

FORTICREME COMPLETE

A ready-to-use, low volume, nutritionally complete pudding-style oral nutritional supplement.

FEATURES

- **Suitable as a sole source of nutrition[^]**
- **200kcal/tub (1.6kcal/ml):** energy dense to increase energy intake and improve body weight.¹
- **Semi-solid consistency:** suitable for patients with swallowing difficulties requiring texture modified alternatives to oral nutritional supplement drinks.
- **Equivalent to IDDSI Level 3 Moderately Thick classification** (to be used as a guide only). Consultation with a speech pathologist is recommended prior to use to ensure individual patient safety and suitability.[‡]
- **4 flavours:** available in a variety of flavours (Vanilla, Banana, Forest Fruit and Chocolate) for patient choice.
- **User-friendly packaging:** easy-to-hold 125g plastic tub.

Indications

For the dietary management of:

- Disease-related malnutrition
- Patients with high energy and protein requirements
- Patients with swallowing difficulties or conditions requiring texture modified diet

Important Notice

- Not for parenteral use
- Not suitable for patients with galactosaemia.
- Not suitable for patients with cow's milk protein allergy.
- Not suitable for infants and children under 3 years of age.
- Use with caution in children aged 3-6 years of age.

Directions for Use

- Ready to eat.
- Best served chilled.
- Usage to be determined by a healthcare professional

Storage

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

Ordering Information

To order contact Nutricia Customer Care **1800 889 480**.

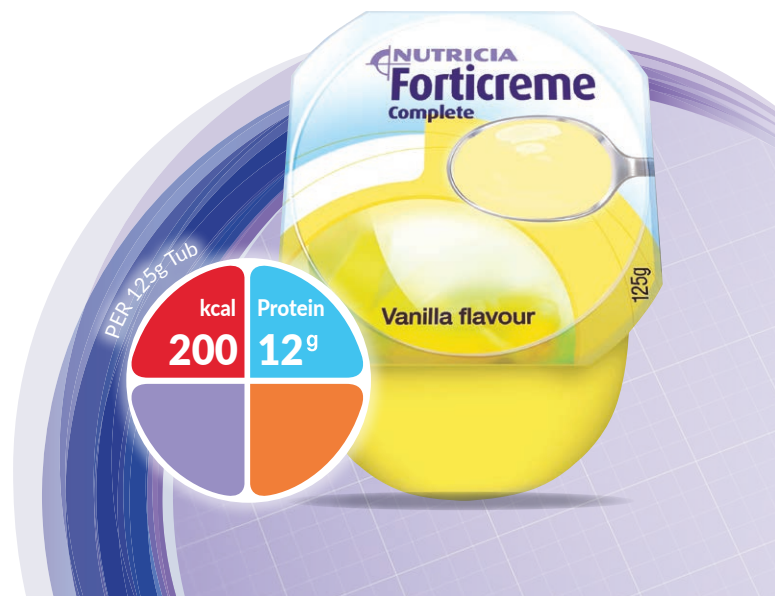
Forticreme Complete	Presentation	Product code	Units per carton
Vanilla	4 x 125g tub	40868	6
Banana	4 x 125g tub	40871	6
Forest Fruit	4 x 125g tub	40874	6
Chocolate	4 x 125g tub	40865	6

Ingredients*

Forticreme Complete Vanilla: water, sugar, cow's **milk** proteins (**milk** protein isolate, **milk** protein caseinates, whey protein (from **milk**)), glucose syrup, vegetable oils (rapeseed oil, sunflower oil), modified starch, flavouring (vanilla), potassium citrate, emulsifier (mono- and diglycerides of fatty acids), stabiliser (carrageenan), choline chloride, di potassium hydrogen phosphate, acidity regulator (citric acid), sodium L-ascorbate, magnesium hydroxide, maltodextrin, sodium chloride, colouring (curcumin), ferrous lactate, sodium hydroxide, potassium hydroxide, DL- α tocopheryl acetate, retinyl acetate, copper gluconate, zinc sulphate, manganese sulphate, calcium D-pantothenate, cholecalciferol, thiamin hydrochloride, pyridoxine hydrochloride, nicotinamide, riboflavin, sodium fluoride, phytomenadione, pteroylmonoglutamic acid, chromium chloride, sodium molybdate, potassium iodide, sodium selenite, D-biotin, cyanocobalamin.

