



### In Short

- BallastoMaxx is insoluble fibre in powder form – finely ground wheat fibre
- for the supplementary daily intake of insoluble dietary fibre
- positive effect on GI tract through increase in stool volume
- ideal for fortifying food and drinks with insoluble fibre
- suitable from 1 year of age
- in 750 g tin

### Product profile

BallastoMaxx is finely ground wheat fibre for the supplementary daily intake of insoluble dietary fibre – in powder form.

BallastoMaxx has a beneficial effect on the GI tract by increasing stool volume and thus makes an important contribution to a healthy high fibre nutrition.

BallastoMaxx is versatile in use. Foods and drinks can easily be upgraded with dietary fibre.

#### BallastoMaxx

- > has a proportion of approx. 97 g fibre in 100 g, hereof:
    - 94 % insoluble and 2,5 % soluble
  - > is low in protein, potassium and phosphorus
  - > is gluten free, lactose free and vegan
  - > is light in colour and in powder form
  - > is neutral in taste and smell
  - > is versatile and easy to handle.
- ⇒ Ideal for fortifying food and drinks with insoluble fibre.
- ⇒ Facilitates digestion in a natural way.

### Indication

BallastoMaxx is suitable for supplementation with insoluble fibre in

- > low protein or gluten free diets
- > indigestion, e.g. constipation
- > restricted fibre uptake, e.g. in chewing difficulties.

### Dosage and Administration

For a supplementary supply of dietary fibre an amount of 10 - 20 g per day is recommended.

5 - 10 g BallastoMaxx can be stirred into 150 - 200 ml drink or 150 - 200 g food.

10 g out of each 100 g of flour/ low protein or gluten-free baking mix can be

substituted by 10 g BallastoMaxx. Due to the swelling effect an extra amount of 10-20 ml liquid per 10 g BallastoMaxx may be required.

BallastoMaxx can also be used in higher dosage – depending on acceptance and individual tolerance.

**Notice:** When using BallastoMaxx or other high fibre diet, an adequate uptake of liquid is essential. For adults an amount of 2 liters per day is generally recommended.

### Preparation

#### + drinks

Add 5 - 10 g BallastoMaxx to 150 - 200 ml fruit- or vegetable juice, milk, cocoa or mixed drink, stir well and drink it right away.

#### + warm dishes

5 - 10 g of BallastoMaxx can be stirred straightly into 150 - 200 g of mashed potatoes, soups and sauces. For pancakes, waffles or patties BallastoMaxx can be added to the flour (see sections referring to „flour“ and „baking mixes“).

#### + regular flour

In a recipe using, e.g. 250 g flour, 25 g of flour can be replaced by 25 g BallastoMaxx ( $\cong$  225 g flour + 25 g BallastoMaxx) – In this case we recommend an extra 25 - 50 ml liquid.

#### + low protein or gluten free baking mix

When using an amount up to 300 g of baking mix, 30 g baking mix can be substituted by 30 g BallastoMaxx ( $\cong$  270 g low protein/ gluten free „flour“ + 30 g BallastoMaxx), without the need for additional liquid. For preparing bread with 500 g baking mix we recommend to use

470 g baking mix and 30 g BallastoMaxx.

BallastoMaxx can be prepared in many more variations. Various different ideas and suggestions can be found in our recipes. You can order the recipe booklet „BallastoMaxx – fantastic recipes for well balanced low protein diet“ from us free of charge – also for giving to your patients.

**NUTRITION INFORMATION**

| BallastoMaxx        |      | 100 g |
|---------------------|------|-------|
| <b>Energy</b>       | kJ   | 792   |
|                     | kcal | 198   |
| <b>Fat</b>          | g    | 0,2   |
| of which saturates  | g    | <0,1  |
| <b>Carbohydrate</b> | g    | <0,1  |
| of which sugars     | g    | <0,1  |
| <b>Fibre</b>        | g    | 97    |
| <b>Protein</b>      | g    | 0,4   |
| <b>Salt</b>         | g    | <0,1  |

**Minerals**

|            |    |     |
|------------|----|-----|
| Potassium  | mg | 2,7 |
| Phosphorus | mg | 1,8 |

**FURTHER NUTRITION INFORMATION**

|                 |   |     |
|-----------------|---|-----|
| Insoluble fibre | g | 94  |
| Soluble fibre   | g | 2,5 |

**Amino acids**

|                 |    |   |
|-----------------|----|---|
| L-Leucine       | mg | 6 |
| L-Methionine    | mg | 3 |
| L-Phenylalanine | mg | 2 |
| L-Tyrosine      | mg | 3 |

**INGREDIENTS***Wheat fibre.*

|                |                               |
|----------------|-------------------------------|
| Delivery Unit  | 1 x 750 g<br>tin              |
| Article Number | xx-003-50010                  |
| Delivery to    | Consumer, pharmacies, clinics |
| Storage        | Keep in a dry place.          |