

# Fortisip 2kcal

A ready-to-drink, high energy (2kcal/ml), high protein (20% energy from protein), vitamin and mineral rich nutritional supplement containing 400kcal and 20g protein per 200ml bottle

## Features

- Suitable as a sole source of nutrition or as a nutritional supplement<sup>1</sup>
- Significantly better compliance to oral nutrition support with energy density  $\geq 2$  kcal/ml (91%) than with an energy density of 1-1.5 kcal/ml (77-78%)<sup>2</sup>
- Fibre free
- Available in vanilla
- User friendly, easy to hold plastic bottle with straw attached and resealable cap
- Suitable for both oral and tube delivery allowing flexibility for patients

## Indications

For the dietary management of:

- Disease related malnutrition
- Patients with high energy and protein requirements
- Bolus tube feeding
- Fluid restricted diets
- Low residue diet
- Preoperative preparation of undernourished patients
- Cystic Fibrosis, transplant preparation

## Important Notice

- Not suitable for patients with galactosaemia
- Not suitable as a sole source of nutrition in children aged 3-6 years
- Not suitable for children under 3 years of age

## Directions for Use

- Best served chilled
- Shake well before use
- Usage to be determined by a healthcare professional

## Storage

- Store in a cool, dry place
- Once opened, store in the refrigerator
- Discard unused content after 24 hours



## Ordering Information

- To order contact Nutricia Customer Care 1800 889 480

Fortisip 2kcal	Presentation	Code	Units per carton
Vanilla	200ml bottle	100444	24

## Ingredients

### Fortisip 2kcal Vanilla:

Water, glucose syrup, cow's milk proteins (micelle casein isolate, milk protein caseinate), sugar, vegetable oils (rapeseed oil, sunflower oil), potassium citrate, flavouring (vanilla), emulsifier (soy lecithin), potassium chloride, choline chloride, magnesium hydrogen phosphate, sodium citrate, sodium L-ascorbate, acidity regulator (citric acid), ferrous lactate, colouring (curcumin), sodium selenite, DL- $\alpha$  tocopheryl acetate, zinc sulphate, retinyl acetate, copper gluconate, nicotinamide, cholecalciferol, manganese sulphate, chromium chloride, calcium D-pantothenate, D-biotin, pyridoxine hydrochloride, thiamin hydrochloride, pteroylmonoglutamic acid, potassium iodide, sodium molybdate, sodium fluoride, riboflavin, cyanocobalamin, phytomenadione.

1. Food Standards Australia New Zealand 2.9.5-7 [www.foodstandards.gov.au/code/Documents/2.9.5%20FSMPs%20v157.pdf](http://www.foodstandards.gov.au/code/Documents/2.9.5%20FSMPs%20v157.pdf), accessed 29 June 2017
2. Hubbard, G et al. A systematic review of compliance to oral nutritional supplements. 2012. Clin Nutr; 31:293.

A food for special medical purposes; to be used under strict medical supervision.

For more information call the  
Nutricia Clinical Care Line 1800 060 051

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**NUTRICIA**  
Advanced Medical Nutrition

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Nutrition Information		Per 100ml	Per 200ml bottle
Energy	kcal	200	400
	kJ	840	1680
Protein	g	10.0 (20%E)	20.0
Casein	g	9.3	18.6
Whey	g	0.7	1.4
Carbohydrate	g	20.8 (41.6%E)	41.6
Sugars	g	15.5	31
Fat	g	8.5 (38.4%E)	17
Saturates	g	0.9	1.8
Monounsaturates	g	5.1	10.2
Polyunsaturates	g	2.5	5
ω6/ω3ratio		5.1:1	5.1:1
Fibre	g	0	0
Water	ml	71	142

Minerals		Per 100ml	Per 200ml bottle
Sodium	mg	96	192
	mmol	4.2	8.4
Potassium	mg	200	400
	mmol	5.1	10.2
Calcium	mg	176	352
Phosphorus	mg	147	294
Magnesium	mg	18	36
Chloride	mg	89	178
Ca:Pratio		1.2:1	1.2:1

Vitamins		Per 100ml	Per 200ml bottle
VitaminA	µgRE	175	350
VitaminD	µg	5.0	10.0
VitaminE	mgα-TE	2.6	5.2
VitaminK	µg	11	22
VitaminC	mg	20	40
Thiamin	mg	0.30	0.6
Riboflavin	mg	0.33	0.66
Niacin	mgNE	4.3	8.6
VitaminB6	mg	0.40	0.80
VitaminB12	µg	0.50	1
FolicAcid	µg	54	108
PantothenicAcid	mg	1.1	2.2
Biotin	µg	8.0	16

Trace Elements		Per 100ml	Per 200ml bottle
Iron	mg	3.2	6.4
Zinc	mg	2.4	4.8
Manganese	mg	0.70	1.4
Copper	mg	0.36	0.72
Iodine	µg	35	70
Molybdenum	µg	20	40
Selenium	µg	19	38
Chromium	µg	14	28
Fluoride	mg	0.20	0.4

Other		Per 100ml	Per 200ml bottle
Choline	mg	74	148
Osmolality	mOsmol/kgH <sub>2</sub> O	1050	1050