

## Product Information: Vital® 1.5 Cal

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

# Vital® 1.5 Cal

Therapeutic, Peptide-Based, Elemental Nutrition to Support GI Tolerance

- 1 VITAL 1.5 CAL is a calorically dense, peptide-based, elemental formula for patients experiencing malabsorption, maldigestion, or impaired GI function and/or symptoms of GI intolerance.
- 1 For tube or oral feeding.
- 1 For supplemental or sole-source nutrition.
- 1 Use under medical supervision.
- 1 1.5 Cal/mL-concentrated calories for fluid-restricted patients.
- 1 Designed to promote tolerance:
  - Hydrolyzed, peptide-based protein system.
  - MCT/canola oil structured lipid, a next-generation fat to promote absorption of fatty acids.
  - 1.4 g of NutraFlora® scFOS®\*/8 fl oz (6 g/L). scFOS are prebiotic fibers that stimulate the growth of beneficial bacteria in the colon.
- 1 Elevated antioxidants vitamins C and E to help reduce free radical damage.
- 1 Meets or exceeds 100% of the RDI for 24 essential vitamins and minerals in 1500 Cal (1000 mL).
- 1 Gluten-free.
- 1 Suitable for lactose intolerance.
- 1 Low-residue.



## 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, Maltodextrin, Whey Protein Hydrolysate, Structured Lipid (Interesterified Canola Oil & Medium Chain Triglycerides), Sugar (Sucrose), Partially Hydrolyzed Sodium Caseinate, Canola Oil, Medium-Chain Triglycerides, Short-Chain Fructooligosaccharides, Natural & Artificial Flavors, DATEM, Magnesium Phosphate, Calcium Carbonate, Potassium Chloride, Potassium Citrate, Sodium Phosphate, Sodium Citrate, Cellulose Gel, Ascorbic Acid, Calcium Phosphate, Choline Chloride, Sucralose, Carrageenan, L-Carnitine, Taurine, Cellulose Gum, Magnesium Chloride, Zinc Sulfate, d-Alpha-Tocopheryl Acetate, Ferrous Sulfate, 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, Cyanocobalamin, Phylloquinone, and Vitamin D3.

**Allergens:** Contains milk ingredients.

## Availability

List Number	Item
56279	Vital 1.5 Ready-to-Drink Vanilla / 8-fl-oz (237-mL) Can / 24 ct
62713	Vital 1.5 Ready-To-Hang Vanilla / 1000-mL (1.1-QT) Bottle / 8 ct

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## Nutrition Information - Liquid Vanilla

	8 fl oz (237 mL)		1000 mL	
	Value	%RDI* / %DV	Value	%RDI* / %DV
Nutrient Density, Cal/mL	1.5		1.5	
Protein, % Cal	18		18	
Carbohydrate, % Cal	49		49	
Fat, % Cal	33		33	
MCT:LCT	47.5:52.5		47.5:52.5	
Cal to Meet 100% RDIs	1500		1500	
mL to Meet 100% RDIs	1000		1000	
Total Cal:g Nitrogen	139:1		139:1	
Nonprotein Cal:g Nitrogen	114:1		114:1	
Osmolality, mOsm/kg H <sub>2</sub> O	610		610	
Viscosity	Thin (Room Temperature), Nectar-Like (Chilled)		Thin (Room Temperature), Nectar-Like (Chilled)	
Minimum Tube Size for Gravity/Pump Feeding (Fr)	not recommended/8		not recommended/8	
Protein, g	16.0		67.5	
Fat, g	13.5		57.1	
Carbohydrate, g	44.2		187	
Dietary Fiber, g	1.4 <sup>†</sup>		6.0 <sup>†</sup>	
Water, g	181		764	
Taurine, mg	35		150	
L-Carnitine, mg	35		150	
Calories	355		1500	
Vitamin A, IU	1540	31	6500	130
Vitamin D, IU	95	24	400	100
Vitamin E, IU	24	80	100	335
Vitamin K, mcg	19	24	80	100
Vitamin C, mg	120	200	500	835
Folic Acid, mcg	190	48	800	200
Thiamin (Vitamin B1), mg	0.70	47	3.0	200
Riboflavin (Vitamin B2), mg	0.80	47	3.4	200
Vitamin B6, mg	1.4	70	6.0	300
Vitamin B12, mcg	2.8	47	12	200
Niacin, mg	9.5	48	40	200
Choline, mg	160	Not established	680	Not established
Biotin, mcg	140	47	600	200
Pantothenic Acid, mg	4.7	47	20	200
Sodium, mg	355	Not established	1500	Not established
Potassium, mg	475	Not established	2000	Not established
Chloride, mg	355	10	1500	44

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Nutrition Information - Liquid Vanilla

	8 fl oz (237 mL)		1000 mL	
	Value	%RDI* / %DV	Value	%RDI* / %DV
Calcium, mg	235	24	1000	100
Phosphorus, mg	235	24	1000	100
Magnesium, mg	95	24	400	100
Iodine, mcg	35	23	150	100
Manganese, mg	1.2	60	5.0	250
Copper, mg	0.47	24	2.0	100
Zinc, mg	7.1	47	30	200
Iron, mg	4.3	24	18	100
Selenium, mcg	19	27	80	115
Chromium, mcg	28	23	120	100
Molybdenum, mcg	43	57	180	240

Liquid Vanilla Footnotes & References

**Per 8 fl oz (237 mL)**

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

†1.4 g of dietary fiber supplied by short-chain fructooligosaccharides.

**Per 1000 mL**

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

†6 g of dietary fiber supplied by short-chain fructooligosaccharides.

### Preparation

#### Instructions for Use: 8-fl-oz Can

- 1 Store unopened at room temperature.
- 1 Shake well; Vital 1.5 Cal is ready to use.
- 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 feeding, or when flushing the tube.
- 1 Avoid contamination during preparation and use.

#### 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.