

FORTISIP MULTI FIBRE

A ready-to-drink, high energy, fibre-enriched, 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.
- 308kcal/bottle (1.5kcal/ml): energy dense to increase energy intake and improve body weight.¹
- **4.4g of MF6* fibre blend per 200ml bottle:** to help maintain normal bowel function.
- **3 flavours:** available in a variety of flavours (Vanilla, Chocolate and Strawberry) 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

Important Notice

- Suitable as a sole source of nutrition.
- Not for parenteral use.
- Not suitable for patients requiring a fibre free diet.
- 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 Multi Fibre	Presentation	Product code	Units per carton
Vanilla	200ml bottle	52360	24
Chocolate	200ml bottle	52357	24
Strawberry	200ml bottle	52359	24

Ingredients**

Fortisip Multi Fibre Vanilla: water, maltodextrin, cow's **milk** proteins, sugar, vegetable oils (rapeseed oil, sunflower oil), dietary fibres (**soy** polysaccharides, inulin, oligofructose, resistant starch, arabic gum, cellulose), 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), potassium hydroxide, calcium hydroxide, sodium L- ascorbate, ferrous lactate, magnesium hydroxide, zinc sulphate, colour (curcumin), nicotinamide, copper gluconate, retinyl acetate, DL-a tocopheryl acetate, manganese sulphate, sodium selenite, calcium D-pantothenate, chromium chloride, D-biotin, cholecalciferol, thiamin hydrochloride, pteroylmonoglutamic acid, pyridoxine hydrochloride, cyanocobalamin, sodium molybdate, sodium fluoride, riboflavin, potassium iodide, phytomenadione.

Allergen & Cultural Information

- Contains: milk and soy.
- Halal certified.
- To the best of our knowledge this product does not contain ingredients that are forbidden in the Kosher diet, however, the manufacturing processes have not been officially certified by the relevant religious bodies. Flavours containing carminic acid are not suitable for a kosher diet.
- 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 MULTI FIBRE

