



# REDISCOVER YOUR NUTRITIONAL BALANCE

## FEATURES

- A ready-to-drink juice style nutrition supplement that is high in calories (300kcal) with 8g of protein and 28 vitamins and minerals.
- A delicious juice tasting nutrition supplement, catering for a variety of taste preferences.
- 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.
- Ready-to-drink 200ml bottle available in 3 fruity flavours (forest fruit, tropical and apple).



## 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.
- ✗ 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\*

**FortiJuice 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	0 (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
Ca:P ratio		2.5:1	2.5:1

Vitamins		Per 100ml	Per 200ml
Vitamin A	µg-RE	188	376
Vitamin D	µg	1.3	2.6
Vitamin E	mg α-TE	2.3	4.6
Vitamin K	µg	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	µg	0.39	0.78
Folic Acid	µg	50	100
Pantothenic Acid	mg	1	2
Biotin	µg	7.5	15
Trace Elements		Per 100ml	Per 200ml
Iron	mg	3	6
Zinc	mg	2.3	4.6
Manganese	mg	0.63	1.26
Copper	µg	340	680
Iodine	µg	25	50
Molybdenum	µg	19	38
Selenium	µg	11	22
Chromium	µg	13	26
Fluoride	mg	0.19	0.38
Other		Per 100ml	Per 200ml
Choline	mg	69	138
Osmolality	mOsmol/ kgH <sub>2</sub> O	960	960

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](http://www.fortisip.com.au) or call the Nutricia Careline 1800 438 500.

\* 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 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 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.

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

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