



Silnea^{IBD}

In Short

- Silnea^{IBD} is a powdered sip and tube feed – Food for Special Medical Purposes (FSMP)
- for use in the dietary management of Crohn's Disease and other inflammatory bowel diseases
- as exclusive enteral nutrition for remission induction and as partial enteral nutrition for remission maintenance or for the improvement of the nutritional status
- easily soluble nutrient concentrate, very pleasant in taste
- contains whey protein with high biological value and casein
- with prebiotic active fibre (resistant starch)
- with micronutrients – specially adapted to the needs of patients with Crohn's Disease
- suitable from 3 years of age
- in tins of 700 g

Product Profile

Silnea^{IBD} is a powdered sip and tube feed for use in the dietary management of Crohn's Disease and other inflammatory bowel diseases. Suitable from 3 years of age.

Silnea^{IBD} is a highly soluble nutrient concentrate that can be used as exclusive nutrition for remission induction and as partial enteral nutrition for remission maintenance and for the improvement of the nutritional status.

Silnea^{IBD} is fully balanced.

Silnea^{IBD} contains whey protein, with high biological value, as well as casein, palatable butterfat, easily absorbable MCT fats, valuable rapeseed oil and fast digestible glucose syrup.

Whey protein is characterised by its biological value of 104 and by its high content of the branched-chain amino acids Leucine, Isoleucine and Valine, which are important for tissue formation.

Casein is digested and absorbed slowly, this leads to improved protein biosynthesis.

Medium-chain triglycerids (MCTs) are rapidly hydrolysed and absorbed. Additionally, they do not need formation of chylomicrons, but pass the cell unchanged and thus enter the portal bloodstream. They also reduce the risk of diarrhoea and steatorrhoea.

Silnea^{IBD} contains prebiotic active resistant starch (see box "Good to know").

Silnea^{IBD} is enriched with vitamins, minerals and trace elements in accordance with the recommendations of the German So-

ciety for Nutrition (DGE) and the international guidelines, specially adapted to the needs of patients with Crohn's Disease.

Silnea^{IBD} is

- > free from gluten, lactose and fructose
- > free from soy and egg
- > easily soluble in water, for the preparation of sip and tube feed – warm or cold.

GOOD TO KNOW

Resistant starch (prebiotic active dietary fibre) is not broken down by the amylase of the small intestine. It reaches the large intestine, where it contributes to the multiplication of the beneficial bacteria and thus to a greater diversity of the microbiome. These microorganisms degrade resistant starch to the short-chain fatty acids acetate, propionate and butyrate.

Compared to other prebiotics, e.g. β -glucans, the largest proportion of short-chain fatty acid butyrate is formed by resistant starch. Butyrate is considered the main energy source of mucosa cells. The short-chain fatty acid shows anti-inflammatory effects, promotes the oxygen uptake of the intestinal epithelium, stabilises the intestinal barrier, prevents atrophy of the colon and rectal mucosa, lowers the pH value in the colon and thus reduces the growth of pathogenic bacteria. In studies with IBD patients resistant starch reduced diarrhoea and constipation. The prebiotic fibre increased the number of beneficial microorganisms, including lactobacilli and bifidobacteria,

while the amount of pathogens, such as *E. coli*, was reduced. In general, the administration of resistant starch resulted in a lower disease activity and a prolonged remission. This is attributed to the formation of butyrate by the fermentation of resistant starch. (Literature, see p. 2)

Indication

Silnea^{IBD} is a food for special medical purposes for use in the dietary management of Crohn's Disease and other inflammatory bowel diseases. Nutritional therapy with Silnea^{IBD} can positively influence the course of the disease by

- > achieving remission induction,
- > supporting the maintenance of remission,
- > improving the nutritional and general health condition and
- > improving the quality of life.

Important Notice Only to be taken under strict medical supervision. Suitable for use as the sole source of nourishment or for supplementary feeding. For enteral use only. Silnea^{IBD} contains easily digestible carbohydrates. In case of disorders in glucose tolerance use only under careful control of metabolism. Silnea^{IBD} must not be used when enteral feeding is contraindicated or in cases of intolerances or allergies to even one of the ingredients contained. Suitable for people with Crohn's Disease and other inflammatory bowel diseases – from 3 years of age.