NUTRITION INFORMATIONPer 100mlPer 200mlEnergykcal154308kJ6451290Protein96(16% E)12Casein90102Casein9184 (48% E)368Soy90102Carbohydrate9184 (48% E)368Sugars96.8136as Lactose96.8136Saturates96.0254.005Fat95.8 (34% E)116Saturates93.57Polyunsaturates93.57Polyunsaturates93.57Polyunsaturates91.24.4wof / w3 ratio92.24.4Waterml76152Fibre92.24.4Waterml3.97.8Fodassiummg1.8178mmol3.97.8184Magnesiummg91.82Poloshorusmg7.7154Magnesiummg2.448Choridemg1.21121Vitamin Aµg86172Vitamin Mmg d.153.0Vitamin Mµg816Vitamin Mµg3.53.0Vitamin Mµg3.03.0Vitamin Mµg2.44.8Vitamin Mµg3.03.0Vitamin				
kJ6451290Protein96(16% E)12Casein95.9118Soy90.10.2Carbohydrate9184 (48% E)36.8Sugars96.813.6as Lactose9<0.025<0.05Fat95.8 (34% E)11.6Saturates90.612Monounsaturates93.57Polyunsaturates91.73.4o6 / w3 ratio92.24.4Water92.24.4Water93.5152Fibre92.24.4Waterml76152Minerals917.8Potassiummg159318mmol3.97.8Posphorusmg91182Calciummg91182Phosphorusmg77154Magnesiummg2448Chloridemg86172Vitamin Aµg-RE123246Vitamin Kµg816Vitamin Kµg816Vitamin Kµg3.03.0Niacinmg Na12.13.0Vitamin BEmg0.240.48Vitamin BEmg0.240.48Vitamin B12µg0.320.64Folic Acidµg4.080Potachanic Acidmg0	NUTRITION INFOR	MATION	Per 100ml	Per 200ml
Protein96 (16% E)12Casein95.9118Soy90.10.2Carbohydrate9184 (48% E)36.8Sugars96.813.6as Lactose9<0.025	Energy	kcal	154	308
Casein95.9118Soy90.10.2Carbohydrate918.4 (48% E)36.8Sugars96.813.6as Lactose9<0.025		kJ	645	1290
Soy 9 0.1 0.2 Carbohydrate 9 18.4 (48% E) 36.8 Sugars 9 6.8 13.6 as Lactose 9 $\langle 0.025$ $\langle 0.05$ Fat 9 5.8 (34% E) 11.6 Saturates 9 0.6 1.2 Monounsaturates 9 3.5 7 Polyunsaturates 9 1.7 3.4 $\omega 6 / \omega 3$ ratio 9 2.2 4.4 Water ml 76 152 Fibre 9 2.2 4.4 Water ml 76 152 Minerals 9 178 152 Mater mg 89 178 mmol 3.9 78 181 Potassium mg 159 318 fibro mg 159 318 Calcium mg 244 48 Choride mg 12.1 <	Protein	9	6 (16% E)	12
Carbohydrate 9 18.4 (48% E) 36.8 Sugars 9 68 136 as Lactose 9 $\langle 0.025 \rangle$ $\langle 0.05 \rangle$ Fat 9 $5.8 (34\% E)$ 116 Saturates 9 0.6 12 Monounsaturates 9 3.5 7 Polyunsaturates 9 1.7 3.4 $\omega 6 / \omega 3$ ratio 5.2:1 5.2:1 5.2:1 Fibre 9 2.2 4.4 Water ml 76 152 Minerals 9 7.8 178 Mmol 3.9 7.8 Potassium mg 159 318 mmol 4.1 82 Choride mg 24 48 Choride mg 24 48 Choride mg 86 172 Vitamin A µg-RE 123 246 Vitamin A µg 816 16	Casein	9	5.9	11.8
Sugars 9 6.8 13.6 as Lactose 9 $\langle 0.025 \rangle$ $\langle 0.05 \rangle$ Fat 9 $\delta.8 \langle 34\% E \rangle$ 11.6 Saturates 9 0.6 12 Monounsaturates 9 3.5 7 Polyunsaturates 9 17 3.4 $\omega 6 / \omega 3$ ratio 9 2.2 4.4 Water 9 2.2 4.4 Water ml 76 152 Minerals 9 2.2 4.4 Water ml 76 152 Minerals 9 2.2 4.4 Water ml 76 152 Minerals 9 2.2 4.4 Vater ml 3.9 78 Poly 3.9 78 78 Potassium mg 916 312 Adapesium mg 121 1221 Magnesium	Soy	9	0.1	0.2
rsp. rsp. <thrsp.< th=""> rsp. rsp.</thrsp.<>	Carbohydrate	9	18.4 (48% E)	36.8
Fat 9 5.8 (34% E) 11.6 Saturates 9 0.6 1.2 Monounsaturates 9 3.5 7 Polyunsaturates 9 1.7 3.4 $\omega 6 / \omega 3$ ratio 52:1 52:1 Fibre 9 2.2 4.4 Water ml 76 152 Minerals mg 89 178 Sodium mg 89 178 Minerals mg 159 318 Potassium mg 159 318 Magnesium mg 91 182 Phosphorus mg 77 154 Magnesium mg 244 48 Chloride mg 86 172 Ca:P ratio 12:1 12:1 12:1 Vitamin A µg-RE 123 246 Vitamin K µg 8 16 Vitamin K µg 8 16	Sugars	9	6.8	13.6
