

## Product Information: TwoCal® HN

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[www.abbottnutrition.ca](http://www.abbottnutrition.ca)

Usage

- 1 TwoCal® HN is a nutritionally complete, high-calorie formula designed to meet the needs of people with increased protein and calorie requirements and for people requiring low-volume feedings.
- 1 For people with elevated energy and protein requirements.
- 1 For people requiring low-volume feedings.
- 1 For people with fluid restrictions.
- 1 For supplemental or as a sole source of nutrition.
- 1 For oral or tube feeding use.

Features

- 1 Calorically dense, with 2 Cal/mL.
- 1 20 g protein/235-mL can (84 g protein/L).
- 1 Contains 2.0 g/235-mL can and 5.0 g/L of short-chain fructooligosaccharides (scFOS).
- 1 TwoCal® HN has been clinically shown to help improve weight status when provided in 60-mL doses, four times per day, along with medication.<sup>1,2</sup>
- 1 Gluten-free.
- 1 Kosher.
- 1 Halal.



Safety Precautions

- 1 Not for parenteral use.

<sup>1</sup> Jukkola K, McLennan P. *Austr J Ageing*. 2005;24:119-24.

<sup>2</sup> Kerrigan ER, et al. *J Am Diet Assoc*. 1996;96(Suppl):A32.

Ingredients

Liquid Vanilla:

Water, Corn Maltodextrin, Sodium Caseinate, Corn Oil, Sugar, Modified Coconut and/or Palm Kernel Oils (Medium Chain Triglycerides), Short-Chain Fructooligosaccharides (scFOS), Calcium Caseinate, Soy Lecithin, Artificial Flavour, Taurine, L-Carnitine, MINERALS (Potassium Citrate, Magnesium Chloride, Tricalcium Phosphate, Sodium Citrate, Ferrous Sulphate, Zinc Sulphate, Manganese Sulphate, Cupric Sulphate, Chromium Chloride, Sodium Molybdate, Sodium Selenate, Potassium Iodide), VITAMINS (Choline Chloride, Ascorbic Acid, Citric Acid, DL-Alpha-Tocopheryl Acetate, Niacinamide, Calcium D-Pantothenate, Pyridoxine Hydrochloride, Vitamin A Palmitate, Thiamine Chloride Hydrochloride, Riboflavin, Folic Acid, Phylloquinone, D-Biotin, Vitamin D3, and Cyanocobalamin).

**Allergens:** Contains: Milk, Soy.

Availability

List Number	Item
6224113	TwoCal® HN, Vanilla; 235-mL cans; 24/case
6804813	TwoCal® HN; 1-L ready-to-hang containers; 8/case

Nutrition Information - Liquid Vanilla

	100 mL	235 mL
	Value	Value
ENERGY, Cal (kJ)	200 (837)	470 (1966)
Protein, g	8.4	20
Taurine, mg	16	38
Carnitine, mg	16	38
Fat, g	8.9	21
Linoleic Acid, g	3.5	8.2
Linolenic Acid, g	0.1	0.2
Carbohydrate, g	22	53
Fibre, g	0.8	2.0
Short-chain fructooligosaccharides (scFOS), g	0.8	2.0
Water, g	69	162
Vitamin A, IU	527	1238
Vitamin D, IU	42	99
Vitamin E, IU	4.2	9.9
Vitamin K, mg	0.013	0.03
Vitamin C, mg	20	47
Thiamine, mg	0.25	0.59
Riboflavin, mg	0.29	0.68
Niacin, mg	1.9	4.5
Vitamin B6, mg	0.34	0.8
Folic Acid, mg	0.045	0.11
Vitamin B12, mg	0.00064	0.0015
Pantothenic Acid, mg	1.3	3.1
Biotin, mg	0.0076	0.018
Choline, mg	55	129
Sodium, mg	146	343
Potassium, mg	245	576
Chloride, mg	182	428
Calcium, mg	106	249
Phosphorus, mg	106	249
Magnesium, mg	42	99
Iron, mg	2.7	6.3
Zinc, mg	2.4	5.7
Iodine, mg	0.016	0.038
Copper, mg	0.35	0.83
Manganese, mg	0.55	1.3
Selenium, mg	0.013	0.03
Chromium, mg	0.013	0.029
Molybdenum, mg	0.016	0.038

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Product Characteristics

	Value
Caloric Density (Cal/mL)	2.0
Protein (% of total energy)	16.8
Protein Source	Sodium and calcium caseinates
Fat (% of total energy)	39.4
MCT oil (% of total fats)	18.7
Omega-6:Omega-3 Ratio	53:1
Fat Source	Corn oil, MCT oil, soy lecithin
Carbohydrate (% of total energy)	43.8
Carbohydrate Source	Corn maltodextrin, sucrose, scFOS
Total Cal:g Nitrogen Ratio	152:1
Nonprotein Cal:g Nitrogen Ratio	127:1
Water (g/L)	690
Osmolality (mOsm/kg water)	725
Renal Solute Load (mOsm/L)	656
Recommended Tube Size for Gravity/Pump Feeding (Fr)	N/A/8
Fibre	Yes

### Preparation

#### INSTRUCTIONS FOR USE:

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 may reduce hangtime.

#### 235-mL Can

- 1 Shake well and clean top of can thoroughly before opening.

#### Oral Feeding

- 1 May be fed at room temperature or chilled.
- 1 Serving TwoCal® HN chilled enhances its flavour.

#### Tube Feeding:

- 1 Minimum tube size: enteral feeding pump 8 Fr. Gravity feeding is not recommended.
- 1 Administer product at room temperature.
- 1 THOROUGHLY wash hands with soap and water before handling can or feeding set.
- 1 When initiating feeding, follow health care professional'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.

#### Ready-to-Hang Container

- 1 Pump feeding is recommended; use an 8 Fr or larger tube. Gravity feeding is 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 container or feeding set that comes in contact with the formula.
- 1 Visually inspect for signs of leakage. DO NOT use if leakage is apparent.
- 1 When initiating feeding, follow health care professional'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 Feeding Set with Safety Screw Cross-Spike Connector:

- 1 Remove protective cover from READY-TO-HANG (RTH) cap.
- 1 Remove protective cover from feeding set connector.
- 1 Insert feeding set connector into port of RTH Safety Screw Cap and pierce foil.
- 1 Turn feeding set connector collar clockwise until it is securely fastened.
- 1 Close clamp on feeding set before inverting container.
- 1 Invert container and suspend, using hanging ring on bottom of container.

### Storage & Handling

#### 235-mL Can

- 1 Store unopened at room temperature; avoid extreme temperatures.
- 1 When carefully poured from the can into an enteral feeding setup, hang for 8–12 hours.<sup>1,2</sup>
- 1 Once opened, store covered in refrigerate and use within 48 hours.

#### Ready to Hang Container

- 1 Store away from heat; avoid freezing.
- 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.

1 Boullata JI, Carrera AL, Harvey L, et al. ASPEN safe practices for enteral nutrition therapy. *JPEN J Parenter Enteral Nutr.* 2017;41(1):15-103.,

2 Carrera AL, Harvey L, et al. ASPEN safe practices for enteral nutrition therapy. *JPEN J Parenter Enteral Nutr.* 2017;41(1):15-103.