

### **INDICATIONS**

For the dietary management of:

- Disease-related malnutrition.
- People with high energy requirements.
- People requiring a residue restricted diet.
- People requiring fat restriction.
- People requiring a select mineral restriction e.g. renal replacement therapy.

# **IMPORTANT NOTICE**

- × Not suitable as a sole source of nutrition.
- × Not for parenteral use.
- \* Not suitable for people with galactosaemia.
- $f{x}$  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 healthcare professional.

#### STORAGE

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

#### **INGREDIENTS**\*

Fortijuce Apple: Water, glucose syrup, maltodextrin, cow's **milk** protein (whey protein isolate), sucrose, flavour (apple), acidity regulator (citric acid), choline chloride, calcium chloride, ascorbic acid, emulsifier (polysorbate 80), potassium chloride, ferrous lactate, sodium chloride, magnesium chloride, colour (curcumin), colour (caramel E150d), zinc sulphate, DL- $\alpha$ -tocopheryl acetate, nicotinamide, sodium L-ascorbate, copper gluconate, sodium selenite, manganese sulphate, calcium-D-pantothenate, chromium chloride, pteroylmonoglutamic acid, D-biotin, pyridoxine hydrochloride, thiamin hydrochloride, retinyl palmitate, sodium molybdate, riboflavin, sodium fluoride, potassium iodide, cholecalciferol, phytomenadione, cyanocobalamin.

#### **ALLERGEN & CULTURAL INFORMATION**

- Contains: cow's milk protein.
- Does not contain: wheat, egg, nuts\*\*, lupins.
- Halal certified.
- No Kosher forbidden ingredients.
- No gluten containing ingredients.
- 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	635	1270
Protein	g	3.9 (10.5% E)	7.8
Whey	g	3.9	7.8
Carbohydrate	g	33.5 (89.5% E)	67
Sugars	g	14.4	28.8
as Lactose	g	<0.025	<0.05
Fat	g	O (0% E)	0
Fibre	g	0	0
Water	ml	76	152
Minerals		Per 100ml	Per 200ml
Sodium	mg	10	20
	mmol	0.4	0.8
Potassium	mg	9	18
	mmol	0.2	0.4
Calcium	mg	30	60
Phosphorus	mg	12	24
Magnesium	mg	2	4
Chloride	mg	178	356

Vitamins		Per 100ml	Per 200ml
Vitamin A	µg-RE	188	376
Vitamin D	рg	1.3	2.6
Vitamin E	mg α-TE	2.3	4.6
Vitamin K	рg	10	20
Vitamin C	mg	19	38
Thiamin	mg	0.29	0.58
Riboflavin	mg	0.32	0.64
Niacin	mg NE	3.4	6.8
Vitamin B6	mg	0.33	0.66
Vitamin B12	рg	0.39	0.78
Folic Acid	рg	50	100
Pantothenic Acid	mg	1	2
Biotin	рg	7.5	15
Trace Elements		Per 100ml	Per 200ml
		1 01 10 01111	
Iron	mg	3	6
Iron Zinc	mg mg		
		3	6
Zinc	mg	3 2.3	6 4.6
Zinc Manganese	mg mg	3 2.3 0.63	6 4.6 1.26
Zinc Manganese Copper	mg mg µg	3 2.3 0.63 340	6 4.6 1.26 680
Zinc Manganese Copper Iodine	mg mg pg	3 2.3 0.63 340 25	6 4.6 1.26 680 50
Zinc  Manganese  Copper  Iodine  Molybdenum	mg Hg Hg	3 2.3 0.63 340 25 19	6 4.6 1.26 680 50 38
Zinc  Manganese  Copper  Iodine  Molybdenum  Selenium	mg mg  pg  pg  pg  pg	3 2.3 0.63 340 25 19	6 4.6 1.26 680 50 38 22
Zinc  Manganese  Copper  Iodine  Molybdenum  Selenium  Chromium	mg hg hg hg	3 2.3 0.63 340 25 19 11	6 4.6 1.26 680 50 38 22 26
Zinc  Manganese  Copper  Iodine  Molybdenum  Selenium  Chromium  Fluoride	mg hg hg hg	3 2.3 0.63 340 25 19 11 13 0.19	6 4.6 1.26 680 50 38 22 26

# **RECIPE IDEA**

# Apple Raspberry Jelly#

Serves: 1



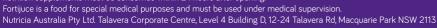
# Ingredients

- 1 x 200ml Fortijuce (Apple)
- ½ cup (65g) frozen raspberries
- 3 teaspoons (10g) gelatin powder

### Method

- 1. In a small saucepan heat Fortijuce (Apple) with raspberries to a gentle boil.
- 2. Remove from heat and whisk in gelatin powder until dissolved.
- 3. Pour into moulds or heat proof bowl and place in fridge to set for minimum 2 hours or until set.

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





<sup>\*</sup> Please note the ingredients list and nutritional information is for Apple flavour only. There are minor variations between different flavours. For the full ingredients list and nutritional informational 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 illinoiesis (Wangenh.) K. Koch), Brazil nut (Bertholletia excelsa), Pistachio nut (Pistacia vera), Macadamia nut and Queensland nut (Macadamia ternifolia) and products thereof.

<sup>#</sup> Cooking may reduce the nutritional content of Fortijuce (Apple). If you have any concerns, please speak to your healthcare professional for advice. Oral nutrition supplements must be consumed within 24 hours after opening.