Allergen & Cultural Information

- Contains: cow's milk protein.
- Does not contain: wheat, egg, nuts**, lupins.
- No Halal forbidden ingredients.
- No Kosher forbidden ingredients.
- No gluten containing ingredients. No detectable gluten when tested to a sensitivity level of less than 5 parts per million (<5 ppm i.e. <5mg/kg).
- Low lactose (lactose <2g/100g).



FORTICREME COMPLETE

NUTRITION INFORMATION*		Per 100g	Per 125g tub
Energy	kcal	160	200
	kJ	675	844
Protein	g	9.5 (24% E)	12
- Casein	g	7.5	9.4
- Whey	g	2.1	2.6
Carbohydrate	g	19.2 (48% E)	24
- Sugars	g	10.6	13.3
- as Lactose	g	0.1	0.13
Fat	g	5 (28% E)	6.3
- Saturates	g	0.7	0.9
- Monounsaturates	g	3	3.8
- Polyunsaturates	g	1.3	1.6
- ω6:ω3		5.1:1	5.1:1
Fibre	g	<0.5	<0.6
Water	ml	64	80
Minerals		Per 100g	Per 125g tub
Sodium	mg	70	79
	mmol	3	3.8
Potassium	mg	185	231
	mmol	4.7	5.9
Calcium	mg	130	163
Phosphorus	mg	113	141
Magnesium	mg	20	25
Chloride	mg	64	80
Ca:P ratio		1.1:1	1.1:1

* Please note the ingredients list and nutritional information is for Vanilla flavour only. There are minor variations between different flavours. For the full ingredients list and nutritional information for the other flavours, please contact the Nutricia Careline on 1800 438 500.

** Peanut (*Arachis hypogaea*), Almond (*Amygdalus communis* L.), Hazelnut (*Corylus avellana*), Walnut (*Juglans regia*), Cashew (*Anacardium occidentale*), Pecan nut (*Carya illinoensis* (Wangenh.) K. Koch), Brazil nut (*Bertholletia excelsa*), Pistachio nut (*Pistacia vera*), Macadamia nut and Queensland nut (*Macadamia ternifolia*) and products thereof.

^ In accordance with Australia New Zealand Food Standards Code – Standard 2.9.5

‡ To request a copy of the Nutricia ANZ IDDSI position statement, please contact Nutricia Careline on 1800 438 500.

REFERENCES 1. Milne AC, et al. Protein and energy supplementation in elderly people at risk from malnutrition. *Cochrane Database Syst Rev.* 2009; 2.

Vitamins		Per 100g	Per 125g tub
Vitamin A	µg-RE	205	256
Vitamin D	µg	1.7	2.1
Vitamin E	mg α-TE	2.7	3.4
Vitamin K	µg	13	16.3
Vitamin C	mg	16	20
Thiamin	mg	0.37	0.46
Riboflavin	mg	0.4	0.5
Niacin	mg NE	2.8	3.5
Vitamin B6	mg	0.42	0.53
Vitamin B12	µg	0.51	0.64
Folic Acid	µg	64	80
Pantothenic Acid	mg	1.3	1.6
Biotin	µg	6.4	8
Trace Elements		Per 100g	Per 125g tub
Iron	mg	2.6	3.3
Zinc	mg	1.6	2
Manganese	mg	0.64	0.8
Copper	µg	430	538
Iodine	µg	34	43
Molybdenum	µg	18	22.5
Selenium	µg	11	13.8
Chromium	µg	11	13.8
Fluoride	mg	0.18	0.23
Other		Per 100g	Per 125g tub
Choline	mg	88	110
Osmolality	mOsmol/kg H ₂ O	820	820

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

For more information call the
Nutricia Careline 1800 438 500

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