abbott Nutrition's ongoing label review.

Values listed are subject to change. Please refer to the product label or packaging for the most current ingredient, allergen and nutrient profile information.

**TWOCAL<sup>®</sup> HN**  
Calorie and protein dense liquid formula

