

FORTIFIT MUSCLE + BONE

FortiFit Muscle + Bone is a fortified whey protein powder containing ActiSyn®, the combination of whey protein isolate, leucine and vitamin D designed to stimulate muscle protein synthesis, for the dietary management of the age-related loss of muscle strength, mass, and function.¹⁻⁴

FEATURES

- **Protein (22g/serve) - with Whey Protein Isolate:** a 'fast' protein with high bioavailability of essential amino acids for the muscle.^{5,6}
- **Leucine (2.8g/serve):** an essential amino acid that is a powerful activator of muscle protein synthesis.^{7,8}
- **Vitamin D (800 IU or 20µg / serve):** sensitizes the muscles anabolic response to leucine.²
- **Calcium (503mg/serve):** enhances bone mineral density.⁹
- **Low GI**
- FortiFit Muscle + Bone has demonstrated efficacy in improving muscle mass, strength¹⁰⁻¹³, and physical performance in various clinical settings, either alone or in combination with exercise¹⁰⁻¹⁴ in older adults (≥ 65 years).

Indications

FortiFit Muscle + Bone is a Food for Special Medical Purpose (FSMP) for the dietary management of the age-related loss of muscle strength, mass, and function.

Important Notice

Not suitable as a sole source of nutrition.

Not suitable for use by people under the age of 18 or pregnant women.

To be used with caution in people with:

- Renal and/or hepatic disease.
- Endocrine (hormone) disease associated with abnormal calcium and/or bone metabolism.
- Using additional calcium supplementation exceeding 500 mg/day.
- Using additional vitamin D supplementation.

Directions for Use

- Add 4 scoops of powder to 125ml of water in a shaker.
- Shake well before consuming.
- Consume after preparation or discard unfinished drink after 2 hours if left at room temperature.

Storage

- Store in a cool, dry place.
- Use by date on tin bottom.
- After opening, keep tin airtight and use contents within four weeks.

Ordering Information

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

| FortiFit Muscle + Bone | Presentation | Product code | Servings per tin |
|------------------------|--------------|--------------|------------------|
| Vanilla | 850g tin | 172616 | 21 |
| Coffee | 850g tin | 172615 | 21 |
| Chocolate | 850g tin | 172614 | 21 |

Ingredients[^]

FortiFit Muscle + Bone Vanilla: Whey protein isolate (**milk**) (58.5%), vegetable oils (glucose syrup, sunflower oil, **soybean** oil, sodium caseinate (**milk**), coconut oil, emulsifiers (471), antioxidants (ascorbyl palmitate, mixed tocopherols), sugar, galacto-oligosaccharides (**milk**), natural flavours (vanilla, contains **milk**), maltodextrin, L-leucine, pectin, L-isoleucine, L-valine, inulin, choline, mixed carotenoids, natural sweetener (monk fruit extract).

Minerals: Calcium, potassium, phosphorus, sodium, chloride, magnesium, iron, zinc, manganese, copper, molybdenum, chromium, iodine, selenium.
Vitamins: A, B₁, B₂, B₃, B₅, B₆, B₁₂, C, D, E, K, folic acid, biotin.

Allergens

- Contains milk and soy.
- Contains lactose.
- No gluten containing ingredients.
- Does not contain wheat, egg, peanuts, tree nuts, lupin.



