

FORTISIP COMPACT

A ready-to-drink, milkshake style, nutritionally complete oral nutritional supplement.

FEATURES

- **Suitable as a sole source of nutrition** ^
- **300kcal/bottle (2.4kcal/ml):** energy dense to increase energy intake and improve body weight.¹
- **High compliance:** significantly higher compliance (91%) when compared to standard 1-2 kcal/ml oral nutritional supplement (77%)²
- **Compact bottle:** significantly greater intakes of energy and protein with a 125ml bottle when compared with a 200ml oral nutritional supplement.²
- **Fibre-Free:** for patients requiring residue-restricted diets.
- **User-friendly bottle:** ergonomic plastic bottle, with resealable easy to open cap.

Indications

For use in the dietary management of:

- Disease related malnutrition including patients with cancer, post-trauma, cystic fibrosis, burns, dementia, chronic obstructive pulmonary disease (COPD) and diseases requiring a fluid restriction e.g. liver disease, renal disease.
- Patients requiring a residue free diet .

Important Notice

- Suitable as a sole source of nutrition.
- Not for parenteral use.
- Not suitable for patients with galactosemia.
- Not suitable for patients with cow's milk protein allergy.
- Not suitable for children under 6 years of age.

Directions for Use

- Best served chilled.
- Shake well before use.
- Usage to be determined by a health care 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 Compact	Presentation	Product code	Servings carton
Vanilla	125ml bottle	79749	24
Strawberry	125ml bottle	79754	24

Ingredients*

Fortisip Compact Vanilla: water, glucose syrup, **cow's milk** proteins, vegetable oils (rapeseed oil, sunflower oil), potassium lactate, emulsifier (**soy** lecithin), magnesium hydrogen phosphate, flavouring (vanilla), choline chloride, potassium citrate, sodium citrate, sodium L-ascorbate, sodium chloride, ferrous lactate, potassium chloride, nicotinamide, zinc sulphate, colour (curcumin), DL- α -tocopheryl-acetate, retinyl acetate, copper gluconate, sodium selenite, manganese sulphate, calcium D-pantothenate, chromium chloride, D-biotin, cholecalciferol, thiamin hydrochloride, pteroylmonoglutamic acid, pyridoxine hydrochloride, sodium molybdate, riboflavin, sodium fluoride, potassium iodide, phytomenadione, cyanocobalamin.

Allergen & Cultural Information

- Contains cow's milk protein and soy.
- Does not contain wheat, eggs, nuts**, lupins.
- Halal certified.
- No gluten containing ingredients.
- Low lactose (<2g/100g)



FORTISIP COMPACT

NUTRITION INFORMATION	Units	Per 100ml	Per 125ml
Energy	kJ	1010	1263
	kcal	240	300
Protein	g	9.6 (16% E)	12
Casein	g	8.8	11
Carbohydrate	g	29.7 (49% E)	37.1
Sugars	g	15	18.8
As lactose	g	<0.5	<0.6
Fat	g	9.3 (35% E)	11.6
Saturates	g	0.9	1.1
Monounsaturates	g	5.7	7.1
Polyunsaturates	g	2.7	3.4
$\omega 6 / \omega 3$ ratio	g	5:1:1	5:1:1
Fibre	g	0	0
Water	g	64	80
Vitamins			
Vitamin A	μg	240	300
Vitamin D	μg	1.8	2.3
Vitamin E	mg α -TE	3.0	3.8
Thiamin (B ₁)	mg	0.4	0.5
Riboflavin (B ₂)	mg	0.4	0.5
Niacin (B ₃)	mg	2.2	2.8
Vitamin B ₆	mg	0.4	0.5
Folic Acid	μg	64	80
Vitamin B ₁₂	μg	0.7	0.88
Vitamin C	mg	24	30
Biotin	μg	9.6	12
Pantothenic Acid	mg	1.3	1.6
Vitamin K	μg	13	16

NUTRITION INFORMATION	Units	Per 100ml	Per 125ml
Minerals			
Sodium	mg	96	120
	mmol	4.2	5.2
Potassium	mg	236	295
	mmol	6.0	7.5
Calcium	mg	174	218
	mmol	4.3	5.4
Phosphorus	mg	174	218
	mmol	5.6	7.0
Magnesium	mg	33	41
	mmol	1.4	1.8
Chloride	mg	91	114
	mmol	2.6	3.2
Ca:P ratio	mg	1:1	1:1
Trace Elements			
Iron	mg	3.8	4.8
Zinc	mg	2.9	3.6
Manganese	mg	0.8	1
Copper	mg	0.43	0.54
Iodine	μg	32	40
Molybdenum	μg	24	30
Selenium	μg	14	18
Chromium	μg	16	20
Fluoride	mg	0.2	0.25
Other			
Choline	mg	88	110
Osmolality	mOsmol/ kg water	1260	1260

* 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 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, except those used for alcohol distillates.

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

REFERENCES

1. Smith et al. *Nutrients* 2020;12:517
2. Hubbard GP et al. *Proc. Nutr. Soc.* 2010; 69; OCE2: E164

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

For more information call the
Nutricia Careline 1800 438 500
NutriciaCareline@danone.com

NUTRICIA
LIFE-TRANSFORMING NUTRITION

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

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