

## OpLoad

### A HIGH CARBOHYDRATE FORMULATION FOR USE UP TO 2 HOURS BEFORE SURGERY

- ✓ A high carbohydrate (100% energy), high energy (1.0 kcal/ml) and nutritionally complete clear oral nutritional supplement drink for preoperative surgery patients
- ✓ Suitable for use as part of Enhanced Recovery After Surgery (ERAS) programs
- ✓ Clinically shown to improve fatigue, hunger and patient well-being before and after surgery<sup>^</sup>
- ✓ High in vitamin A, C and zinc to aid recovery
- ✓ Lactose and gluten free
- ✓ Comes in 2 delicious flavours: Lemonade and raspberry

GREAT TASTING FORMULATION

READY TO DRINK

Think *Differently* about your nutritional needs



Special order only

### ENERGY DISTRIBUTION

Protein:	0%
Carbohydrates:	100%
Fat:	0%
Fibre:	0%

### STORAGE

Should be stored between 2-28 °C.  
Refrigerate after opening.  
Discard unused content after 24 hours.



### DIRECTIONS FOR USE

Adults: consume 2 packs, 12 hours before surgery, and an additional pack 2 hours before surgery.  
Do not consume within 2 hours of surgery.

Shake well before use. Best served chilled.  
Drink slowly in small volumes.

50g  
carbohydrates

200 kcal/  
200ml

IDDSI LEVEL  THIN

## NUTRITION INFORMATION

Servings per package: 1

Serving size: 200 mL

	Per serve	% RDI*	Quantity per 100 mL		Per serve	% RDI*	Quantity per 100 mL
Energy	836 kJ	10 %	418 kJ	Phosphorous	5.18 mg		2.59 mg
Protein	0 g		0 g	Chloride	03 mg		0.15 mg
- Gluten	<40 mg		<20 mg	Magnesium	1.62 mg		0.81 mg
Fat, total	0 g		0 g	Trace Elements			
- saturated	0 g		0 g	Zinc	10 mg	83%	5 mg
- monounsaturated	0 g		0 g	Fluoride	17.9 mg		8.97 mg
- polyunsaturated	0 g		0 g	Copper	1.3 mcg		0.65 mcg
Carbohydrate	50 g		25 g	Selenium	0.02 mcg		0.01 mcg
- sugars	22.8g		11.4 g	Molybdenum	0.14 mcg		0.07 mcg
- Lactose	<0.2 g		<0.1 g	Vitamins			
Dietary Fibre	0 g		0 g	Vitamin A	1000 mcg RE	133 %	500 mcg RE
Sodium	3.4 g		1.71 g	Vitamin C	40 mg	100 %	20 mg
Minerals				Nutrients			
Calcium	5.24 mg		2.62 mg	Citric Acid	0.2 mg		0.1 mg
Potassium	0.24 mg		0.12 mg	Osmolality	443 mOsmol/kg		

\*Percentage daily intakes are based on an average adult diet of 8700 kJ. Your daily intake may be higher or lower depending on your needs.

^Enyedi MD PhD, A., Takács MD PhD, I., Györy MD PhD, F., Váradi MD, C., Kóder MD, G., Mudriczki MD, G., ... György Cseh MD, G. (2022). Effect of Carbohydrate Loading on the Well-Being of Patients Undergoing Elective Surgery. International Journal of Innovative Research in Medical Science, 7(10), 504–509. <https://doi.org/10.23958/ijirms/vol07-110/150>

**Ingredients:** Lemonade flavour: water, maltodextrin, isomaltulose, sucrose, flavour (citrus-lemonade), citric acid (E330), L-ascorbic acid (E300), zinc gluconate, colour (beta-carotene). Product ingredients listed for one flavour only. Detailed ingredient lists of the other flavours can be found on our website.

**Allergen information:** Lactose and gluten free.  
Halal and Kosher certified

**Warning:** Enteral use only. Not for parenteral use. Food for special medical purposes for the preoperative dietary management of surgery patients. Must be used under medical supervision. Not for patients with delayed gastric emptying. Not suitable for children under 3 years and patients with galactosemia or hereditary fructose intolerance (fructosemia). Use with caution in children aged 3-6 years. Use with caution in patients with insulin resistance or diabetes. Produced in a facility that also produces milk and dairy products



MADE IN HUNGARY

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