

# FORTISIP COMPACT

A ready-to-drink, high energy, low volume oral nutritional supplement.

## FEATURES

- **Suitable as a sole source of nutrition<sup>^</sup>**
- **300kcal/bottle (2.4kcal/ml):** energy dense to increase energy intake and improve body weight.<sup>1</sup>
- **High compliance:** Significantly higher compliance (91%) when compared to standard 1–2kcal/ml oral nutrition supplements (77%).<sup>2</sup>
- **Compact bottle:** significantly greater intakes of energy and protein with a 125ml bottle when compared with a 200ml oral nutritional supplement.<sup>2</sup>
- **No added fibre:** 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 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

- Not for parenteral use.
- Not suitable for patients with galactosaemia.
- Not suitable for patients with cow's milk protein allergy.
- Not suitable for children under 3 years of age.
- Use with caution in children aged 3-6 years.
- Must be used under medical supervision.
- Monitor fluid intake to ensure adequate hydration status.

## 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, close the bottle and store in the refrigerator.
- Discard unused content after 24 hours.

## Ordering Information

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

Fortisip Compact	Presentation	Product code	Units per carton
Vanilla	125ml bottle	162658	24
Strawberry	125ml bottle	163252	24

## Ingredients\*

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

## Allergen & Cultural Information

- Contains: **milk** and **soy**.
- Halal certified.
- Nutricia UK and/or Ireland have Kosher approval for this product, except for those flavours containing carminic acid.
- 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).



# FORTISIP COMPACT

For Healthcare Professional Use Only.

NUTRITION INFORMATION*		Per 100ml	Per 125ml
Energy	KJ	1010	1263
	kcal	240	300
Protein	g	9.6 (16% E)	12
Casein	g	9.3	11.6
Carbohydrate	g	29.6 (49% E)	37
Sugars	g	15.5	19.4
as Lactose	g	<0.5	<0.6
Fat	g	9.3 (35% E)	11.6
Saturates	g	0.86	1.08
Monounsaturates	g	5.6	7.0
Polyunsaturates	g	2.8	3.5
ω6 / ω3 ratio		5.1:1	5.1:1
Fibre	g	0	0
Water	ml	64	80
Vitamins		Per 100ml	Per 125ml
Vitamin A	µg	240	300
Vitamin D	µg	1.80	2.25
Vitamin E	mg α-TE	3.00	3.75
Thiamin B1	mg	0.40	0.50
Riboflavin B2	mg	0.40	0.50
Niacin B3	mg-NE	4.30	5.38
Vitamin B6	mg	0.40	0.50
Folic Acid	µg	64.0	80.0
Vitamin B12	µg	0.70	0.88
Vitamin C	mg	24.0	30.0
Biotin	µg	9.60	12.00
Pantothenic Acid	mg	1.30	1.63
Vitamin K	µg	13.0	16.3

\* 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 other flavours, please contact the Nutricia Clinical Careline on 1800 060 051.

^ 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

**Food for special medical purposes for use under medical supervision.**

For more information call the  
**Nutricia Clinical Careline 1800 060 051**  
[NutriciaCareline@danone.com](mailto:NutriciaCareline@danone.com)

Minerals		Per 100ml	Per 125ml
Sodium	mg	96.0	120.0
	mmol	4.18	5.23
Potassium	mg	237	296
	mmol	6.06	7.58
Calcium	mg	176	220
	mmol	4.39	5.49
Phosphorus	mg	182	228
	mmol	5.88	7.35
Magnesium	mg	32.5	40.6
	mmol	1.34	1.68
Chloride	mg	85.0	106.3
	mmol	2.40	3.00
Ca:P ratio	mg	1:1	1:1
Trace Elements		Per 100ml	Per 125ml
Iron	mg	3.85	4.81
Zinc	mg	2.90	3.63
Manganese	mg	0.84	1.05
Copper	mg	0.43	0.54
Iodine	µg	36.3	45.4
Molybdenum	µg	24.0	30.0
Selenium	µg	14.7	18.4
Chromium	µg	16.0	20.0
Fluoride	mg	0.18	0.23
Other		Per 100ml	Per 125ml
Choline	mg	88.1	110.1
Osmolality	mOsmol/ kgH <sub>2</sub> O	1260	1260

**NUTRICIA**  
 LIFE-TRANSFORMING NUTRITION

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