Dosage and Usage

A diet plan should, in consideration of the individual nutrient requirements, establish the daily amount of Silnea^{IBD}. Ideally the daily dosage should be spread over several meals. Silnea^{IBD} can be administered orally or by tube or can be mixed into drinks or food.

✦ Exclusive Enteral Nutrition – Remission Induction

For remission induction Silnea^{IBD} can be prepared with a normo- to high-caloric energy density of 1,0 kcal/ml, 1,2 kcal/ml or 1,5 kcal/ml – depending on energy requirements and/or tolerance. It is recommended to start with the normo-caloric

energy density and slowly switch to the high-caloric prepared sip or tube feed.

♦ Partial Enteral Nutrition – Remission Maintenance

To prolong remission and to improve energy and nutrient intake an additional amount of 500–1000 ml of sip feed per day is recommended as part of a partial enteral nutrition. This corresponds to an amount of 105–310 g Silnea^{IBD} – depending on the energy density.

Details see table “Dosage”.

Preparation

♦ Sip Feed

- ✓ Complete daily ration: Use a sufficiently large vessel and a whisk (see pictograms for details).
- ✓ Preparation portion by portion: If Silnea^{IBD} is prepared portion by portion, it is best to use a shaker and to drink immediately. In this case, the drinking water does not necessarily have to be boiled.

Tip – after consultation with the doctor: Silnea^{IBD} can be flavoured with AroMaxx to improve patient's adherence. AroMaxx are aroma preparations from metaX in many different flavours – sweet, fruity, nutty and savoury.

We recommend to add AroMaxx to the pre-prepared portions of the sip feed. Use a shaker and shake vigorously until any lumps are dissolved.

Silnea^{IBD} can also be prepared as a soup with AroMaxx Tomato-Basil. Put the ready-prepared sip feed into a saucepan, add AroMaxx Tomato-Basil, and heat slowly, while constantly stirring, to max. 65 °C.


♦ Tube Feed

Boil the water and cool down to approx. 40 °C. Stir in the powder with a whisk and dissolve without lumps. Can be applied via the usual tubes.

♦ Mix into Drinks/Dishes

Drinks and food can also be fortified – preferably with 20 g of Silnea^{IBD} whisked into 150–200 ml or g.

PREPARATION WITH A WHISK



Boil desired quantity of drinking water, cool down to approx. 40 °C (lukewarm) and pour into a sufficiently large vessel.

Loosen the powder with the scoop and take it up. The scoop measures approx. 10 g.

Determine tara weight. Carefully pour the powder into the vessel and thus check the weight.

Mix well with the whisk. If to be used as a tube feed, now fill into the tube bag.

If complete daily ration is being prepared: Close vessel with tight lid or foil, store in the refrigerator and consume within 24 hours. Always stir or shake well before use!

Literature:

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Dosage

| energy density | prepared sip or tube feed | | water | Silnea ^{IBD} |
|------------------------------|---------------------------|-----------|---------|-----------------------|
| 1,0 kcal/ml normo-caloric | 250 ml | 265 kcal | 200 ml | 55 g = 5 ½ MS |
| | 500 ml | 506 kcal | 400 ml | 105 g = 10 ½ MS |
| | 1000 ml | 1012 kcal | 800 ml | 210 g = 21 MS |
| | 1500 ml | 1518 kcal | 1200 ml | 315 g = 31 ½ MS |
| | 2000 ml | 2024 kcal | 1600 ml | 420 g = 42 MS |
| 1,2 kcal/ml high-caloric | 250 ml | 313 kcal | 190 ml | 65 g = 6 ½ MS |
| | 500 ml | 603 kcal | 375 ml | 125 g = 12 ½ MS |
| | 1000 ml | 1205 kcal | 750 ml | 250 g = 25 MS |
| | 1500 ml | 1808 kcal | 1125 ml | 375 g = 37 ½ MS |
| | 2000 ml | 2410 kcal | 1500 ml | 500 g = 50 MS |
| 1,5 kcal/ml high-caloric | 250 ml | 386 kcal | 170 ml | 80 g = 8 MS |
| | 500 ml | 747 kcal | 335 ml | 155 g = 15 ½ MS |
| | 1000 ml | 1494 kcal | 675 ml | 310 g = 31 MS |
| | 1500 ml | 2241 kcal | 1015 ml | 465 g = 46 ½ MS |
| | 2000 ml | 2988 kcal | 1350 ml | 620 g = 62 MS |

