

REDISCOVER YOUR NUTRITIONAL BALANCE

FEATURES

- A ready-to-drink nutrition supplement designed to aid wound healing (pressure injury) that is high in calories (248kcal), with 17.6g protein and 28 vitamins and minerals.
- Enriched with arginine, zinc, vitamin C, vitamin E and selenium which play an important role in wound healing.
- Can help you meet your daily nutritional needs when your usual diet is not enough.
- High in calories to help improve your body weight when you are unwell or recovering from illness.
- Good source of protein to support maintenance of muscle mass.
- Ready-to-drink 200ml bottle available in vanilla.



INDICATIONS

For the dietary management of:

- Disease-related malnutrition.
- People with pressure injuries.

IMPORTANT NOTICE

- ✗ Not suitable as a sole source of nutrition.
- ✗ Not for parenteral use.
- ✗ Not suitable for people with galactosaemia.
- ✗ Not suitable for people with cow's milk protein allergy.
- ✗ Not suitable for children under the age of 6 years.

DIRECTIONS FOR USE

- Best served chilled.
- Shake well before use.
- Usage to be determined by a health care professional.

STORAGE

- Store in a cool, dry place.
- Once opened, store in the refrigerator.
- Discard unused content after 24 hours.

INGREDIENTS

Cubitan Vanilla: cow's milk protein, water, maltodextrin, sucrose, vegetable oils (rapeseed oil, sunflower oil), L-Arginine, acidity regulator (citric acid), flavouring (vanilla), sodium L-ascorbate, carotenoids (contain **soy**) (β-carotene, lutein, lycopene), magnesium hydrogen phosphate, emulsifier (**soy** lecithin), choline chloride, di-potassium hydrogen phosphate, DL-α-tocopherol, potassium chloride, potassium citrate, magnesium hydroxide, ferrous lactate, zinc sulphate, potassium hydroxide, copper gluconate, manganese sulphate, sodium chloride, nicotinamide, calcium D-pantothenate, pyridoxine hydrochloride, riboflavin, thiamin hydrochloride, sodium fluoride, retinyl acetate, pteroylmonoglutamic acid, sodium selenite, chromium chloride, sodium molybdate, potassium iodide, phytomenadione, D-biotin, cholecalciferol, cyanocobalamin.

ALLERGEN & CULTURAL INFORMATION

- Contains: cow's milk protein and soy.
- Does not contain: wheat, egg, nuts*, lupins.
- Halal certified.
- No Kosher forbidden ingredients.
- 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).

How to Purchase

- ☎ Phone our customer support team on **1800 884 367**
- 📍 Buy in-store **from your local pharmacy**

NUTRITION INFORMATION		Per 100ml	Per 200ml
Energy	kcal	124	248
	kJ	520	1040
Protein	g	8.8 (28% E)	17.6
Casein	g	6.2	12.4
Whey	g	1.5	3
Carbohydrate	g	14.5 (46% E)	29
Sugars	g	7.1	14.2
as Lactose	g	1.7	3.4
Fat	g	3.5 (26% E)	7
Saturates	g	0.5	1
Monounsaturates	g	2	4
Polyunsaturates	g	1	2
ω6 / ω3 ratio		5.1:1	5.1:1
Fibre	g	<0.5	<1
Water	ml	80	160
Minerals		Per 100ml	Per 200ml
Sodium	mg	50	100
	mmol	2.2	4.4
Potassium	mg	150	300
	mmol	3.8	7.6
Calcium	mg	225	450
Phosphorus	mg	182	364
Magnesium	mg	42	84
Chloride	mg	80	160
Ca:P ratio		1.2:1	1.2:1

Vitamins		Per 100ml	Per 200ml
Vitamin A	µg-RE	119	238
Vitamin D	µg	1.3	2.6
Vitamin E	mg α-TE	19	38
Vitamin K	µg	10	20
Vitamin C	mg	125	250
Thiamin	mg	0.28	0.56
Riboflavin	mg	0.63	1.26
Niacin	mg NE	3.4	6.8
Vitamin B6	mg	0.65	1.3
Vitamin B12	µg	0.79	1.58
Folic Acid	µg	100	200
Pantothenic Acid	mg	1.0	2.0
Biotin	µg	7.5	15
Trace Elements		Per 100ml	Per 200ml
Iron	mg	3.0	6.0
Zinc	mg	4.5	9.0
Manganese	mg	1.3	2.6
Copper	µg	680	1360
Iodine	µg	25	50
Molybdenum	µg	19	38
Selenium	µg	32	64
Chromium	µg	13	26
Fluoride	mg	0.19	0.38
Other		Per 100ml	Per 200ml
Carotenoids	mg	0.75	1.5
Choline	mg	69	138
Osmolality	mOsmol/ kgH ₂ O	625	625

RECIPE IDEA

Vanilla Chia Pudding[#]

Serves: 1



Ingredients

- 1 x 200ml Cubitan (Vanilla)
- 1 small banana
- 3 tablespoons (40g) chia seeds
- 2 tablespoons Greek yoghurt
- 1 teaspoon maple syrup
- 1 tablespoon chopped walnuts
- Pinch ground cinnamon

Method

1. Into a serving glass, add Cubitan (Vanilla), half of banana (mashed), chia seeds, yoghurt, maple syrup and cinnamon. Mix to combine. Allow to sit for 10 minutes and stir again.
2. Refrigerate for 30 mins to an hour (or overnight) to set.
3. Top with remaining banana (sliced) and walnuts.

For more information visit www.fortisip.com.au or call the Nutricia Careline 1800 438 500.

* Peanut (*Arachis hypogaea*), Almond (*Amygdalus communis* L.), Hazelnut (*Corylus avellana*), Walnut (*Juglans regia*), Cashew (*Anacardium occidentale*), Pecan nut (*Carya illinoensis* (Wangenh.) K. Koch), Brazil nut (*Bertholletia excelsa*), Pistachio nut (*Pistacia vera*), Macadamia nut and Queensland nut (*Macadamia ternifolia*) and products thereof.

[#] Oral nutrition supplements must be consumed within 24 hours after opening.

Cubitan is a food for special medical purposes and must be used under medical supervision.

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