

REDISCOVER YOUR NUTRITIONAL BALANCE

FEATURES

- A ready-to-drink nutrition supplement that is high in calories (300kcal) with 12g of protein and contains 28 vitamins and minerals.
- 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 4 delicious flavours (vanilla, chocolate, strawberry and banana).



INDICATIONS

For the dietary management of:

- Disease-related malnutrition.
- People with high energy requirements.
- People requiring a residue restricted diet.

IMPORTANT NOTICE

- ✗ 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*

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

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	150	300
	kJ	625	1250
Protein	g	6 (16% E)	12
Casein	g	6	12
Carbohydrate	g	18.4 (49% E)	36.8
Sugars	g	6.7	13.4
as Lactose	g	<0.025	<0.05
Fat	g	5.8 (35% E)	11.6
Saturates	g	0.6	1.2
Monounsaturates	g	3.5	7
Polysaturates	g	1.7	3.4
ω6 / ω3 ratio		5.2:1	5.2:1
Fibre	g	0 (0.3 for chocolate)	0 (0.6 for chocolate)
Water	ml	78	156
Minerals		Per 100ml	Per 200ml
Sodium	mg	90	180
	mmol	3.9	7.8
Potassium	mg	159	318
	mmol	4.1	8.2
Calcium	mg	91	182
Phosphorus	mg	78	156
Magnesium	mg	23	46
Chloride	mg	87	174
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	µg	270	540
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 ₂ O	590 (580 for chocolate)	590 (580 for chocolate)

RECIPE IDEA

Creamy Vanilla Porridge[#]

Serves: 1



Ingredients

- 1 x 200ml Fortisip (Vanilla)
- 1/2 cup (50g) rolled oats
- 3/4 cup (185ml) milk
- Pinch cinnamon

Method

1. Bring milk, oats and cinnamon to a gentle simmer. Cook, stirring often for 5 minutes or until milk is mostly absorbed and oats have softened.
2. Add Fortisip (Vanilla) and gently cook over low heat until liquid has reduced and oats are tender.
3. Serve warm topped with your choice of toppings.

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

* 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 other flavours, please contact the Nutricia Careline on 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.

Cooking may reduce the nutritional content of Fortisip (Vanilla). If you have any concerns, please speak to your healthcare professional for advice. Oral nutrition supplements must be consumed within 24 hours after opening.

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

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