

## Product Information: Promote® with Fiber

# Promote® with Fiber

Complete, balanced high protein nutrition with fiber

- 1 PROMOTE WITH FIBER is a complete, balanced, high-protein, and fiber-fortified formula for patients who need a higher proportion of calories from protein.
- 1 For tube or oral feeding.
- 1 For supplemental or sole-source nutrition.
- 1 Use under medical supervision.
- 1 High in protein (25% of Cal, 15 g/8 fl oz). Protein is needed for lean body mass maintenance and repair.
- 1 Fiber blend contains oat fiber and soy fiber to provide a product with a good source of dietary fiber (3.4 g/8 fl oz) to help moderate bowel function.
- 1 1500 Calories (1500 mL) provides at least 100% of the RDIs for 25 essential vitamins and minerals.
- 1 Fat blend has safflower, MCTs, and soy oils.
- 1 1 Cal/mL.
- 1 Kosher.
- 1 Halal
- 1 Gluten-free.
- 1 Suitable for lactose intolerance.



## Safety Precautions

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

## Ingredients

### Liquid Vanilla:

Water, Corn Maltodextrin, Sodium Caseinate, Soy Protein Isolate, Sugar, Soy Oil, Oat Fiber, Calcium Caseinate. Less than 0.5% of: Medium Chain Triglycerides, Safflower Oil, Soy Fiber, Natural & Artificial Flavor, Potassium Citrate, Calcium Phosphate, Magnesium Phosphate, Potassium Chloride, Soy Lecithin, Sodium Citrate, Choline Chloride, Ascorbic Acid, Taurine, L-Carnitine, Gellan Gum, dl-Alpha-Tocopheryl Acetate, Ferrous Sulfate, Zinc Sulfate, Manganese Sulfate, Niacinamide, Calcium Pantothenate, Copper Sulfate, Riboflavin, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Vitamin A Palmitate, Beta-Carotene, Chromium Chloride, Folic Acid, Potassium Iodide, Sodium Molybdate, Sodium Selenate, Phylloquinone, Biotin, Vitamin D3, and Vitamin B12.

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

## Availability

List Number	Item
62703	Promote With Fiber / 33.8 fl oz (1L) Ready-To-Hang Prefilled Container / 8 ct
64631	Promote With Fiber Vanilla / 8 fl oz (237 mL) Recloseable Carton / 24 ct

## Nutrition Information - Liquid Vanilla

	8 fl oz (237 mL)	
	Value	%RDI / %DV
Protein, g	15	
Fat, g	7	
Carbohydrate, g	33	
Dietary Fiber, g	3.4*	
Total Sugars, g	5	
Added Sugars, g	5	
L-Carnitine, mg	36	
Taurine, mg	36	
Water, g	197	
Calories	237	
Vitamin A, mcg RAE	170 <sup>†</sup>	
Vitamin D, mcg	4	
Vitamin E, mg	6	
Vitamin K, mcg	21.3	
Vitamin C, mg	36	
Folate, mcg DFE	63	
Folic Acid, mcg	38	
Thiamin (Vitamin B1), mg	0.2	
Riboflavin (Vitamin B2), mg	0.3	
Vitamin B6, mg	0.33	
Vitamin B12, mcg	0.38	
Niacin, mg NE	3	
Choline, mg	87	
Biotin, mcg	5	
Pantothenic Acid, mg	0.79	
Sodium, mg	235	
Potassium, mg	521	
Chloride, mg	310	
Calcium, mg	205	
Phosphorus, mg	221	
Magnesium, mg	66	
Iodine, mcg	28	
Manganese, mg	0.7	
Copper, mg	0.4	
Zinc, mg	2	
Iron, mg	3	
Selenium, mcg	11	
Chromium, mcg	11	
Molybdenum, mcg	19	

## Liquid Vanilla Footnotes & References

### Per 8 fl oz (237 mL)

<sup>\*</sup>3.4 g total dietary fiber from soy and oat fiber.

<sup>†</sup>80 mcg RAE of vitamin A activity supplied by 0.2mg/237mL beta-carotene

## 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.