

# STIMULANCE

A unique supplement containing a mix of soluble and insoluble dietary fibres in powder form.

## FEATURES

- **Unique MF6\* blend of soluble and insoluble fibre:** mimics fibre intake in a normal diet.<sup>1</sup>
- **Ratio of soluble:insoluble (60:40):** mixture of fibres have synergistic effect on supporting bowel health and improving tolerance.<sup>2-6</sup>
- **4.8g fibre in each scoop:** (scoop size = 6.3g).
- **Neutral taste:** can be added to sweet and savoury foods/fluids and used in cooking and/or baking.

## Indications

For the dietary management of:

- Constipation or irregular bowel function.
- Patients with increased fibre requirements.
- Patients with insufficient fibre intake.

## Important Notice

- Not suitable as a sole source of nutrition.
- Not for parenteral use.
- Not suitable for patients with galactosaemia.
- Not suitable for children under 1 years old.
- Not suitable for patients requiring a fibre free diet.
- Not suitable for patients with inflammatory bowel disease, intestinal ileus or preparing for bowel investigation/surgery, unless under strict medical supervision.

## Directions for Use

- One level scoop (6.3g of powder) provides approximately 5g of fibre. Use only scoop provided in the packaging to ensure serving consistency.
- Mix 1 scoop with 20ml hot water, then stir into serving of food or drink. Alternatively, add 1 scoop directly to one portion of food.
- Prepare the food or drink per serving.
- Consume prepared food or drink within 2 hours. Discard any unfinished food or drink.
- Usage to be determined by a healthcare professional.

## Storage

- Store in a cool, dry place.
- Once opened, use contents within 6 weeks.
- Replace lid firmly after use.
- Do not refrigerate.

## Ordering Information

To order contact Nutricia Customer Care **0800 688 747**.

Stimulance	Product code	Units per carton	Pharmacode
400g can	54013	6	2058979

## Ingredients

**Stimulance:** Resistant starch, inulin, gum arabic, oligofructose, soy fibre, cellulose.

## Allergen & Cultural Information

- Contains: soy.
- Does not contain: wheat, egg, nuts\*\*, lupins.
- Halal certified.
- No Kosher forbidden ingredients.
- No gluten containing ingredients. No detectable gluten when tested to a sensitivity level of less than 5 parts per million (<5 ppm i.e. <5mg/kg).
- Low lactose (lactose <2g/100g).



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NUTRITION INFORMATION		Per 100g	Per scoop <sup>***</sup>
Energy	kcal	223	14
	kJ	931	59
Protein	g	2.2 (4% E)	0.14
Carbohydrate	g	15 (27% E)	0.94
Sugars	g	2.5	0.16
Fat	g	0.3 (1%E)	0.02
Saturates	g	0.06	<0.01
Monounsaturates	g	0.13	0.01
Polyunsaturates	g	0.11	0.01
Fibre	g	75.6 (68%E)	4.8
Soluble:Insoluble		60:40	60:40
Minerals		Per 100g	Per scoop <sup>***</sup>
Sodium	mg	50.1	3.16
	mmol	2.18	0.14
Potassium	mg	287	18.1
	mmol	7.34	0.5
Calcium	mg	257	16.2
Phosphorus	mg	150	9.5
Ca:P ratio		1.7:1	1.7:1

\*MF6 is a unique, patented blend of six soluble and insoluble fibres (soy polysaccharide, cellulose, resistant starch, gum arabic, oligofructose and inulin) reflecting the proportions of the different fibre types in a healthy diet.

\*\* Peanut (*Arachis hypogaea*), Almond (*Amygdalus communis* L.), Hazelnut (*Corylus avellana*), Walnut (*Juglans regia*), Cashew (*Anacardium occidentale*), Pecan nut (*Carya illinoensis* (Wangenh.) K. Koch), Brazil nut (*Bertholletia excelsa*), Pistachio nut (*Pistacia vera*), Macadamia nut and Queensland nut (*Macadamia ternifolia*) and products thereof.

\*\*\*Scoop size: 6.3g

**REFERENCES** 1. Green C.J. Fibre in enteral nutrition. SAJCN. 2000;13:150-60. 2. Edwards CA, Eastwood MA. Caecal and faecal short-chain fatty acids and stool output in rats fed on diets containing non-starch polysaccharides. Br J Nutr. 1995;73:773-81. 3. McIntyre A, Young GP, Taranto T, et al. Different fibers have different regional effects on luminal contents of rat colon. Gastroenterology. 1991;101:1274-81. 4. Morishita Y, Konishi Y. Effects of high dietary cellulose on the large intestinal microflora and short-chain fatty acids in rats. Letters in applied microbiology. 1994;19:433-35. 5. Green C.J, Van Hoeij KA, Bindels JG. Short chain fatty acids (SCFA) and gas production of individual fibre sources and a mix typical to a normal diet using an in vitro technique. Journal of Pediatric Gastroenterology. 1998;26:591. 6. Poppitt SD, Livesey G, Faulks RM, et al. Circadian patterns of total 24-h hydrogen and methane excretion in humans ingesting nonstarch polysaccharide (NSP) diets and the implications for indirect calorimetric and D2 18O methodologies. Eur J Clin Nutr. 1996;50:524-34.

**A food for special medical purposes;  
to be used under strict medical supervision.**

For more information call the  
**Nutricia Clinical Care Line 0800 636 228**

**NUTRICIA**  
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