

Fortisip Powder

A high energy, high protein, nutritionally complete, powder supplement that can be mixed to desired energy concentration

Features

- Flexibility to prepare to various energy concentrations: 1kcal/ml, 1.5kcal/ml or 2kcal/ml
- 10g protein/200ml (20%E) when made at standard dilution (1kcal/ml)
- 1.2g Fibre/200ml when made at standard dilution (1kcal/ml)
- Suitable to be used as a sole source of nutrition in adults (≥ 18 years of age)
- Suitable to be used as a supplement and for food fortification (recipes available)
- Low in lactose (0.9g/100g)
- Available in vanilla flavour

Indications

For the dietary management of:

- Disease related malnutrition

Important Notice

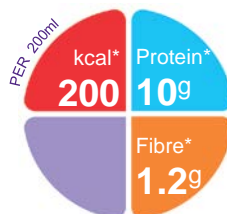
- Not suitable for patients with galactosaemia
- Only for adult use

Directions for Use

- Mix recommended amount of powder with water, and stir until the powder is completely dissolved
- Use only the scoop provided in the packaging. One level scoop provides 5.7g of powder
- Mixing guidelines (to make to a final volume of 200ml):

Concentration	Fortisip Powder (scoops)	Water (ml)
1kcal/ml	8	170
1.5kcal/ml	12	150
2kcal/ml	16	140

- Best served chilled. Keep prepared Fortisip Powder portions in the refrigerator and use within 24 hours. If not stored in the refrigerator discard after 2 hours
- Usage to be determined by a healthcare professional
- Please contact Nutricia Clinical Care Line for Fortisip Powder recipes



*When made to 1kcal/ml dilution

Storage

- Store in a cool, dry place
- Keep can lid tightly closed
- Once opened, use contents within 4 weeks

Ordering Information

- To order contact Nutricia Customer Care 1800 889 480

Fortisip Powder	Code	Units per carton
Vanilla 350g can	100446	12

Ingredients

Fortisip Powder Vanilla: Glucose syrup, **soy** protein, vegetable oils (palm oil, sunflower oil, rapeseed oil), sucrose, caseinate (from cow's **milk**), galacto-oligosaccharide (from cow's **milk**), tri potassium citrate, calcium carbonate, pectin, flavouring (vanilla), magnesium hydrogen phosphate, sodium chloride, flavouring (cream), fructo-oligosaccharide, emulsifier (**soy** lecithin), choline chloride, potassium chloride, L-ascorbic acid, sodium L-ascorbate, ferrous sulphate, zinc sulphate, nicotinamide, manganese sulphate, DL- α -tocopheryl acetate, calcium D-pantothenate, cupric sulphate, retinyl acetate, D-biotin, pteroylmonoglutamic acid, cyanocobalamin, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, sodium fluoride, retinyl palmitate, DL- α -tocopherol, cholecalciferol, chromium chloride, sodium molybdate, potassium iodide, sodium selenite, phytomenadione

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

Fortisip Powder

Nutrition Information		Per 100g	Per 100ml*
Energy	kcal	437	100
	kJ	1835	420
Protein	g	21.9 (20%E)	5
Casein	g	7.7	1.8
Carbohydrate	g	53.5 (49% E)	12.3
Sugars	g	18.4	4.2
as Lactose	g	0.9	0.2
Fat	g	14.5 (30%E)	3.3
Saturates	g	3.4	0.8
Monounsaturates	g	7.9	1.8
Polyunsaturates	g	2.4	0.5
$\omega 6 / \omega 3$ ratio		5.5:1	
Fibre	g	2.6 (1%E)	0.6

Minerals		Per 100g	Per 100ml*
Sodium	mg	315	72
Potassium	mg	696	159
Calcium	mg	519	119
Phosphorus	mg	282	65
Magnesium	mg	74	17
Chloride	mg	394	90
Ca:P ratio		1.8:1	

Vitamins		Per 100g	Per 100ml*
Vitamin A	$\mu\text{g-RE}$	423	97
Vitamin D	μg	6.6	1.5
Vitamin E	$\text{mg-}\alpha\text{-TE}$	5.2	1.2
Vitamin K	μg	23	5.3
Vitamin C	mg	44	10
Thiamin	mg	0.58	0.13
Riboflavin	mg	0.73	0.17
Niacin	mg NE	4.2	0.97
Vitamin B6	mg	0.73	0.17
Vitamin B12	μg	1.2	0.27
Folic Acid	μg	113	26
Pantothenic Acid	mg	2.3	0.53
Biotin	μg	12	2.7

Trace Elements		Per 100g	Per 100ml*
Iron	mg	7.0	1.6
Zinc	mg	5.2	1.2
Manganese	mg	1.3	0.30
Copper	μg	756	173
Iodine	μg	56	13
Molybdenum	μg	44	10
Selenium	μg	26	6.0
Chromium	μg	20	4.7
Fluoride	mg	0.45	0.10

Other		Per 100g	Per 100ml*
Choline	mg	155	36
Inositol	mg	3.0	0.69
Osmolality	mOsmol/kg H ₂ O		440

*When made at standard dilution at 1kcal/ml.