

## Product Information: TwoCal® HN

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

# TwoCal® HN

## Calorie and Protein Dense Nutrition

- 1 TwoCal HN is a nutritionally complete, high-calorie formula designed to meet the increased protein and calorie needs of stressed patients and patients requiring low-volume feedings.
- 1 For tube or oral feeding.
- 1 Often provided in 2-fl-oz amounts QID with Med Pass programs to assist with weight gain or maintenance.
- 1 For supplemental or sole-source nutrition.
- 1 Use under medical supervision.
- 1 2 Cal/mL to help patients gain and maintain healthy weight.
- 1 Protein to help support lean body mass and wound healing.
- 1 Meets or exceeds 25% of the RDI for 24 essential vitamins and minerals in 8 fl oz.
- 1 1.2 g of NutraFlora® scFOS® /8 fl oz (5 g/L). scFOS are probiotics that stimulate the growth of beneficial bacteria in the colon.
- 1 Halal.
- 1 Kosher.
- 1 Gluten-free.
- 1 Low-residue.
- 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**

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

### Ingredients

#### Liquid Vanilla:

Water, Corn Syrup Solids, Sodium & Calcium Caseinates, Corn Maltodextrin, High Oleic Safflower Oil, Sugar, Medium-Chain Triglycerides, Canola Oil, Fructooligosaccharides, Potassium Citrate, Magnesium Chloride, Calcium Phosphate, Natural & Artificial Flavor, Soy Lecithin, Sodium Citrate, Ascorbic Acid, Choline Chloride, Taurine, L-Carnitine, Zinc Sulfate, Ferrous Sulfate, dl-Alpha-Tocopheryl Acetate, Niacinamide, Calcium Pantothenate, Manganese Sulfate, Cupric Sulfate, Thiamine Chloride Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, 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
00729	TwoCal HN Ready-to-Drink Vanilla / 8-fl-oz (237-mL) can / 24 ct
54064	TwoCal HN Ready-to-Drink Butter Pecan / 8-fl-oz (237-mL) can / 24 ct
62709	TwoCal HN Ready-To-Hang Vanilla / 1000-mL (1.1-QT) prefilled container / 8 ct

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## Nutrition Information - Liquid Vanilla

	8 fl oz (237 mL)		1000 mL (1.1 QT)	
	Value	%RDI* / %DV	Value	%RDI* / %DV
Protein, g	19.9		83.5	
Fat, g	21.5		90.5	
Carbohydrate, g	51.8		218.5	
Dietary Fiber, g	1.2 <sup>†</sup>		5.0 <sup>†</sup>	
L-Carnitine, mg	38		160	
Taurine, mg	38		160	
Water, g/mL/cc	166		700	
Calories	475		2000	
Vitamin A, IU	1250	25	5270	105
Vitamin D, IU	100	25	425	105
Vitamin E, IU	12	40	51	170
Vitamin K, mcg	20	25	85	105
Vitamin C, mg	75	125	320	535
Folic Acid, mcg	160	40	675	170
Thiamin (Vitamin B1), mg	0.60	40	2.6	175
Riboflavin (Vitamin B2), mg	0.68	40	2.9	170
Vitamin B6, mg	0.80	40	3.4	170
Vitamin B12, mcg	2.4	40	10	165
Niacin, mg	8.0	40	34	170
Choline, mg	150	Not established	635	Not established
Biotin, mcg	120	40	510	170
Pantothenic Acid, mg	4.0	40	17	170
Sodium, mg	345	Not established	1450	Not established
Sodium, mEq	15		63.6	
Potassium, mg	580	Not established	2440	Not established
Potassium, mEq	14.8		62.6	
Chloride, mg	430	13	1810	53
Chloride, mEq	12.1		51.2	
Calcium, mg	250	25	1050	105
Phosphorus, mg	250	25	1050	105
Magnesium, mg	100	25	425	105
Iodine, mcg	38	25	160	105
Manganese, mg	1.3	65	5.3	265
Copper, mg	0.50	25	2.1	105
Zinc, mg	5.7	38	24	160
Iron, mg	4.5	25	19	105
Selenium, mcg	18	26	74	105
Chromium, mcg	30	25	130	110
Molybdenum, mcg	38	51	160	215

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## Liquid Vanilla Footnotes & References

### Per 8 fl oz (237 mL)

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

†1.2 g of fructooligosaccharides.

### Per 1000 mL (1.1 QT)

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

†5 g of fructooligosaccharides.

## 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. Gravity feeding not recommended.
- 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.

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

- 1 Store unopened at room temperature; avoid extreme temperatures.
- 1 Shake well.
- 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 Feed by pump at room temperature with an 8 Fr or larger tube; gravity feeding not recommended.
- 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.