



## REDISCOVER YOUR NUTRITIONAL BALANCE

### FEATURES

- A ready-to-drink nutrition supplement that is high in calories (306kcal), high in protein (18g) 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.
- Similar protein amount as three eggs (per bottle) to assist in maintaining muscle mass.
- Small, easy to drink 125ml bottle available in 6 delicious flavours (Vanilla, Mocha, Strawberry, Neutral, Hot Tropical Ginger and Cool Red Fruits)



Low  
Volume



306  
Calories\*



18g  
Protein\*



28 Vitamins  
& Minerals

### INDICATIONS

For the dietary management of:

- Disease-related malnutrition (DRM) including patients with cancer, post-trauma, cystic fibrosis, burns, dementia, chronic obstructive pulmonary disease (COPD) and diseases requiring a fluid restriction e.g. liver disease, renal disease.
- People with high energy and protein requirements.
- Individuals should speak to their healthcare professional about the benefit for them.

### 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.
- ✗ Use with caution in children aged 6-10 years.
- ✗ Monitor fluid intake to ensure adequate hydration status.
- ✗ Use with caution with patients with impaired renal function.
- ✗ Must be used under medical supervision.

### 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, close the bottle and store in a refrigerator.
- Discard unused content after 24 hours.

### INGREDIENTS\*

**Fortisip Compact Protein Vanilla:** cow's milk proteins, water, maltodextrin, sucrose, vegetable oils (rapeseed oil, sunflower oil), magnesium hydrogen phosphate, emulsifier (soy lecithin), flavouring (vanilla), choline chloride, potassium citrate, sodium L-ascorbate, dipotassium hydrogen phosphate, ferrous lactate, retinyl acetate, colour (curcumin), DL- $\alpha$  tocopheryl acetate, copper gluconate, zinc sulphate, manganese sulphate, calcium D-pantothenate, thiamin hydrochloride, pyridoxine hydrochloride, nicotinamide, riboflavin, sodium fluoride, pteroylmonoglutamic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, D-biotin, phytomenadione, cholecalciferol, cyanocobalamin.

### ALLERGEN & CULTURAL INFORMATION

- Contains: **milk and soy**.
- Halal certified.
- Nutricia UK and/or Ireland have Kosher approval for this product, except for those flavours which contain carminic acid.
- 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

- 📄 Order online at [www.nutriciastore.com.au](http://www.nutriciastore.com.au)
- 📞 Phone our customer support team on 1800 884 367
- 🏪 Buy in-store from your local pharmacy

NUTRITION INFORMATION*		Per 100ml	Per 125ml
Energy	kcal	245	306
	kJ	1029	1286
Protein	g	14.6 (24% E)	18.3
Casein	g	13.9	17.4
Whey	g	0.64	0.8
Carbohydrate	g	25.1 (41% E)	31.4
Sugars	g	13.7	17.1
as Lactose	g	<0.35	<0.44
Fat	g	9.6 (35% E)	12
Saturates	g	0.86	1.08
Monounsaturates	g	5.7	7.1
Polyunsaturates	g	3.0	3.8
ω6 / ω3 ratio		5:1:1	5:1:1
Fibre	g	0	0
Water	ml	62	78
Minerals		Per 100ml	Per 125ml
Sodium	mg	35.0	43.8
	mmol	1.52	1.9
Potassium	mg	97.6	122
	mmol	2.50	3.13
Calcium	mg	350	438
Phosphorus	mg	282	353
Magnesium	mg	54.0	67.5
Chloride	mg	60.0	75.0
Ca:P ratio		1.2:1	1.2:1

Vitamins		Per 100ml	Per 125ml
Vitamin A	µg-RE	260	325
Vitamin D	µg	2.08	2.6
Vitamin E	mg α-TE	4.90	6.13
Vitamin K	µg	18.9	23.6
Vitamin C	mg	30.7	38.4
Thiamin	mg	0.52	0.65
Riboflavin	mg	0.56	0.7
Niacin B3	mg NE	4.12	5.15
Vitamin B6	mg	0.61	0.76
Vitamin B12	µg	0.90	1.13
Folic Acid	µg	80.9	101.1
Pantothenic Acid	mg	1.53	1.91
Biotin	µg	10.1	12.6
Trace Elements		Per 100ml	Per 125ml
Iron	mg	2.19	2.74
Zinc	mg	2.58	3.23
Manganese	mg	0.64	0.8
Copper	mg	0.35	0.44
Iodine	µg	4.90	61.3
Molybdenum	µg	21.5	26.9
Selenium	µg	15.4	193
Chromium	µg	13.0	16.3
Fluoride	mg	0.18	0.23
Other		Per 100ml	Per 125ml
Choline	mg	99.4	124.3
Osmolality	mOsmol/ kgH <sub>2</sub> O	900	900

RECIPE IDEA

Breakfast Smoothie Bowl#

Serves: 1



Ingredients

- 1 x 125ml Fortisip Compact Protein (Strawberry)
- 1 large (120g) frozen banana slices
- 1/2 cup (60g) frozen strawberries
- 1/4 cup Greek yoghurt
- 2 tablespoons rolled oats

Method

1. In a blender combine frozen banana, frozen strawberries, Fortisip Compact Protein (Strawberry), yoghurt and oats. Blend until smooth.
2. Spoon into a serving bowl and top with your choice of toppings.
3. Serve chilled.

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 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.

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