FORTIFIT MUSCLE + BONE

| NUTRITION INFORMATION | | Quantity per Serve | Daily Intake % per Serve | Per 100ml Prepared | Per 100g Powder |
|---------------------------------|----------------|--------------------|--------------------------|--------------------|-----------------|
| 1 Serve = 40g or 150ml prepared | | | | | |
| Energy | kJ | 643 | 7 %* | 429 | 1600 |
| | kcal | 154 | | 102 | 382 |
| Protein | g | 22 | 43 %* | 14.4 | 54 |
| Essential amino acids | g | 10.3 | | 6.9 | 26 |
| Leucine | g | 2.8 | | 1.9 | 6.9 |
| Fat total | g | 3.0 | 4 %* | 2.0 | 7.5 |
| Saturated | g | 0.52 | 2 %* | 0.35 | 1.3 |
| Carbohydrate | g | 8.8 | 3 %* | 5.8 | 22 |
| Sugars | g | 4.3 | 5 %* | 2.9 | 10.8 |
| Dietary Fibre | g | 1.7 | 6 %* | 1.1 | 4.2 |
| Vitamins | | | | | |
| Vitamin A | µg | 153 | 20 % [#] | 102 | 380 |
| Vitamin D | µg (800 IU) | 20 | 200 % [#] | 13.3 | 50 |
| Vitamin E | mg α-TE | 7.6 | 76 % [#] | 5.0 | 18.8 |
| Thiamin (B ₁) | mg | 0.23 | 21 % [#] | 0.16 | 0.58 |
| Riboflavin (B ₂) | mg | 0.27 | 16 % [#] | 0.18 | 0.66 |
| Niacin (B ₃) | mg | 2.7 | 27 % [#] | 1.8 | 6.7 |
| Vitamin B ₆ | mg | 0.74 | 46 % [#] | 0.49 | 1.8 |
| Folic Acid | µg | 203 | 101 % [#] | 135 | 505 |
| Vitamin B ₁₂ | µg | 3.1 | 154 % [#] | 2.1 | 7.7 |
| Vitamin C | mg | 32 | 80 % [#] | 21 | 80 |
| Biotin | µg | 6.1 | 20 % ⁺ | 4.1 | 15.2 |
| Pantothenic Acid | mg | 0.80 | 16 % ⁺ | 0.54 | 2.0 |
| Vitamin K | µg | 11.6 | 15 % ⁺ | 7.8 | 29 |

| NUTRITION INFORMATION | | Quantity per Serve | Daily Intake % per Serve | Per 100ml Prepared | Per 100g Powder |
|------------------------------------|----|--------------------|--------------------------|--------------------|-----------------|
| 1 Serve = 40g or 150ml prepared | | | | | |
| Minerals and Trace Elements | | | | | |
| Sodium | mg | 94 | 4 %* | 63 | 235 |
| Potassium | mg | 285 | | 190 | 708 |
| Chloride | mg | 70 | | 47 | 175 |
| Calcium | mg | 503 | 63 % [#] | 335 | 1250 |
| Phosphorus | mg | 235 | 23 % [#] | 157 | 584 |
| Magnesium | mg | 43 | 13 % [#] | 28 | 106 |
| Iron | mg | 2.5 | 21 % [#] | 1.7 | 6.2 |
| Zinc | mg | 2.3 | 19 % [#] | 1.5 | 5.6 |
| Copper | µg | 362 | 12 % ⁺ | 241 | 900 |
| Iodine | µg | 20 | 13 % [#] | 13.4 | 50 |
| Manganese | mg | 0.64 | 13 % ⁺ | 0.43 | 1.6 |
| Selenium | µg | 14.9 | 21 % [#] | 9.9 | 37 |
| Chromium | µg | 25 | 12 % ⁺ | 16.3 | 61 |
| Molybdenum | µg | 31 | 12 % ⁺ | 20 | 76 |
| Carotenoids | mg | 0.30 | | 0.20 | 0.75 |
| Other | | | | | |
| Choline | mg | 56 | | 37 | 139 |

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

For more information call the
Nutricia Careline 1800 060 051
NutriciaCareline@danone.com

All quantities are an average amount.

¹Essential AA – Essential Amino Acids

The % daily intake are based on an average healthy adult as provided in the Food Standards Code. Note your requirements may vary, consult a healthcare professional to determine specific recommendations.

* Percentage daily intakes are based on an average adult diet of 8700 KJ

[#] Percentage Recommended Dietary Intake

⁺ Percentage Estimated Safe and Adequate Daily Dietary Intake

[^] Please note that the ingredients list and nutritional information is for vanilla flavour only. There are minor variations in the ingredients list and nutritional information between different flavours. For the full ingredients list, please contact the Nutricia Careline Team on 1800 060 051.

REFERENCES

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Nutricia Australia Pty Ltd.
Lvl 4, Building D, 12-24 Talavera Road,
Macquarie Park, NSW, 2113.
www.nutriciamedical.com.au

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