

# Fortini Smoothie Multi Fibre

## Description

Fortini Smoothie Multi Fibre is a Food for Special Medical Purposes for use under medical supervision. Fortini Smoothie Multi Fibre is a nutritionally complete 1.5 kcal/ml ready to drink fruit smoothie sip feed, with fibre, for the dietary management of disease related malnutrition in children from one year of age (>8kg in body weight). It contains 1.4g/100ml Multi Fibre, providing 70% soluble and 30% insoluble fibre. Fortini Smoothie Multi Fibre can be used to supplement the diet of children who are unable to meet their nutritional requirements from other foods, or it is suitable as a sole source of nutrition for children aged 1-12 years or 8-20 kg in body weight (see precautions). Nutritionally complete for children aged 1-12 years. Available in 200ml bottles, with flexible straw attached, in two flavours: summer fruit and berry fruit.

## Indications

For enteral use only. ACBS approved, prescribable on form FP10 (GP10 in Scotland) for the following indications: disease related malnutrition; growth failure.

## Contraindications

Not suitable for infants under 1 year of age. Not suitable for patients with galactosaemia, or patients requiring a fibre free diet.

## Precautions

Due to the fibre content, intakes greater than 4 bottles per day should be used with caution. Not recommended to be given via feeding tubes due to risk of blockage.

## Directions for use

Fortini Smoothie Multi Fibre is best served chilled. It may be frozen or gently heated (not boiled). Shake well before opening.

## Storage

Store in a cool, dry place (5-25°C). Once opened, Fortini Smoothie Multi Fibre should be consumed within 4 hours, or stored in a refrigerator for up to 24 hours. Discard unused contents thereafter.

## Shelf life

10 months. Best before date: see side of bottle.

## Ingredients (Summer Fruit flavour\*)

Water, fruit purees and concentrate ((15%) apricot puree (3.5%), banana puree (3.5%), apple puree (3.5%), pear puree (3.5%), lemon juice from concentrate (1.0%)), sucrose, maltodextrin, vegetable oils, milk proteins, dietary fibres (soy polysaccharides, inulin, oligofructose, resistant starch, arabic gum, cellulose), concentrated carrot juice (0.9%), acidity regulators (citric acid, phosphoric acid), calcium lactate, stabiliser (pectin), emulsifier (mono- and diglycerides of fatty acids), starch (rice), tri potassium citrate, di sodium hydrogen phosphate, magnesium citrate, calcium hydrogen phosphate, flavouring (banana-apricot), potassium di hydrogen phosphate, choline chloride, carotenoids (contains soy) β-carotene, lutein, lycopene), sodium L-ascorbate, L-ascorbic acid, taurine, tri sodium citrate, potassium hydroxide, ferric pyrophosphate, zinc sulphate, L-carnitine, nicotinamide, DL-α-tocopheryl acetate, sodium selenite, retinyl acetate, D-biotin, cholecalciferol, calcium D-pantothenate, manganese sulphate, thiamin hydrochloride, copper sulphate, riboflavin, pyridoxine hydrochloride, pteroylmonoglutamic acid, potassium iodide, sodium fluoride, phytomenadione, cyanocobalamin, sodium molybdate, chromium chloride.

\*For Berry Fruit flavour please see individual packaging.

**FORTINI SMOOTHIE MULTI FIBRE IS GLUTEN AND LACTOSE FREE.**

AVERAGE CONTENTS*	UNIT	per 100ml	per 100kcal
<b>Energy:</b>	kcal	150	100
	kJ	625	420
<b>Protein:</b>	g	3.4	2.3
nitrogen	g	0.5	0.4
% of total energy	%	9	9
<b>Carbohydrate:</b>	g	19.0	12.7
polysaccharides	g	6.8	4.5
sugars	g	11.5	7.7
- lactose	g	<0.025	<0.025
% of total energy	%	51	51
<b>Fat:</b>	g	6.4	4.3
saturates	g	0.8	0.6
monounsaturates	g	3.8	2.5
polyunsaturates	g	1.8	1.2
% of total energy	%	38	38
<b>Dietary fibre:</b>	g	1.4	0.9
soluble	g	1.0	0.7
insoluble	g	0.4	0.2
% of total energy	g	2	2
<b>Minerals:</b>			
sodium	mg (mmol)	70 (3.0)	47 (2.0)
potassium	mg (mmol)	145 (3.7)	97 (2.5)
chloride	mg (mmol)	100 (2.8)	67 (1.9)
calcium	mg (mmol)	84 (2.1)	56 (1.4)
phosphorus	mg (mmol)	75 (2.4)	50 (1.6)
magnesium	mg (mmol)	15 (0.6)	10 (0.4)
iron	mg	1.0	0.7
zinc	mg	1.0	0.7
copper	µg	113	75
manganese	mg	0.19	0.13
fluoride	mg	0.10	0.07
molybdenum	µg	6.0	4.0
selenium	µg	4.5	3.0
chromium	µg	4.0	2.7
iodine	µg	15	10
<b>Vitamins:</b>			
vitamin A	µg RE	61	41
vitamin D	µg	1.5	1.0
vitamin E	mg α-TE	1.5	1.0
vitamin K	µg	6.0	4.0
thiamin	mg	0.23	0.15
riboflavin	mg	0.24	0.16
niacin	mg NE	1.7	1.1
pantothenic acid	mg	0.50	0.33
vitamin B6	mg	0.18	0.12
folic acid	µg	23	15
vitamin B12	µg	0.26	0.17
biotin	µg	6.0	4.0
vitamin C	mg	15	10
<b>Others:</b>			
carotenoids	mg	0.15	0.10
L-carnitine	mg	3.0	2.0
choline	mg	30	20
taurine	mg	11	7.6
<b>Water:</b>	g	77	51
osmolality	mOsmol/l	685	685
osmolality	mOsmol/kg H <sub>2</sub> O	930	930
potential renal solute load**	mOsmol/l	314	314