

FORTISIP 2KCAL

A ready-to-drink, high energy, high protein, nutritionally complete oral nutritional supplement.

FEATURES

- **Suitable as a sole source of nutrition.**[^]
- **Suitable for oral or enteral use:** can be consumed orally or delivered via an enteral feeding tube. Can be used to supplement intake or as a sole source of nutrition.
- **400kcal/bottle (2.0kcal/ml):** energy dense to increase energy intake and improve body weight.¹
- **20g protein/bottle (20% energy):** high protein to meet increased protein requirements and limit muscle mass loss.²
- **10µg vitamin D/bottle:** elevated levels of vitamin D in line with dietary intake recommendations to address vitamin D deficiency in vulnerable patient groups e.g. older and/or hospitalised and institutionalised adults.^{3,4}
- **Fibre-free:** for patients requiring residue-restricted diets.
- **User-friendly bottle:** ergonomic plastic bottle, with resealable easy to open cap.

Indications

For the dietary management of:

- Disease-related malnutrition.
- Patients with high energy and protein requirements.
- Patients requiring a residue restricted 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

- Shake well before use.
- 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 content after 24 hours.

Ordering Information

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

Fortisip 2kcal	Presentation	Product code	Units per carton
Vanilla	200ml bottle	172125	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- α 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.

Allergen & Cultural Information

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



FORTISIP 2KCAL

NUTRITION INFORMATION		Per 100ml	Per 200ml
Energy	kcal	200	400
	kJ	840	1680
Protein	g	10 (20% E)	20
Casein	g	9.3	18.6
Carbohydrate	g	20.8 (42% E)	41.6
Sugars	g	15.5	31
as Lactose	g	0.3	0.6
Fat	g	8.5 (38% E)	17
Saturates	g	0.9	1.8
Monounsaturates	g	5.1	10.2
Polyunsaturates	g	2.5	5
Fibre	g	0	0
Water	ml	71	142
Minerals		Per 100ml	Per 200ml
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:P ratio		1.2:1	1.2:1

* 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 2.95

REFERENCES 1. Milne AC, et al. Protein and energy supplementation in elderly people at risk from malnutrition. *Cochrane Database Syst Rev.* 2009; 2. 2. Ross PJ, Ashley S, Norton A, et al. Do patients with weight loss have a worse outcome when undergoing chemotherapy for lung cancers? *Br J Cancer.* 2004;90:1905-11. 3. <https://www.nrv.gov.au/nutrients/vitamin-d>. Accessed Nov 2, 2020. 4. ter Borg S, Verlaan S, Hemsworth J, et al. Micronutrient intakes and potential inadequacies of community-dwelling older adults: a systematic review. *Br J Nutr.* 2015;113(8):1195-206.

Vitamins		Per 100ml	Per 200ml
Vitamin A	µg-RE	175	350
Vitamin D	µg	5	10
Vitamin E	mg α-TE	2.6	5.2
Vitamin K	µg	11	22
Vitamin C	mg	20	40
Thiamin	mg	0.3	0.6
Riboflavin	mg	0.33	0.66
Niacin	mg NE	4.3	8.6
Vitamin B ₆	mg	0.4	0.8
Vitamin B ₁₂	µg	0.5	1
Folic Acid	µg	54	108
Pantothenic Acid	mg	1.1	2.2
Biotin	µg	8	16
Trace Elements		Per 100ml	Per 200ml
Iron	mg	3.2	6.4
Zinc	mg	2.4	4.8
Manganese	mg	0.7	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	0.2	0.4
Other		Per 100ml	Per 200ml
Choline	mg	74	148
Osmolality	mOsmol/ kgH ₂ O	1050	1050

**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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LIFE-TRANSFORMING NUTRITION

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