NUTRITION INFORMATION

| Silnea ^{BD} | | 100 g |
|------------------------------|------|-------|
| Energy | | |
| | kJ | 2020 |
| | kcal | 482 |
| Fat | g | 22 |
| of which | | |
| saturates | g | 10 |
| middle chained triglycerides | g | 6 |
| mono-unsaturates | g | 9 |
| polyunsaturates | g | 3 |
| Linoleic acid | g | 2 |
| α-Linolenic acid | g | 1 |
| Carbohydrate | g | 51 |
| of which sugars | g | 3 |
| Lactose | g | 0,03 |
| Fibre | g | 3 |
| Protein | g | 18 |
| Salt | g | 0,6 |

Vitamins

| | | |
|----------------------|----|-----|
| Vitamin A | µg | 380 |
| Vitamin D3 | µg | 10 |
| Vitamin E | mg | 5 |
| Vitamin K1 | µg | 18 |
| Vitamin C | mg | 20 |
| Thiamin (Vit. B1) | mg | 0,4 |
| Riboflavin (Vit. B2) | mg | 0,5 |
| Niacin | mg | 5 |
| Vitamin B6 | mg | 0,5 |
| Folic acid | µg | 100 |
| Vitamin B12 | µg | 1,2 |
| Biotin | µg | 12 |
| Pantothenic acid | mg | 2 |

Minerals

| | | |
|------------|----|-----|
| Sodium | mg | 221 |
| Potassium | mg | 580 |
| Chloride | mg | 339 |
| Calcium | mg | 348 |
| Phosphorus | mg | 363 |
| Magnesium | mg | 87 |

Trace elements

| | | |
|------------|----|-----|
| Iron | mg | 5 |
| Zinc | mg | 5 |
| Copper | mg | 0,3 |
| Manganese | mg | 0,7 |
| Fluoride | mg | 0,5 |
| Selenium | µg | 20 |
| Chromium | µg | 14 |
| Molybdenum | µg | 19 |
| Iodine | µg | 70 |

INGREDIENTS

Glucose syrup, vegetable and animal fats and oils (rape seed oil, MCT oil, **butterfat**), **whey protein**, resistant starch, **calcium caseinate**, emulsifier: citric acid esters of mono- and diglycerides of fatty acids, calcium phosphate, potassium citrate, magnesium carbonate, potassium chloride, sodium chloride, sodium carbonate, vitamin C, monopotassium phosphate, ferrous sulphate, acidity regulator: lactic acid, zinc sulphate, niacin, vitamin E, manganese sulphate, sodium fluoride, pantothenic acid, cupric sulphate, vitamin B6, vitamin B2, vitamin B1, vitamin A, folic acid, potassium iodide, sodium molybdate, chromium (III) chloride, sodium selenite, vitamin K, biotin, vitamin D, vitamin B12.

Osmolality

| energy density (kcal/ml) | Silnea ^{BD} (g) | drinking water (ml) | osmolality (mosmol/kg) |
|--------------------------|--------------------------|---------------------|------------------------|
| 1,0 | 55 | 200 | 243 |
| 1,2 | 65 | 190 | 307 |
| 1,5 | 80 | 170 | 461 |

Important Notice

Silnea^{BD} contains easily available carbohydrates. In case of impaired glucose tolerance use only under careful medical supervision.

Measuring Scoop (MS)

The scoop measures approx. 10 g.

Our Service

To every carton of six tins one measuring scoop is added.

| | | |
|----------------|--|---------------|
| Delivery Unit | 700 g tin | 6 x 700 g tin |
| Article Number | xx-002-42011 | xx-002-42016 |
| Delivery to | Wholesalers, pharmacies, clinics, patients | |
| Storage | Store in a cool, dry place. | |