

TwoCal[®] HN

Calorie and protein dense nutrition

TWOCAL HN is calorie and protein dense nutrition to support patients with volume intolerance and/or fluid restriction. Often provided in 2 fl oz amounts QID with Med Pass programs to assist with weight gain or maintenance. For tube or oral feeding. For supplemental or sole-source nutrition. Use under medical supervision.



Features

- 2 Cal/mL to help patients gain and maintain healthy weight.
- Protein to help support lean body mass and wound healing.
- 1.2 g of scFOS/8 fl oz (5 g/L). scFOS are prebiotics that stimulate the growth of beneficial bacteria in the colon.^{1,2,3}
- Tetra: Provides at least 25% of the RDIs for 24 essential vitamins and minerals in 475 calories (8 fl oz). RTH: Provides at least 100% of the RDIs for 25 essential vitamins and minerals in 1900 calories (948 mL).
- Kosher.
- Halal.
- Kosher made with dairy ingredients.
- Gluten-free.
- Suitable for lactose intolerance.

¹ Bomet FR, et al. Nutr Rev. 2002;60(11):326-334.

² Tokunaga T, et al. Bifidus. 1993;6(2):143-150.

³ Bouhnik Y, et al. Nutr J. 2007;6:42-48.

Safety Precautions

- Not for IV use.
- Not suitable for people with galactosemia.

Availability

List Number	Item
64809	TwoCal HN Vanilla / 8 fl oz (237 mL) Recloseable Carton / 24 ct

Ingredients

Vanilla Liquid

Water, Corn Syrup Solids, Corn Maltodextrin, Canola Oil, Milk Protein Concentrate, Sodium Caseinate, Sugar, Corn Oil, Calcium Caseinate, Short-chain Fructooligosaccharides. Less than 0.5% of: Natural & Artificial Flavors, Potassium Citrate, Magnesium Sulfate, Soy Lecithin, Potassium Phosphate, Magnesium Chloride, Ascorbic Acid, Choline Chloride, Sodium Citrate, Potassium Hydroxide, Taurine, L-Carnitine, Ferrous Sulfate, dl-Alpha-Tocopheryl Acetate, Zinc Sulfate, Niacinamide, Calcium Pantothenate, Manganese Sulfate, Copper Sulfate, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Folic Acid, Potassium Iodide, Chromium Chloride, Sodium Selenate, Sodium Molybdate, Phylloquinone, Biotin, Vitamin D3, and Vitamin B12.

Contains milk and soy ingredients.

Nutrition Information

	8 fl oz (237 mL)	
	Value	%DV
Protein, g	19.9	
Fat, g	21.5	
Carbohydrate, g	51.8	
Dietary Fiber, g	1.2*	
Total Sugars, g	11	
Added Sugars, g	10	
L-Carnitine, mg	50	
Taurine, mg	50	
Water, mL	166	
Calories	475	
Vitamin A, mcg RAE	375	
Vitamin D, mcg	5.8	
Vitamin E, mg	8	
Vitamin K, mcg	40	
Vitamin C, mg	75	
Folate, mcg DFE	272	
Folic Acid, mcg	163	
Thiamin (Vitamin B1), mg	0.60	
Riboflavin (Vitamin B2), mg	0.65	
Vitamin B6, mg	0.85	

Vitamin B12, mcg	2.4	
Niacin, mg NE	8	
Choline, mg	200	
Biotin, mcg	20	
Pantothenic Acid, mg	4	
Sodium, mg	200	
Potassium, mg	500	
Chloride, mg	230	
Calcium, mg	325	
Phosphorus, mg	313	
Magnesium, mg	98	
Iodine, mcg	50	
Manganese, mg	1.3	
Copper, mg	0.50	
Zinc, mg	5.7	
Iron, mg	6	
Selenium, mcg	18	
Chromium, mcg	12	
Molybdenum, mcg	15	

*Includes 1.2g of dietary fiber supplied by short-chain fructooligosaccharides (scFOS).

Preparation

Instructions for Use:

8 fl oz Container

- Store unopened at room temperature; avoid extreme temperatures.
- Shake well prior to opening.
- After opening, refrigerate and consume product within 48 hours. If consuming product directly from the container, refrigerate and consume within 24 hours.

Oral Feeding

- May be used for total or supplemental nutrition.

- May be fed at room temperature or chilled.

Tube Feeding

- Follow physician's instructions.
- Adjust flow rate and volume according to patient's condition and tolerance.
- Feed at room temperature using a feeding pump or syringe.
- Additional fluid requirements should be met by giving water between or after feedings or when flushing the tube.
- Avoid contamination during preparation and use.

Ready-To-Hang Container

All 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.

- Administer product at room temperature.
- THOROUGHLY wash hands with soap and water before handling container or feeding set.
- Turn container upside down and SHAKE VIGOROUSLY, using a twisting motion for at least 10 seconds.
- DO NOT touch any part of the container or feeding set that comes into contact with the formula.
- When initiating feeding, follow physician's instructions. Adjust flow rate and volume according to patient's condition and tolerance.
- Additional fluid requirements should be met by giving water between or after feedings or when flushing the tube.

For Use with Enteral Feeding Pumps

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

Precautions

- Follow directions for use provided by manufacturer of feeding sets.
- 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.