

# FORTISIP PLANTBASED

A ready-to-drink, high energy (1.5kcal/ml), nutritionally complete, plant-based oral nutritional supplement.

## FEATURES

- Suitable as a sole source of nutrition<sup>1</sup>
- **300kcal/bottle (1.5kcal/ml)**: energy dense to increase energy intake and improve body weight.
- **High Compliance**: Patients were 94% compliant to their prescription of Fortisip PlantBased over the 4 week intervention.<sup>2</sup>
- **Minimal residue** for patients requiring residue restricted diets.
- **Two delicious flavours**: available in Mango Passionfruit and Mocha for patient choice.
- **User-friendly bottle**: ergonomic plastic bottle, with resealable easy to open cap.
- Suitable for a vegan diet.

## Indications

For use in the dietary management of:

- Disease-related malnutrition.
- Patients with high energy requirements.
- Patients with the above indications, who prefer a plant based oral nutritional supplement.

## Important Notice

- Not for parenteral use.
- Must be used under medical supervision.
- Suitable as a sole source of nutrition.
- Intended for use in adults.
- Not suitable for children under 3 years of age.
- Should be used with caution in children over 3 years of age and monitored by a dietitian or clinician.

## 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.
- Discard unused content after 24 hours.

## Ordering Information

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

Fortisip PlantBased	Presentation	Product code	Units per carton
Mocha	200ml bottle	183072	24
Mango Passionfruit	200ml bottle	183068	24

## Ingredients\*

**Fortisip PlantBased**: Water, maltodextrin, glucose syrup, isomaltulose<sup>†</sup>, pea protein isolate, vegetable oils (rapeseed oil, high oleic sunflower oil, sunflower oil), soy protein isolate, calcium citrate, flavourings, emulsifier (soy lecithin), potassium citrate, potassium chloride, magnesium hydrogen phosphate, sodium chloride, choline chloride, potassium hydroxide, acidity regulator (citric acid), calcium hydroxide, colour (E 150d), L-ascorbic acid, ferrous lactate, zinc sulphate, DL- $\alpha$ -tocopheryl acetate, nicotinamide, calcium D-pantothenate, calcium hydrogen phosphate, copper gluconate, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, sodium fluoride, retinyl acetate, manganese sulphate, pteroylmonoglutamic acid, sodium selenite, chromium chloride, D-biotin, potassium iodide, phytomenadione, cholecalciferol, cyanocobalamin.

<sup>†</sup>Isomaltulose is a source of glucose and fructose.

## Allergen & Cultural Information

- Contains: **soy**.
- Halal certified.
- Nutricia UK and/or Ireland have Kosher approval for this product.
- 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).



# FORTISIP PLANTBASED

For Healthcare Professional Use Only.

NUTRITION INFORMATION*		Per 100ml	Per 200ml
Energy	Kcal (kJ)	150 (630)	300 (1260)
Protein	g	6.0	12.0
Soy	g	1.9	3.8
Pea	g	4.1	8.2
Carbohydrate	g	18.6	37.2
Sugars	g	9.4	18.8
as Lactose	g	0	0
Fat	g	5.8	11.6
Saturates	g	0.61	1.22
Monounsaturates	g	3.2	6.4
Polyunsaturates	g	1.9	3.8
DHA	mg	1.28	2.56
$\omega 6 / \omega 3$ ratio		5.1:1	5.1:1
Fibre	g	0.05	0.10
Water	ml	78	156
Minerals		Per 100ml	Per 200ml
Sodium	mg	102	204
	mmol	4.48	8.96
Potassium	mg	211	422
	mmol	5.39	10.78
Calcium	mg	125	250
Phosphorus	mg	77.2	154.4
Magnesium	mg	17.5	35.0
Chloride	mg	155	310
Ca:P ratio		1.6:1	1.6:1

\*Please note that the ingredients list and nutritional information is for Mocha flavour only. There are minor variations in the ingredients list and nutritional information between different flavours. For the full ingredients list, please contact the Nutricia Careline Team on 1800 438 500.

^ 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
2. Nutricia UK ACBS trial, data on file 2022.

Vitamins		Per 100ml	Per 200ml
Vitamin A	$\mu\text{g-RE}$	93.8	187.6
Vitamin D	$\mu\text{g}$	2.69	5.38
Vitamin E	$\text{mg } \alpha\text{-TE}$	2.45	4.90
Vitamin K	$\mu\text{g}$	8.75	17.50
Vitamin C	$\text{mg}$	13.8	27.6
Thiamin	$\text{mg}$	0.15	0.30
Riboflavin	$\text{mg}$	0.20	0.40
Niacin	$\text{mg NE}$	2.13	4.26
Vitamin B6	$\text{mg}$	0.21	0.42
Vitamin B12	$\mu\text{g}$	0.50	1.00
Folic Acid	$\mu\text{g}$	41.3	82.6
Pantothenic Acid	$\text{mg}$	0.95	1.90
Biotin	$\mu\text{g}$	6.40	12.8
Trace Elements		Per 100ml	Per 200ml
Iron	$\text{mg}$	2.07	4.14
Zinc	$\text{mg}$	1.43	2.86
Manganese	$\text{mg}$	0.15	0.30
Copper	$\text{mg}$	0.20	0.40
Iodine	$\mu\text{g}$	18.7	37.4
Molybdenum	$\mu\text{g}$	15.8	31.6
Selenium	$\mu\text{g}$	8.75	17.5
Chromium	$\mu\text{g}$	4.38	8.76
Fluoride	$\text{mg}$	0.17	0.34
Other		Per 100ml	Per 200ml
Choline	$\text{mg}$	50.0	100.0
Osmolality	$\text{mOsmol/ kgH}_2\text{O}$	800	800

**A food for special medical purposes;  
to be used under strict medical supervision.**

**For more information call the  
Nutricia Careline 1800 438 500  
[NutriciaCareline@danone.com](http://NutriciaCareline@danone.com)**

**NUTRICIA**  
LIFE-TRANSFORMING NUTRITION

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