

## **Product Information: Promote® with Fiber**

For more information, contact your Abbott Nutrition Representative or visit  
[www.abbottnutrition.com](http://www.abbottnutrition.com)

# Promote® with Fiber

## Very-High-Protein Nutrition With Fiber

- 1 PROMOTE WITH FIBER is a complete, balanced, very-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 Very 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 low in viscosity and high in dietary fiber (14.4 g/L). Fiber helps moderate bowel function.
- 1 Meets or exceeds 100% of the RDI for 24 essential vitamins and minerals in 1000 Cal (1 Liter).
- 1 Fat blend has safflower, MCT, soy oils and soy lecithin. Patients who absorb lipids improperly may benefit from consuming a formula that contains medium-chain triglycerides (MCTs) as part of the fat source.
- 1 1 Cal/mL.
- 1 Halal.
- 1 Kosher.
- 1 Gluten-free.
- 1 Suitable for lactose intolerance.



### Safety Precautions

- 1 Not for IV use.
- 1 Not for people with galactosemia.
- 1 **Feeding sets are for single-patient use only. Use clean technique to avoid set and/or product contamination**

### Ingredients

#### Liquid Vanilla:

Water, Corn Maltodextrin, Sodium & Calcium Caseinates, Soy Protein Isolate, Sugar (Sucrose), Soy Oil, Oat Fiber, Medium-Chain Triglycerides, Safflower Oil, Natural & Artificial Flavors, 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, Cupric Sulfate, Thiamine Chloride Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Beta-Carotene, Folic Acid, Biotin, Chromium Chloride, Sodium Molybdate, Potassium Iodide, Sodium Selenate, Phylloquinone, Cyanocobalamin, and Vitamin D3.

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

### Availability

List Number	Item
51872	Promote With Fiber Ready-to-Drink Vanilla / 8-fl-oz (237-fl-oz) can / 24 ct
62703	Promote With Fiber Ready-To-Hang / 1000-mL (1.1-QT) prefilled container / 8 ct
62705	Promote With Fiber Ready-To-Hang / 1500-mL (1.6-QT) prefilled container / 6 ct

For more information, contact your Abbott Nutrition Representative or visit  
[www.abbottnutrition.com](http://www.abbottnutrition.com)

## 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 <sup>†</sup>		14.4 <sup>†</sup>		21.6 <sup>†</sup>	
Taurine, mg	36		150		225	
L-Carnitine, mg	36		150		225	
Water, g/mL/cc	197		831		1247	
Calories	237		1000		1500	
Vitamin A, IU	1720 <sup>‡</sup>	34	7250 <sup>‡</sup>	145	10875 <sup>‡</sup>	220
Beta-Carotene, mg	0.40		1.7		2.6	
Vitamin D, IU	95	24	400	100	600	150
Vitamin E, IU	11	37	45	150	68	225
Vitamin K, mcg	19	24	80	100	120	150
Vitamin C, mg	81	135	340	565	510	850
Folic Acid, mcg	145	36	600	150	900	225
Thiamin (Vitamin B1), mg	0.54	36	2.3	155	3.5	235
Riboflavin (Vitamin B2), mg	0.61	36	2.6	155	3.9	230
Vitamin B6, mg	0.72	36	3.0	150	4.5	225
Vitamin B12, mcg	2.2	37	9.0	150	14	235
Niacin, mg	7.2	36	30	150	45	225
Choline, mg	145	Not established	600	Not established	900	Not established
Biotin, mcg	110	37	450	150	675	225
Pantothenic Acid, mg	3.6	36	15	150	23	230
Sodium, mg	310	Not established	1300	Not established	1950	Not established
Sodium, mEq	13.5		56.5		84.8	
Potassium, mg	500	Not established	2100	Not established	3150	Not established
Potassium, mEq	12.8		53.8		80.8	
Chloride, mg	300	9	1260	37	1890	56
Chloride, mEq	8.5		35.6		53.4	
Calcium, mg	285	29	1200	120	1800	180
Phosphorus, mg	285	29	1200	120	1800	180
Magnesium, mg	95	24	400	100	600	150
Iodine, mcg	36	24	150	100	225	150
Manganese, mg	1.2	60	5.0	250	7.5	375
Copper, mg	0.48	24	2.0	100	3.0	150
Zinc, mg	5.7	38	24	160	36	240
Iron, mg	4.3	24	18	100	27	150
Selenium, mcg	17	24	70	100	105	150

For more information, contact your Abbott Nutrition Representative or visit [www.abbottnutrition.com](http://www.abbottnutrition.com)

## 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
Chromium, mcg	29	24	120	100	180	150
Molybdenum, mcg	36	48	150	200	225	300

## Liquid Vanilla Footnotes & References

### Per 8 fl oz (237 mL)

\*RDI percentages for adults and children 4 or more years of age.

†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)

\*RDI percentages for adults and children 4 or more years of age.

†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)

\*RDI percentages for adults and children 4 or more years of age.

†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: 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 Pump feeding is recommended; use an 8 Fr or larger tube. If gravity feeding use a 10 Fr or larger tube.
- 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.
- 1 Always follow directions for use provided with feeding set.

### For Use with Enteral Feeding Set:

- 1 Remove the dust cover from the Abbott RTH Safety Screw Cap.
- 1 Remove the dust cover from the safety connector on the feeding set.
- 1 Insert the safety connector into the port on the Abbott RTH Safety Screw Cap, completely pierce foil.
- 1 Turn the safety connector clockwise until it is securely fastened.
- 1 Close clamp on set before inverting container.
- 1 Invert container and suspend, using the hanging ring on the bottom of the container.
- 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.

## Storage & Handling

### Instructions for Use: 8-fl-oz-can

- 1 Store unopened at room temperature; avoid extreme temperatures.
- 1 Shake well. Promote with Fiber is ready to use.
- 1 Clean top of container thoroughly before opening.
- 1 Once opened, 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 Gravity feed at room temperature with a 10 Fr or larger tube; use a pump with 8 Fr or larger tubes.
- 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.