

FORTISIP COMPACT FIBRE

A ready-to-drink, high energy, fibre-enriched, 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 1–2kcal/ml oral nutrition supplements (77%).²
- **Compact bottle:** significantly greater intakes of energy and protein with a 125ml bottle when compared with a 200ml oral nutritional supplement.²
- **4.5g of fibre*/bottle:** to help maintain normal bowel function.
- **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 with high energy requirements.

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.
- Not suitable for patients requiring a fibre free diet.
- 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 Fibre	Presentation	Product code	Units per carton
Vanilla	125ml bottle	172108	24
Strawberry	125ml bottle	172106	24

Ingredients**

Fortisip Compact Fibre Vanilla: cow's **milk** proteins, glucose syrup, water, vegetable oils (rapeseed oil, sunflower oil), trehalose[†], oligofructose, galacto-oligosaccharides (from cow's **milk**), potassium citrate, emulsifier (**soy** lecithin), pectin, flavourings (vanilla), magnesium hydrogen phosphate, fructo-oligosaccharides, choline chloride, potassium chloride, sodium citrate, sodium L-ascorbate, 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, phytomenadiol, cyanocobalamin.

[†] Trehalose is a source of glucose

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 FIBRE

For Healthcare Professional Use Only.

NUTRITION INFORMATION**		Per 100ml	Per 125ml
Energy	kJ	1007	1259
	kcal	240	300
Protein	g	9.5 (16% E)	11.9
Casein	g	9.2	11.5
Carbohydrate	g	25.4 (42% E)	31.8
Sugars	g	13.4	16.8
as Lactose	g	0.51	0.64
Fat	g	10.4 (39% E)	13
Saturates	g	0.93	1.16
Monounsaturates	g	6.3	7.9
Polyunsaturates	g	3.2	4.0
ω6 / ω3 ratio		5.1:1	5.1:1
Fibre	g	3.6 (3% E)	4.5
Water	ml	63	79
Vitamins		Per 100ml	Per 125ml
Vitamin A	µg	234	293
Vitamin D	µg	1.80	2.25
Vitamin E	mg α-TE	3.17	3.96
Thiamin B1	mg	0.44	0.55
Riboflavin B2	mg	0.46	0.58
Niacin B3	mg-NE	4.40	5.50
Vitamin B6	mg	0.46	0.58
Folic Acid	µg	61.3	76.6
Vitamin B12	µg	0.70	0.88
Vitamin C	mg	24.0	30.0
Biotin	µg	9.60	12.00
Pantothenic Acid	mg	1.40	1.75
Vitamin K	µg	13.0	16.3

* The fibre is a blend of dietary fibres (oligofructose, galacto-oligosaccharides, pectin, fructo-oligosaccharides) reflecting the different types in a healthy diet.

** 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

Minerals		Per 100ml	Per 125ml
Sodium	mg	83.0	103.8
	mmol	3.61	4.51
Potassium	mg	208	260
	mmol	5.32	6.65
Calcium	mg	165	206
	mmol	4.12	5.15
Phosphorus	mg	174	218
	mmol	5.62	7.03
Magnesium	mg	32.4	40.5
	mmol	1.33	1.66
Chloride	mg	82.0	102.5
	mmol	2.31	2.89
Ca:P ratio	mg	1:1	1:1
Trace Elements		Per 100ml	Per 125ml
Iron	mg	3.86	4.83
Zinc	mg	2.8	3.5
Manganese	mg	0.80	1.00
Copper	mg	0.43	0.54
Iodine	µg	37.4	46.8
Molybdenum	µg	24.0	30.0
Selenium	µg	14.0	17.5
Chromium	µg	16.0	20.0
Fluoride	mg	0.18	0.23
Other		Per 100ml	Per 125ml
Choline	mg	80.8	101.1
Osmolality	mOsmol/ kgH ₂ O	1260	1260

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