



**NUTRICIA**  
**Fortisip**<sup>®</sup>  
THE STRENGTH IN YOU

TOGETHER YOU AND YOUR TEAM CAN MAKE A DIFFERENCE  
**KEEP ON STRENGTHENING  
THEIR RESILIENCE.**

**FOR HEALTHCARE PROFESSIONALS ONLY.**

Fortisip products are food for special medical purposes and must be used under medical supervision.

**YOUR EXPERT  
PARTNER IN  
NUTRITIONAL  
CANCER CARE**

# FOOD ALONE IS OFTEN INSUFFICIENT TO COVER ALL NUTRITIONAL NEEDS WHEN GOING THROUGH CANCER<sup>1,2</sup>



**Up to 2 in 3 cancer patients** do not meet their protein requirements<sup>3</sup>



**64% of patients** have experienced eating or nutrition problems as a consequence of their cancer treatment<sup>6</sup>



**57% of patients** report having lost more than 10% of their weight during cancer<sup>6</sup>

**For these patients, ESPEN recognizes the importance of supplementing food with medical nutrition as an integral part of cancer care.\*<sup>5</sup>**

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\*According to ESPEN guidelines, the additional use of ONS is advised when an enriched diet is not effective in reaching nutritional goals. Medical nutrition is indicated if patients are unable to eat adequately (e.g. less than 50% of the requirement for more than one week or only 50–75% of the requirement for more than two weeks).

**1.** Caccialanza R, et al. Supp Care in Cancer Jul 2022. **2.** Muscaritoli M, et al. Oncotarget Advance Publications. Aug 2017;1-13. **3.** Dingemans AM, et al. Nutrients. 2023;15(24):5030. **4.** Data on file: IPSOS (funded by Nutricia), Nutrition in Cancer Care survey 2023- Manuscript submitted for publication. **5.** Muscaritoli M, et al. Clin Nutr. 2021;40(5):2898-2913.

# YOUR CANCER CARE OUR TAILORED NUTRITION

You know better than anyone the importance of nutrition in improving treatment outcomes.

**Discover our range of medical nutrition products to find the best suited option for your patients with cancer.**

## CANCER-RELATED MALNUTRITION



### FORTISIP COMPACT PROTEIN

- High protein (18g per 125ml), high energy
- Small volume (125ml) to support adherence<sup>7,8</sup>
- Broad range of flavours

For the dietary management of patients with or at risk of disease related malnutrition.

7. Hubbard GP, et al. 2012, Clin Nutr, 31(3):293-312. 8. Hubbard et al. 2010 Proc Nutr Soc, 69(OCE2):E164. 9. de Haan JJ, et al. 2021, Support Care Cancer; 29:5691-9.

## CANCER-RELATED MALNUTRITION AND TASTE ALTERATIONS



### FORTISIP COMPACT PROTEIN SENSATIONS

- High protein, high energy
- Small volume (125ml) to support adherence<sup>7,8</sup>
- Sensational flavours tailored to support patients with taste alterations<sup>9</sup>

For the dietary management of disease related malnutrition. Our SENSATIONS range is made of specially designed flavours for patients with taste alterations. They provide a cool or warm taste sensation.

## CANCER-RELATED MALNUTRITION AND DAIRY ALTERNATIVE



### FORTISIP PLANTBASED

- 12g plant protein per 200ml made with pea and soy protein
- High energy suitable as a sole source of nutrition (300kcal per 200ml)
- PlantBased suitable for a vegan diet

For the dietary management of patients with or at risk of disease related malnutrition due to cancer, chronic catabolic disease or cachexia.

