

Product Information: Vital® 1.0 Cal

For more information, contact your Abbott Nutrition Representative or visit
www.abbottnutrition.com

Vital® 1.0 Cal

Peptide-based, therapeutic nutrition for tolerance

- 1 VITAL 1.0 CAL is peptide-based therapeutic nutrition that provides complete, balanced nutrition for long- or short-term for patients who require tube feeding and are experiencing malabsorption, maldigestion, or impaired GI function and/or GI intolerance.
- 1 For tube or oral feeding.
- 1 For supplemental or sole-source nutrition.
- 1 Use under medical supervision.
- 1 Designed to promote tolerance:
 - Advanced blend of hydrolyzed protein, structured lipid, and prebiotics (NutraFlora® scFOS®)* to support absorption and tolerance.
 - Contains whey protein, which stimulates muscle protein synthesis to support the maintenance and repletion of lean body mass.
 - Medium chain triglyceride/canola oil structured lipid, a next-generation fat to promote absorption of fatty acids.
 - 1 g of NutraFlora scFOS/8 fl oz (4.2 g/L). scFOS are prebiotic fibers that stimulate the growth of beneficial bacteria in the colon.^{1,2,3}
- 1 1500 Calories (1500 mL) provides at least 100% of the RDIs for 25 essential vitamins and minerals.
- 1 Contains elevated levels of antioxidants vitamins C and E and selenium to help reduce free radical damage.^{4,5}
- 1 Gluten-free.
- 1 Suitable for lactose intolerance.



Safety Precautions

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

* NutraFlora® and scFOS® are not registered trademarks of Abbott Laboratories.

¹ Bornet FR, et al. *Nutr Rev.* 2002;60(11):326-334.

² Tokunaga T, et al. *Bifidus.* 1993;6(2):143-150.

³ Bouhnik Y, et al. *Nutr J.* 2007;6:42-48.

⁴ Institute of Medicine (US) Panel on Dietary Antioxidants and Related Compounds. *Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium, and Carotenoids.* Washington (DC): National Academies Press (US);2000.

⁵ Sies H. *Redox Biol.* 2015;4:180-183.

Ingredients

Liquid Vanilla:

Water, Corn Maltodextrin, Whey Protein Hydrolysate, Structured Lipid (Interesterified Canola Oil & Medium Chain Triglycerides), Sugar, Hydrolyzed Sodium Caseinate. Less than 1% of: Canola Oil, Medium chain Triglycerides, Short-chain Fructooligosaccharides, Natural & Artificial Flavor, Potassium Citrate, DATEM, Magnesium Phosphate, Cellulose Gel, Calcium Phosphate, Sodium Phosphate, Potassium Chloride, Calcium Carbonate, Choline Chloride, Ascorbic Acid, Carrageenan, Cellulose Gum, Magnesium Chloride, L-Carnitine, Taurine, Sucralose, Zinc Sulfate, Ferrous Sulfate, d-Alpha-Tocopheryl Acetate, Niacinamide, Calcium Pantothenate, Manganese Sulfate, Copper Sulfate, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Folic Acid, Chromium Chloride, Sodium Molybdate, Potassium Iodide, Sodium Selenate, Phylloquinone, Biotin, Vitamin D3, and Vitamin B12.

Allergens: Contains milk ingredients.

Availability

List Number	Item
62711	Vital 1.0 Cal / 33.8 fl oz (1 L) Ready-To-Hang Prefilled Container / 8 ct
64832	Vital 1.0 Cal Vanilla / 8 fl oz (237 mL) Recloseable Carton / 24 ct

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Abbott Nutrition Abbott Laboratories
Columbus, OH 43219-3034
1-800-227-5767

Nutrition Information - Liquid Vanilla

	8 fl oz (237 mL)	
	Value	%RDI / %DV
Protein, g	9.5	
Fat, g	9	
Carbohydrate, g	30.7	
Dietary Fiber, g	1*	
Total Sugars, g	6	
Added Sugars, g	6	
L-Carnitine, mg	25	
Taurine, mg	25	
Water, g	198	
Calories	237	
Vitamin A, mcg RAE	330	
Vitamin D, mcg	4.3	
Vitamin E, mg	4.3	
Vitamin K, mcg	20	
Vitamin C, mg	71	
Folate, mcg DFE	150	
Folic Acid, mcg	90	
Thiamin (Vitamin B1), mg	0.54	
Riboflavin (Vitamin B2), mg	0.59	
Vitamin B6, mg	0.88	
Vitamin B12, mcg	1.9	
Niacin, mg NE	4.2	
Choline, mg	120	
Biotin, mcg	9	
Pantothenic Acid, mg	2	
Sodium, mg	204	
Potassium, mg	350	
Chloride, mg	250	
Calcium, mg	205	
Phosphorus, mg	198	
Magnesium, mg	66	
Iodine, mcg	25	
Manganese, mg	0.68	
Copper, mg	0.33	
Zinc, mg	4.0	
Iron, mg	3.0	
Selenium, mcg	11	
Chromium, mcg	13	
Molybdenum, mcg	24	

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Liquid Vanilla Footnotes & References

Per 8 fl oz (237 mL)

*1.0 g of dietary fiber supplied by short-chain fructooligosaccharides.

Preparation

Instructions for Use:

8 fl oz carton

- 1 Store unopened at room temperature.
- 1 Shake well prior to opening.
- 1 Once opened, reclose, 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 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.

Precautions

- 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.