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Monounsaturates 9 3.5 7 Polyunsaturates 9 1.7 3.4 $\omega 6 / \omega 3$ ratio 52.1 52.1 Fibre 9 2.2 4.4 Water ml 76 152 Minerals Per 100ml Per 200ml Sodium mg 89 178 Sodium mg 89 178 Potassium mg 159 318 Potassium mg 91 182 Phosphorus mg 77 154 Magnesium mg 24 48 Chloride mg 86 172 Ca:P ratio 121 121 121 Vitamin A μg-RE 123 246 Vitamin K μg 8 16 Vitamin K μg 8 16 Vitamin C mg 123 0.46 Riboflavin mg 0.23 0.46 <t< td=""><td>Fat</td><td>9</td><td>5.8 (34% E)</td><td>11.6</td></t<>	Fat	9	5.8 (34% E)	11.6
Polyunsaturates 9 17 3.4 $\omega 6 / \omega 3$ ratio 52:1 52:1 Fibre 9 2.2 4.4 Water ml 76 152 Minerals mg 89 178 Sodium mg 89 178 Sodium mg 159 318 Potassium mg 159 318 Potassium mg 91 182 Phosphorus mg 77 154 Magnesium mg 24 48 Chloride mg 12:1 12:1 Vitamin A µg-RE 123 246 Vitamin A µg-RE 123 246 Vitamin A µg-RE 123 246 Vitamin A µg-RE 138 16 Vitamin C mg 0.23 0.46 Riboflavin mg 0.23 0.46 Niacin mg NE 2.7 5.4	Saturates	9	0.6	1.2
$\omega \delta / \omega 3$ ratio 5.2 Fibre g 5.2:1 Fibre g 2.2 4.4 Water ml 76 152 Minerals Per 100ml Per 200ml Sodium mg 89 178 Sodium mg 159 318 Potassium mg 159 318 Potassium mg 91 182 Phosphorus mg 77 154 Magnesium mg 244 48 Chloride mg 86 172 Ca:P ratio 12:1 12:1 12:1 Vitamin A µg-RE 123 246 Vitamin D µg 11 2.2 Vitamin K µg 8 16 Vitamin C mg 0.23 0.46 Riboflavin mg 0.24 0.48 Niacin mg NE 2.7 5.4 Vitamin B6 mg	Monounsaturates	9	3.5	7
Fibre g 2.2 4.4 Water ml 76 152 Minerals Per 100ml Per 200ml Sodium mg 89 178 Sodium mg 3.9 7.8 Potassium mg 159 318 Potassium mg 91 82 Calcium mg 91 82 Phosphorus mg 77 154 Magnesium mg 24 48 Chloride mg 86 172 Ca:P ratio 12:1 12:1 12:1 Vitamin A µg-RE 123 246 Vitamin D µg 11 2.2 Vitamin K µg 8 16 Vitamin K µg 8 16 Vitamin C mg 0.23 0.46 Riboflavin mg 0.24 0.48 Niacin mg NE 2.7 5.4	Polyunsaturates	9	1.7	3.4
Water ml 76 152 Minerals Per 100ml Per 200ml Sodium mg 89 178 Sodium mg 159 318 Potassium mg 159 318 Potassium mg 159 318 Calcium mg 91 182 Phosphorus mg 77 154 Magnesium mg 24 48 Chloride mg 86 172 Ca:P ratio 12:1 12:1 12:1 Vitamin A µg-RE 123 246 Vitamin D µg 11 2.2 Vitamin K µg 8 16 Vitamin K µg 3.3 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	ω6 / ω3 ratio		5.2:1	5.2:1
Minerals Per 100ml Per 200ml Sodium mg 89 178 mmol 3.9 7.8 Potassium mg 159 318 mmol 4.1 8.2 Calcium mg 91 182 Phosphorus mg 77 154 Magnesium mg 24 48 Chloride mg 86 172 Ca:P ratio 1.2:1 1.2:1 1.2:1 Vitamin A μ g-RE 123 246 Vitamin D μ g 1.1 2.2 Vitamin K μ g 8.16 1 Vitamin K μ g 3.0 1 Vitamin C mg 15 30 Thiamin mg NE 2.7 5.4 Niacin mg NE 2.7 5.4 Vitamin B6 mg 0.26 0.52 Vitamin B12 μ g 0.32 0.64 <tr tbr=""> Pan</tr>	Fibre	9	2.2	4.4
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mmol 3.9 7.8 Potassium mg 159 318 mmol 4.1 8.2 Calcium mg 91 182 Phosphorus mg 77 154 Magnesium mg 244 48 Chloride mg 86 172 Ca:P ratio 121 1211 1211 Vitamin A μg -RE 123 246 Vitamin D μg 11 2.2 Vitamin K μg 8 16 Vitamin K μg 8 16 Vitamin C mg 15 30 Thiamin mg NE 2.7 5.4 Niacin mg NE 2.7 5.4 Vitamin B6 mg 0.26 0.52 Vitamin B12 μg 0.32 0.64 Folic Acid μg 0.8 16	Minerals		Per 100ml	Per 200ml