# PATIENTS WITH CANCER NEED UP TO 2X AS MUCH PROTEIN AS HEALTHY ADULTS<sup>^1,2</sup>, BUT OFTEN EAT LESS



**68%** of patients\* report loss of appetite and don't feel like eating<sup>3</sup>



**60%** of patients\* report that they feel full quickly<sup>3</sup>



# FORTISIP COMPACT PROTEIN

The small volume, high protein formula pioneered by Nutricia



18g of protein in a 125ml compact serving to meet the high protein nutritional need and support patient adherence<sup>4,5</sup>

Proven to help patients meet ESPEN protein recommendations<sup>6,7</sup>

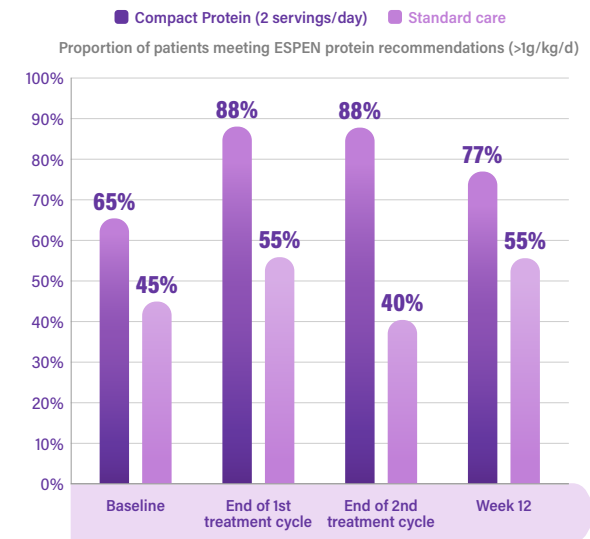
Flavours to suit a wide range of taste preferences designed to support patient adherence

Mocha

Strawberry

Vanilla

Fortisip Compact Protein enabled patients with cancer to meet ESPEN recommended protein intake<sup>7</sup>



Available in Standard and Fibre formats (AU only)



- Low volume (125mL)
- High energy (2.4kcal/mL)
- 12g Protein
- 0g Fibre
- 2 delicious flavours - Neutral & Chocolate



- Low volume (125mL)
- High energy (2.4kcal/mL)
- 12g Protein
- 4.5g Fibre
- 2 delicious flavours - Vanilla & Strawberry

<sup>^</sup>Compared to healthy adults, whose protein requirements is 0.84 g/kg/day, adults with cancer are recommended to have >1.2g/kg/day and up to 2g/kg/day.

Fortisip Products are foods for Special Medical Purposes. Use under medical supervision.

1. Arends J, et al. ESMO Open. 2021;6(3):100092. 2. Arends J, et al. Clin Nutr. 2017;36(1):11-48. 3. Data on file: IPSOS (funded by Nutricia), Nutrition in Cancer Care survey 2023- Manuscript submitted for publication. 4. Hubbard GP, et al. 2012, Clin Nutr, 31(3):293-312. 5. Hubbard et al. 2010 Proc Nutr Soc, 69(OCE2):E164. 6. Muscaritoli M, et al. Clin Nutr. 2021;40(5):2898-2913. 7. Dingemans et al. 2023 Clin Nutr ESPEN, 54, P493.

# UP TO 70% OF PATIENTS WITH CANCER EXPERIENCE TASTE AND SMELL CHANGES<sup>1</sup>



Sensory alterations can lead to a reduction in food intake and result in increased weight loss<sup>1,2</sup>



Sensory alterations may develop throughout the course of the disease, before, during and up to 1 year after treatment<sup>1</sup>



# FORTISIP COMPACT PROTEIN SENSATIONS

The compact high protein formula with sensory-adapted flavours to help address taste changes



**18g of protein in a 125ml compact serving** to meet the high protein nutritional need and support patient adherence<sup>3,4</sup>

**3 flavours with 'warm' or 'cool' taste sensations**, validated with patients<sup>5</sup>

Hot Tropical Ginger

Cool Red Fruits

Neutral

Flavours validated to be liked by patients undergoing cancer treatment<sup>5</sup>

**92-94%**  
liked Cool  
Red Fruit

**65-69%**  
liked Hot  
Tropical  
Ginger

Fortisip products are food for special medical purposes, and must be used under medical supervision.

