

30 sachets à 20 g protein (= 600 g)

With sweeteners

Complies with the daily additional requirements of protein of dialysis patients.

An elementary diet for patients with renal failure (FSMP).

Data Sheet

- ✓ High protein milk powder
- ✓ Low in phosphate and potassium
- ✓ Phosphorus-Protein-relationship: 1.2
- ✓ Suitable for diabetics
- ✓ Stable for cooking and bakery

Composition

	per 100 g	Sachet à 20g
Energy	1585 kJ 372 kcal	312 kJ 74 kcal
Protein	90 g	18 g
Amino Acids		
Arginine	2.40 g	0.49 g
Histidine	1.60 g	0.32 g
Isoleucine	5.10 g	1.02 g
Leucine	11.60 g	2.32 g
Lysine	9.10 g	1.81 g
Methionine	1.90 g	0.39 g
Phenylalanine	3.10 g	0.62 g
Threonine	4.30 g	0.86 g
Tryptophan	1.90 g	0.39 g
Valine	4.50 g	0.91 g
Alanine	4.60 g	0.92 g
Asparagine	10.10 g	2.03 g
Cysteine	3.20 g	0.65 g
Glutamine	14.30 g	2.85 g
Glycine	1.50 g	0.29 g
Proline	3.60 g	0.73 g
Serine	3.60 g	0.73 g
Tyrosine	3.40 g	0.68 g
Carbohydrates	3.4 g	0.7 g
sugar	0.5 g	0.1 g
Fat	1.0 g	0.2 g
saturated fatty acids	0.6 g	0.1 g
Cholesterol	18.0 mg	3.6 mg
Fiber	0.0 g	0.0 g
Minerals		
Sodium	360 mg	72 mg
Salt	914 mg	183 mg
Potassium	180 mg	36 mg
Calcium	190 mg	38 mg
Magnesium	20 mg	4 mg
Phosphorus	110 mg	22 mg

Biological value: 104
Phosphorus-Protein-Relationship: 1.2

Nutrient proportions

Protein	97 %
Fat	2 %
Carbohydrates	1 %

Renapro® is free of

Gluten, fructose, lactose, purine, sucrose, and galactose.

Allergy

Renapro® contains no common allergen corresponding to (EU) No. 1169/2011.

Ingredients

Whey-protein (emulsifier lecithin) flavour, artificial sweeteners, sodium cyclamate, sodium saccharinate, separating agent, silicon dioxide, calcium carbonate, magnesium chloride.

Important Notice

Renapro® is not a complete food and therefore not suitable for use as the sole source of nutrition. Renapro® should not be used in cases of cow's milk allergy, or where absorption and digestive problems are present.

Only to be used under medical supervision.

Areas of use

Food for Special Medical Purpose. For the dietary management of dialysis patients with catabolism, cachexia and hyperphosphatemia where there is a need for increased protein intake. Generally used where there is an increase in protein requirement.

Dosage

If not otherwise prescribed by the physician:

Haemodialysis patients:	1 sachets/ day
CAPD patients:	1-2 sachets/ day
Proteinuria:	1-2 sachets/ day

Dosage for Children

As prescribed by a doctor - depending on dietary conditions (protein requirements).

Not for children under 1 year of age.

Application

Dissolution: pure natural protein is not easily soluble in water, therefore put 100 ml of water in a shaker for a mixed drink, add a bit powder and give a good shake, add the rest of the powder and shake again. Who does not cope with shakers well should take a blender for dissolution.

Storage

Store at room temperature (25° C) and avoid heat and moisture. Keep open sachets in a refrigerator and consume the powder during three days. For best taste - consume dissolved powder immediately. Keep prepared solutions also in the refrigerator and consume it during the day. Maybe you might re-shake it again before application.

Post

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Everybody determines the taste himself

You can add every flavour or syrup and determine the taste every day by yourself, depending on your appetite: vanilla, raspberry, cherry, strawberry etc. For a white coffee taste add an espresso. With some whipped cream *Renapro*[®] is well creamy.

Renapro[®] in food: In Italy they throw *Renapro*[®] over the pasta instead of Parmesan, others stir it into a pudding, put it into a yoghurt or quark. *Renapro*[®] is stable for cooking and baking (e.g. gratinate like cheese or as an egg replacement for meatballs).

The inclusion into the daily routine guarantees the compliance, at best already for breakfast.

Tube-feeding preparation: Stir the powder into boiled water, which has been allowed to cool to a suitable feeding temperature. Leave to stand for 5 minutes, then stir again making sure there are no lumps present. Select powder and water quantities according to protein requirements and the required energy-density of the feeding solution. Gradually increase the dosage, energy density and total amount to the levels aimed for.

Osmolality

20g/ 50ml water: mosmol/ kg H₂O : 141
20g/ 75ml water: mosmol/ kg H₂O : 102
20g/ 100ml water: mosmol/ kg H₂O : 85

Literature

(1) Jani, Alkesh et al.: Arthropathies and Bone Diseases in Hemodialysis and Peritoneal Dialysis Patients in: Complications of Dialysis herausgegeben von Norbert Lameire; New York 2000; Seiten 343-359.

(2) Agarwal, Rajiv et al.: Hypophosphatemia and Hyperphosphatemia in: The Kidney herausgegeben von Barry M. Brenner; London 2000; Seiten 1071-1125.

(3) Cano, N., E. Fiaccadori, P. Tesinsky, G. Toigo, W. Druml, Dgem, M. Kuhlmann, et al. "Espen Guidelines on Enteral Nutrition: Adult Renal Failure." *Clin Nutr* 25, no. 2 (Apr 2006): 295-310.

(4) Fouque, D., M. Vennegoor, P. ter Wee, C. Wanner, A. Basci, B. Canaud, P. Haage, et al. "Ebpq Guideline on Nutrition." *Nephrol Dial Transplant* 22 Suppl 2 (May 2007): ii45-87.

(5) Shinaberger, C. S., S. Greenland, J. D. Kopple, D. Van Wyck, R. Mehrotra, C. P. Kovesdy, and K. Kalantar-Zadeh. "Is Controlling Phosphorus by Decreasing Dietary Protein Intake Beneficial or Harmful in Persons with Chronic Kidney Disease?". *Am J Clin Nutr* 88, no. 6 (Dec 2008): 1511-8.

(6) Guida, B., A. Piccoli, R. Trio, R. Laccetti, A. Nastasi, A. Paglione, A. Memoli, and B. Memoli. "Dietary Phosphate Restriction in Dialysis Patients: A New Approach for the Treatment of Hyperphosphataemia." *Nutr Metab Cardiovasc Dis* 21, no. 11 (Nov 2011): 879-84.

(7) Nice Guideline GB 2012

(8) Supplement KDIGO 2012.



Which other products exist? ...

For more protein variety!

Renabar[®]
Proteinbar
16g proteins per 35g bar
Schoko-Banana taste

Renapro[®] Shot
ready to go drink
20g proteins per 60ml
Wild-Berry taste

Renamin[®]
Tablet
1g essential aminoacids/ tablet
Vegan

Renergy[®]
(Instant-)Powder
20g proteins per portion
Vegetarian

More products from RenaCare

Renamil[®]
(Instant-)Powder
Rich in energy, low in proteins
Vegetarian

Renavit[®]
Dragee
Vitamin B + C complex
For dialysis patients

Renacare[®] skincare-Creme
For the shunt area
With allantoin, panthenol + almond oil
Without parabens, paraffins + PEGs

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