



## NOURISHING YOUR LIFESTYLE WITH PLANTBASED

### 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 increase energy and contribute to improved body weight when you are unwell or recovering from illness
- Good source of protein to support maintenance of muscle mass
- User friendly bottle – ergonomic plastic bottle, with easy to open cap
- Suitable for people following a vegan diet
- Ready-to-drink 200ml bottle available in 2 delicious flavours (Mango Passionfruit & Mocha)



### INDICATIONS

For the dietary management of:

- Disease related malnutrition
- People with high energy requirements
- People with the above indications, who prefer a plant-based oral nutritional supplement

### IMPORTANT NOTICE

- Must be used under medical supervision
- Not for parenteral use
- Not suitable for children under 3 years of age
- Use with caution in children over 3 years of age and older with monitoring from a health care professional

### DIRECTIONS FOR USE

- Shake well before use
- Best served chilled
- Usage to be determined by a healthcare professional

### HOW TO PURCHASE



Phone our Nutricia Homecare team on **1800 884 367**



Buy from your **local medical wholesaler or distributor**

### INGREDIENTS

**Fortisip PlantBased Mocha:** Water, maltodextrin, glucose syrup, isomaltulose, pea protein isolate, vegetable oils (rapeseed oil, high oleic sunflower oil, sunflower oil), **soy** protein isolate, calcium citrate, flavourings, emulsifier(**soy** lecithin), potassium citrate, potassium chloride, magnesium hydrogen phosphate, sodium chloride, choline chloride, potassium hydroxide, acidity regulator (citric acid), calcium hydroxide, colour (E 150d), L-ascorbic acid, ferrous lactate, zinc sulphate, DL- $\alpha$ -tocopheryl acetate, nicotinamide, calcium D-pantothenate, calcium hydrogen phosphate, copper gluconate, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, sodium fluoride, retinyl acetate, manganese sulphate, pteroylmonoglutamic acid, sodium selenite, chromium chloride, D-biotin, potassium iodide, phytomenadione, cholecalciferol, cyanocobalamin

### ALLERGEN & CULTURAL INFORMATION

- Contains: **soy**
- Halal certified
- No Kosher forbidden ingredients
- No gluten containing ingredients

### STORAGE

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

FORTISIP® FACT SHEET		Per 100ml	Per 200ml
Energy	kcal	150	300
	kJ	630	1260
Protein	g	6.0	12.0
Soy	g	1.9	3.8
Pea	g	4.1	8.2
Carbohydrate	g	18.6	37.2
Sugars	g	9.4	18.8
as Lactose	g	0	0
Fat	g	5.8	11.6
Saturates	g	0.61	1.22
Monounsaturates	g	3.2	6.4
Polyunsaturates	g	1.9	3.8
ω6 / ω3 ratio		5.1:1	5.1:1
DHA	mg	1.28	2.56
Fibre	g	0.05	0.10
Water	ml	78	156
Minerals		Per 100ml	Per 200ml
Sodium	mg	102	204
	mmol	4.48	8.96
Potassium	mg	211	422
	mmol	5.39	10.78
Calcium	mg	125	250
Phosphorus	mg	77.2	154.4
Magnesium	mg	17.5	35.0
Chloride	mg	155	310
Ca:P ratio	mg	1.6:1	1.6:1

Vitamins		Per 100ml	Per 200ml
Vitamin A	µg-RE	93.8	187.6
Vitamin D	µg	2.69	5.38
Vitamin E	mg α-TE	2.45	4.90
Vitamin K	µg	8.75	17.50
Vitamin C	mg	13.8	27.6
Thiamin	mg	0.15	0.30
Riboflavin	mg	0.20	0.40
Niacin	mg NE	2.13	4.26
Vitamin B6	mg	0.21	0.42
Vitamin B12	µg	0.50	1.00
Folic Acid	µg	41.3	82.6
Pantothenic Acid	mg	0.95	1.90
Biotin	µg	6.40	12.8
Trace Elements		Per 100ml	Per 200ml
Iron	mg	2.07	4.14
Zinc	mg	1.43	2.86
Manganese	mg	0.15	0.30
Copper	mg	0.20	0.40
Iodine	µg	18.7	37.4
Molybdenum	µg	15.8	31.6
Selenium	µg	8.75	17.5
Chromium	µg	4.38	8.76
Fluoride	mg	0.17	0.34
Other		Per 100ml	Per 200ml
Choline	mg	50.0	100.0
Osmolality	mOsmol/ kgH <sub>2</sub> O	800	800

For more information visit [www.fortisip.com.au](http://www.fortisip.com.au) or call the Nutricia Careline 1800 060 051

\*Please note that the ingredients list and nutritional information is for Mocha flavour only. There are minor variations in the ingredients list and nutritional information between different flavours. For the full ingredients list, please contact the Nutricia Careline Team on 1800 060 051

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