1. Spotten LE, et al. Ann Oncol. 2017;28(5):969-984 2. Brisbois TD, et al. J Pain Symptom Manag. 2011;41:673-83. 3. Hubbard GP, et al. 2012, Clin Nutr, 31(3):293-312. 4. Hubbard et al. 2010 Proc Nutr Soc, 69(OCE2):E164. 5. de Haan JJ, et al. Support Care Cancer. 2021;29:5691-9.

# THE NUMBER OF AUSTRALIANS USING PLANTBASED ALTERNATIVES ARE INCREASING <sup>1</sup>



**34%** of Australians are "likely" or "very likely" to become vegan or vegetarian in the next 12 months <sup>1</sup>



**29%** of Australians use plant-based alternatives to milk at least once per week <sup>2</sup>





# FORTISIP PLANTBASED

A unique vegan formula with a high quality blend of pea and soy protein



## High quality protein

12g plant protein per 200ml bottle, contains all essential amino acids

## Suitable as a sole plant-based source of nutrition<sup>^</sup>

High energy & suitable as a sole source of nutrition with 300Kcal per 200ml bottle

## PlantBased

Suitable for vegan diet

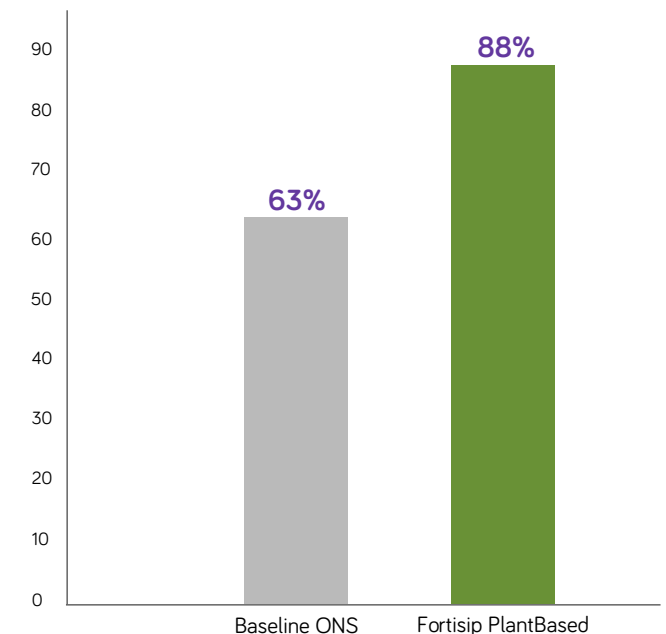
## Available in 2 delicious flavours

Lower in sugar compared to the rest of the Fortisip range

Mocha

Mango Passionfruit

Greater compliance was achieved with Fortisip PlantBased than baseline\* prescribed ONS<sup>3</sup>



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<sup>^</sup> In accordance with Australia New Zealand Food Standards Code – Standard 2.9.5 \*Prior to commencing the study patients (n=8) were taking a different oral nutritional supplement.

1. Understanding the New Asian Consumer. PwC, Rabobank and Temasek 2020. Available at: The Asia Food Challenge 2021 (pwc.co.nz) (Accessed September 2023)

2. Plant Based eating, CHOICE 2021. <https://www.choice.com.au/food-and-drink/meat-fish-and-eggs/meat-substitutes/articles/plant-based-food> 3. Nutricia UK ACBS trial, data on file 2022





# HELP MAXIMISE CANCER TREATMENT WITH THE RIGHT MEDICAL NUTRITION FOR YOUR PATIENTS NEEDS

“That’s the thing with cancer treatment, you think *“well I was a bit overweight, I’ve lost some weight,”* but it doesn’t work like that, you lose muscle.

Medical nutrition complemented my day-to-day diet. I started feeling more nourished and in general I felt stronger and more energised.

Jonathan - 59 years old, UK

Patient with mantle cell lymphoma - May 2022”

Together with your multidisciplinary teams,

## YOU CAN MAKE A DIFFERENCE TO IMPROVE OUTCOMES FOR YOUR PATIENTS WITH CANCER

Fortisip products are food for special medical purposes and must be used under medical supervision.

\*The imagery is not representative of the patient testimonial but is just a generic illustration.



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