



REDISCOVER YOUR NUTRITIONAL BALANCE

FEATURES

- A ready-to-eat dessert-style nutrition supplement that is high in calories (200kcal) with 12g protein and 28 vitamins and minerals.
- Can help you meet your daily nutritional needs when your usual diet is not enough.
- Pudding-like consistency to offer variety from ready-to-drink liquid nutritional supplements and an alternative for people that may require texture modified food or drink.
- 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.
- Available in 4 delicious flavours (vanilla, banana, forest fruit and chocolate).



INDICATIONS

For the dietary management of:

- Disease-related malnutrition.
- People with high energy and protein requirements.
- People with swallowing difficulties or conditions requiring texture modified diet.
- Individuals should speak to their healthcare professional about the benefit for them.

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.
- Ready-to-eat.
- 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*

Forticreme Complete Vanilla: water, sugar, cow's **milk** proteins (**milk** protein isolate, **milk** protein caseinates, whey protein (from **milk**), glucose syrup, vegetable oils (rapeseed oil, sunflower oil), modified starch, flavouring (vanilla), potassium citrate, emulsifier (mono- and diglycerides of fatty acids), stabiliser (carrageenan), choline chloride, di potassium hydrogen phosphate, acidity regulator (citric acid), sodium L-ascorbate, magnesium hydroxide, maltodextrin, sodium chloride, colouring (curcumin), ferrous lactate, sodium hydroxide, potassium hydroxide, DL- α -tocopheryl acetate, retinyl acetate, copper gluconate, zinc sulphate, manganese sulphate, calcium D-pantothenate, cholecalciferol, thiamin hydrochloride, pyridoxine hydrochloride, nicotinamide, riboflavin, sodium fluoride, phytomenadione, pteroylmonoglutamic acid, chromium chloride, sodium molybdate, potassium iodide, sodium selenite, D-biotin, cyanocobalamin.

ALLERGEN & CULTURAL INFORMATION

- Contains: cow's **milk** protein.
- Does not contain: wheat, egg, nuts**, lupins.
- No Halal forbidden ingredients.
- No Kosher forbidden ingredients.
- No gluten containing ingredients.
- Low lactose (lactose <2g/100g).

How to Purchase

- 📦 Order online at www.nutriciastore.com.au
- ☎ Phone our customer support team on **1800 884 367**
- 🏠 Buy in-store **from your local pharmacy**

NUTRITION INFORMATION*		Per 100g	Per 125g tub
Energy	kcal	160	200
	kJ	675	844
Protein	g	9.5 (24% E)	12
Casein	g	7.5	9.4
Whey	g	2.1	2.6
Carbohydrate	g	19.2 (48% E)	24
Sugars	g	10.6	13.3
as Lactose	g	0.1	0.13
Fat	g	5 (28% E)	6.3
Saturates	g	0.7	0.9
Monounsaturates	g	3	3.8
Polyunsaturates	g	1.3	1.6
ω6 / ω3 ratio		5:1:1	5:1:1
Fibre	g	<0.5	<0.6
Water	ml	64	80
Minerals		Per 100g	Per 125g tub
Sodium	mg	70	79
	mmol	3	3.8
Potassium	mg	185	231
	mmol	4.7	5.9
Calcium	mg	130	163
Phosphorus	mg	113	141
Magnesium	mg	20	25
Chloride	mg	64	80
Ca:P ratio		1:1:1	1:1:1

Vitamins		Per 100g	Per 125g tub
Vitamin A	µg-RE	205	256
Vitamin D	µg	1.7	2.1
Vitamin E	mg α-TE	2.7	3.4
Vitamin K	µg	13	16.3
Vitamin C	mg	16	20
Thiamin	mg	0.37	0.46
Riboflavin	mg	0.4	0.5
Niacin	mg NE	2.8	3.5
Vitamin B6	mg	0.42	0.53
Vitamin B12	µg	0.51	0.64
Folic Acid	µg	64	80
Pantothenic Acid	mg	1.3	1.6
Biotin	µg	6.4	8
Trace Elements		Per 100g	Per 125g tub
Iron	mg	2.6	3.3
Zinc	mg	1.6	2
Manganese	mg	0.64	0.8
Copper	µg	430	538
Iodine	µg	34	43
Molybdenum	µg	18	22.5
Selenium	µg	11	13.8
Chromium	µg	11	13.8
Fluoride	mg	0.18	0.23
Other		Per 100g	Per 125g tub
Choline	mg	88	110
Osmolality	mOsmol/ kgH ₂ O	820	820

RECIPE IDEA

Chocolate Layered Sweet Treat[#]

Serves: 1



Ingredients

- 1 x 125g Forticreme Complete (Chocolate)
- 2 (30g) chocolate cookies
- 1/4 cup (65g) Greek style yoghurt
- 1/2 cup (75g) fresh strawberries, chopped

Method

1. Into a parfait glass, spoon Forticreme Complete (Chocolate) to create base layer.
2. Top with one cookie, crushed and half the amount of strawberries.
3. Top with yoghurt. Add remaining cookie, crushed.
4. Finish with remaining fresh strawberries and serve chilled.

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.

Oral nutritional supplements must be consumed within 24 hours after opening.

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