

# FORTISIP

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

## FEATURES

- **Suitable as a sole source of nutrition<sup>^</sup>**
- **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.
- **300kcal/bottle (1.5kcal/ml):** energy dense to increase energy intake and improve body weight.<sup>1</sup>
- **No Added Fibre:** for patients requiring residue-restricted diets. Except for chocolate flavour which contains 0.6g fibre per bottle.
- **4 flavours:** available in a variety of flavours (Vanilla, Chocolate, Strawberry and Banana) for patient choice.
- **User-friendly bottle:** ergonomic plastic bottle, with resealable easy to open cap.

## Indications

For use in the dietary management of:

- Disease related malnutrition
- Patients with high energy requirements
- Patients requiring a residue restricted diet

## Important Notice

- Suitable as a sole source of nutrition.
- 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.
- Must be used under medical supervision.

## 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, close the bottle and store in a refrigerator for maximum 24 hours.
- Discard unused contents after 24 hours.

## Ordering Information

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

Fortisip	Presentation	Product code	Units per carton
Vanilla	200ml bottle	52356	24
Chocolate	200ml bottle	52352	24
Strawberry	200ml bottle	52354	24
Banana	200ml bottle	52351	24

## Ingredients\*

**Fortisip Vanilla:** water, maltodextrin, cow's **milk** proteins, sugar, vegetable oils (rapeseed oil, sunflower oil), potassium citrate, emulsifier (**soy** lecithin), flavouring, magnesium chloride, tri calcium phosphate, acidity regulator (citric acid), choline chloride, carotenoids (contains **soy**) (b-carotene, lutein, lycopene oleoresin from tomatoes), calcium hydroxide, sodium L-ascorbate, potassium hydroxide, ferrous lactate, zinc sulphate, colour (curcumin), magnesium hydroxide, nicotinamide, retinyl acetate, copper gluconate, DL- $\alpha$  tocopheryl acetate, sodium selenite, manganese sulphate, calcium D-pantothenate, chromium chloride, D-biotin, cholecalciferol, thiamin hydrochloride, pteroylmonoglutamic acid, pyridoxine hydrochloride, cyanocobalamin, sodium molybdate, riboflavin, potassium iodide, sodium fluoride, phytomenadione.

## Allergen & Cultural Information

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



NUTRITION INFORMATION*		Per 100ml	Per 200ml
Energy	kcal	150	300
	kJ	625	1250
Protein	g	5.9 (16% E)	11.8
Casein	g	5.9	11.8
Carbohydrate	g	18.4 (49% E)	36.8
Sugars	g	6.7	13.4
as Lactose	g	<0.025	<0.05
Fat	g	5.8 (35% E)	11.6
Saturates	g	0.6	1.2
Monounsaturates	g	3.5	7
Polyunsaturates	g	1.7	3.4
$\omega 6 / \omega 3$ ratio		5.2:1	5.2:1
Fibre	g	0	0
Water	ml	78	156
Minerals		Per 100ml	Per 200ml
Sodium	mg	90	180
	mmol	3.9	7.8
Potassium	mg	159	318
	mmol	4.1	8.2
Calcium	mg	91	182
Phosphorus	mg	78	156
Magnesium	mg	23	46
Chloride	mg	87	174
Ca:P ratio		1.2:1	1.2:1
Vitamins		Per 100ml	Per 200ml
Vitamin A	$\mu\text{g-RE}$	123	246
Vitamin D	$\mu\text{g}$	1.1	2.2
Vitamin E	mg $\alpha\text{-TE}$	1.9	3.8
Vitamin K	$\mu\text{g}$	8	16
Vitamin C	mg	15	30
Thiamin	mg	0.23	0.46
Riboflavin	mg	0.24	0.48
Niacin	mg NE	2.7	5.4
Vitamin B6	mg	0.26	0.52
Vitamin B12	$\mu\text{g}$	0.32	0.64
Folic Acid	$\mu\text{g}$	40	80
Pantothenic Acid	mg	0.8	1.6
Biotin	$\mu\text{g}$	6	12

Trace Elements		Per 100ml	Per 200ml
Iron	mg	2.4	4.8
Zinc	mg	1.8	3.6
Manganese	mg	0.5	1
Copper	mg	0.27	0.54
Iodine	$\mu\text{g}$	20	40
Molybdenum	$\mu\text{g}$	15	30
Selenium	$\mu\text{g}$	8.6	17.2
Chromium	$\mu\text{g}$	10	20
Fluoride	mg	0.15	0.3
Other		Per 100ml	Per 200ml
Carotenoids	mg	0.3	0.6
Choline	mg	55	110
Osmolality	mOsmol/ kgH <sub>2</sub> O	590	590

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

For more information call the  
**Nutricia Clinical Care Line 1800 060 051**

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

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

REFERENCES 1.Milne AC, et al. Protein and energy supplementation in elderly people at risk from malnutrition. Cochrane Database Syst Rev. 2009; 2.