

# FORTISIP MULTI FIBRE

A ready-to-drink, high energy, fibre-enriched, 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.
- **308kcal/bottle (1.5kcal/ml):** energy dense to increase energy intake and improve body weight.<sup>1</sup>
- **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- $\alpha$  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

For Healthcare Professional Use Only.

NUTRITION INFORMATION**		Per 100ml	Per 200ml
Energy	kcal	154	308
	kJ	645	1290
Protein	g	6 (16% E)	12
Casein	g	5.9	11.8
Soy	g	0.1	0.2
Carbohydrate	g	18.4 (48% E)	36.8
Sugars	g	6.8	13.6
as Lactose	g	<0.025	<0.05
Fat	g	5.8 (34% E)	11.6
Saturates	g	0.6	1.2
Monounsaturates	g	3.5	7
Polyunsaturates	g	1.7	3.4
ω6 / ω3 ratio		5.2:1	5.2:1
Fibre	g	2.2	4.4
Water	ml	76	152
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
Vitamins		Per 100ml	Per 200ml
Vitamin A	µg-RE	123	246
Vitamin D	µg	1.1	2.2
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	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
Biotin	µg	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	µg	20	40
Molybdenum	µg	15	30
Selenium	µg	8.6	17.2
Chromium	µg	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	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 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.

**NUTRICIA**  
LIFE-TRANSFORMING NUTRITION

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