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Chloride mg 86 172 Ca:P ratio 1.2:1 1.2:1 Vitamins Per 100ml Per 200ml Vitamin A μg-RE 123 246 Vitamin D μg 11 2.2 Vitamin E mg α-TE 1.9 3.8 Vitamin K μg 8 16 Vitamin C mg 0.23 0.46 Riboflavin mg NE 2.7 5.4 Niacin mg NE 2.7 5.4 Vitamin B6 mg 0.26 0.52 Vitamin B12 μg 40 80 Folic Acid μg 0.8 1.6	Phosphorus	mg	77	154
Ca:P ratio1.2:11.2:1VitaminsPer 100mlPer 200mlVitamin A μ g-RE123246Vitamin D μ g1.12.2Vitamin Emg α -TE1.93.8Vitamin K μ g816Vitamin Cmg0.230.46Riboflavinmg NE2.75.4Vitamin B6mg0.260.52Vitamin B12 μ g4080Pantothenic Acidmg0.81.6	Magnesium	mg	24	48
Vitamins Per 100ml Per 200ml Vitamin A μ g-RE 123 246 Vitamin D μ g 1.1 2.2 Vitamin E mg α -TE 1.9 3.8 Vitamin K μ g 8 16 Vitamin C mg 15 30 Thiamin mg 0.23 0.46 Riboflavin mg NE 2.7 5.4 Vitamin B6 mg 0.26 0.52 Vitamin B12 μ g 40 80 Folic Acid μ g 0.8 1.6	Chloride	mg	86	172
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Vitamin E mg α-TE 1.9 3.8 Vitamin K μg 8 16 Vitamin C mg 15 30 Thiamin mg 0.23 0.46 Riboflavin mg NE 2.7 5.4 Vitamin B6 mg 0.26 0.52 Vitamin B12 μg 0.32 0.64 Folic Acid μg 40 80 Pantothenic Acid mg 0.8 1.6	Vitamin A	µg-RE	123	246
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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 µg 0.32 0.64 Folic Acid µg 40 80 Pantothenic Acid mg 0.8 1.6	Vitamin E	mg α -TE	1.9	3.8
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 µg 0.32 0.64 Folic Acid µg 40 80 Pantothenic Acid mg 0.8 1.6	Vitamin K	hð	8	16
Riboflavinmg0.240.48Niacinmg NE2.75.4Vitamin B6mg0.260.52Vitamin B12µg0.320.64Folic Acidµg4080Pantothenic Acidmg0.81.6	Vitamin C	mg	15	30
Niacinmg NE2.75.4Vitamin B6mg0.260.52Vitamin B12µg0.320.64Folic Acidµg4080Pantothenic Acidmg0.81.6	Thiamin	mg	0.23	0.46
Vitamin B6mg0.260.52Vitamin B12µg0.320.64Folic Acidµg4080Pantothenic Acidmg0.81.6	Riboflavin	mg	0.24	0.48
Vitamin B12µg0.320.64Folic Acidµg4080Pantothenic Acidmg0.81.6	Niacin	mg NE	2.7	5.4
Folic Acidµg4080Pantothenic Acidmg0.81.6	Vitamin B6	mg	0.26	0.52
Pantothenic Acid mg 0.8 1.6	Vitamin B12	hð	0.32	0.64
	Folic Acid	hð	40	80
Biotin µg 6 12	Pantothenic Acid	mg	0.8	1.6
	Biotin	hð	6	12

For Healthcare Professional Use Only.

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
lodine	hð	20	40
Molybdenum	hð	15	30
Selenium	hð	8.6	17.2
Chromium	hð	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/ kgH20	600	600

Food for special medical purposes for use under medical supervision.

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

*MF6 is a unique, patented blend of six soluble and insoluble fibres (soy polysaccharide, cellulose, resistant starch, gum arabic, oligofructose and inulin) reflecting the proportions of the different fibre 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 informational 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.



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