

# Health Care Professional Guide to Flavouring Modulen® IBD












Modulen® IBD is a whole protein, powdered formulation for the dietary management of the active phase of Crohn's disease (CD), used as a sole source of nutrition or for supplemental nutritional support during the remission phase.

Patients with CD are often on exclusive enteral nutrition (EEN) as a sole source of nutrition for 6 – 8 weeks.<sup>1</sup> With this in mind, taste fatigue may occur, impacting on compliance. A way to manage this is to provide alternative flavouring options which can be used with EEN.<sup>2</sup>

Modulen® IBD has a mild, pleasant vanilla flavour, like all products used exclusively for a long period of time, taste fatigue may occur. To help reduce this, flavouring alternatives may be an option to provide extra support with compliance.

**We therefore suggest the following flavouring options to flavour Modulen® IBD.**

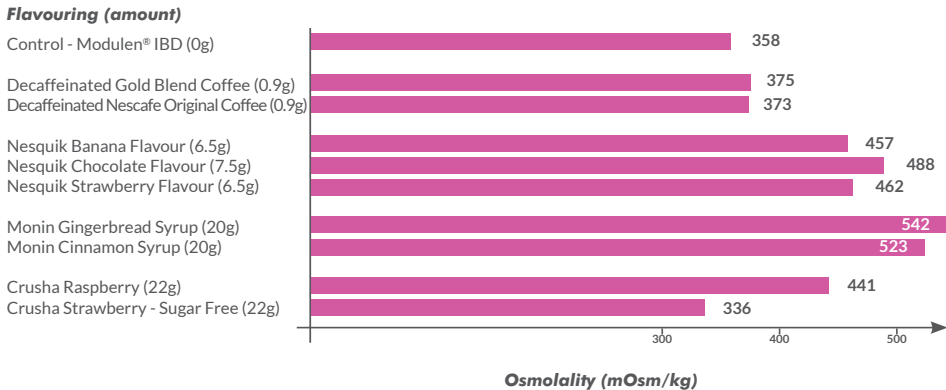
<b>Suggested flavouring* additions based on 210ml of water and 50g Modulen® IBD powder at 1 kcal/ml concentration:</b>	
	1 heaped teaspoon of Strawberry Nesquik®
	1 heaped teaspoon of Chocolate Nesquik®
	1 heaped teaspoon of Banana Nesquik®
	1/2 a teaspoon of Nescafé Gold Blend® Decaff
	1/2 a teaspoon of Nescafé® Original Decaff
	4 x teaspoons of Crusha® Strawberry sugar free
	4 x teaspoons of Crusha® Raspberry
	4 x teaspoons of Monin® Gingerbread syrup
	4 x teaspoons of Monin® Cinnamon syrup

The number of teaspoons required can be adjusted according to your patients' taste preferences.

Shaker cups are available for the preparation of **Modulen® IBD**.

Osmolality testing was conducted at the Nestle QA Centre\*\* on each flavouring with Modulen® IBD.

Osmolality values (mOsm/kg) of flavourings with Modulen® IBD\*



Test conducted with 50g of Modulen® IBD mixed with 210ml of water at 1 kcal/ml concentration and flavouring where applicable

Taste preference may differ, and patients may therefore prefer more or less flavouring. Please contact your local Nestlé Health Science representative if you are interested in tasting some of the suggested flavour options.

\*The suggested flavouring options are usually widely available online and in supermarkets. Products and stock may differ from store to store. Please always check the suitability of the ingredients for each patient.

\*\*All of the flavouring options listed were tested by seven healthcare professionals at a round table discussion. This was a selection of Dietitians, an IBD nurse and a paediatric consultant, who manage a case load of Crohn's disease patients.

**References:** 1. BSPGHAN Guidelines for the management of Inflammatory Bowel Disease (IBD) in children in the United Kingdom. October 2008. 2. Gavin et al. (2005) Journal of Human Nutrition and Dietetics. 18 (5): 335-408.

For Healthcare professional use only.  
Modulen® IBD is a food for special medical purposes for use under medical supervision.

1 City Place, Gatwick RH6 0PA  
Careline: 00800 68874846 or 0800 000030  
Email: [nestlehealthscience@uk.nestle.com](mailto:nestlehealthscience@uk.nestle.com)  
Website: [www.nestlehealthscience.co.uk](http://www.nestlehealthscience.co.uk)

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