

# Fortisip

A ready-to-drink, high energy (1.5kcal/mL), nutritionally complete milk tasting oral supplement. Suitable as a sole source of nutrition or as a supplement to the diet. A food for special medical purposes; to be used under strict medical supervision.

## Presentation

- 200mL Plastic Bottle

## Flavours

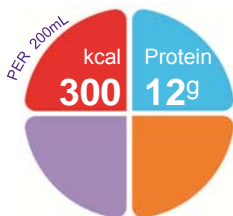
- Vanilla, Chocolate, Strawberry, Banana, Tropical, Caramel

## Indications

- Disease related malnutrition
- Suitable for low residue and fluid restricted diets

## Features

- 1.5 kcal/mL
- 12g protein (16% E) per bottle to meet increased protein requirements
- Low Lactose (<0.05g/bottle)
- Gluten
- Fibre free\* (Chocolate variety contains 0.6g fibre per bottle)
- Added carotenoids reflecting general health recommendations for their antioxidant properties and positive affect on immune function
- Suitable as a sole source of nutrition (6-8 bottles/day) or as a nutritional supplement (2-3 bottles/day)
- 6 delicious flavours for maximum variety and to encourage patient compliance
- Convenient plastic bottle (with straw attached) designed to be easily held and a removable cap for easy pouring



## Contraindications

- Patients with Galactosaemia
- Not recommended for children under 1 year of age
- Use with caution in children aged 1-6 years

## Nutrient Source

- **Protein:** Milk proteins (sodium caseinate)
- **Fat:** Vegetable oils (Sunflower oil, canola oil)
- **Carbohydrate:** Maltodextrin, sucrose

## Directions for Use

- Shake well before use
- Best served chilled
- Dosage 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

## Ordering Information

- To order contact Nutricia Customer Service 1800 889 480

| Flavour    | Code   | Units per carton |
|------------|--------|------------------|
| Chocolate  | 552352 | 24               |
| Vanilla    | 552356 | 24               |
| Strawberry | 552354 | 24               |
| Banana     | 552351 | 24               |
| Tropical   | 552355 | 24               |
| Caramel    | 66037  | 24               |

# Fortisip

**Fortisip** is nutritionally complete in 1800kcal where all nutrients meet 100% of the RDI/AI for all age groups and genders except for protein (male 70+yrs), LCn-3, fibre, vitamin D (70+ yrs), potassium (19+yrs), calcium (male 70+yrs, female 51+yrs), magnesium (19+yrs) phosphorus (19+yrs) & flouride.

Choc= Chocolate

| Nutrition Information |      | Per 100mL      |
|-----------------------|------|----------------|
| Energy                | kcal | 150            |
|                       | kJ   | 630            |
| Protein               | g    | 6 (16%E)       |
| Caesin                | g    | 6 (5.7 choc)   |
| Nitrogen              | g    | 0.9            |
| Carbohydrate          | g    | 18.4 (49%E)    |
| Sugars                | g    | 6.7            |
| as Lactose            | g    | <0.025         |
| Fat                   | g    | 5.8 (35%E)     |
| Saturates             | g    | 0.6 (0.7 choc) |
| Monounsaturates       | g    | 3.5 (3.4 choc) |
| Polyunsaturates       | g    | 1.8 (1.7 choc) |
| ω6:ω3 ratio           |      | 4.8:1          |
| Fibre                 | g    | 0 (0.3 choc)   |
| Water                 | g    | 78 (77 choc)   |

| Minerals   |      | Per 100mL |
|------------|------|-----------|
| Sodium     | mg   | 90        |
|            | mmol | 3.9       |
| Potassium  | mg   | 159       |
|            | mmol | 4         |
| Calcium    | mg   | 91        |
| Phosphorus | mg   | 78        |
| Magnesium  | mg   | 23        |
| Chloride   | mg   | 87        |
| Ca:P ratio |      | 1.2:1     |

| Vitamins         |         | Per 100mL |
|------------------|---------|-----------|
| Vitamin A        | µg-RE   | 123       |
| Vitamin D        | µg      | 1.1       |
| Vitamin E        | mg-α-TE | 1.9       |
| Vitamin K        | µg      | 8         |
| Vitamin C        | mg      | 15        |
| Thiamin          | mg      | 0.23      |
| Riboflavin       | mg      | 0.24      |
| Niacin           | mg NE   | 2.7       |
| Vitamin B6       | mg      | 0.26      |
| Vitamin B12      | µg      | 0.32      |
| Folic Acid       | µg      | 40        |
| Pantothenic Acid | mg      | 0.8       |
| Biotin           | µg      | 6         |

| Trace Elements |    | Per 100mL    |
|----------------|----|--------------|
| Iron           | mg | 2.4          |
| Zinc           | mg | 1.8          |
| Manganese      | mg | 0.5          |
| Copper         | µg | 270          |
| Iodine         | µg | 20           |
| Molybdenum     | µg | 15           |
| Selenium       | µg | 8.6          |
| Chromium       | µg | 10 (15 choc) |
| Fluoride       | mg | 0.15         |



| Other       |                            | Per 100mL      |
|-------------|----------------------------|----------------|
| Carotenoids | mg                         | 0.3            |
| Choline     | mg                         | 55             |
| Osmolality  | mOsmol/kg H <sub>2</sub> O | 590 (580 choc) |

**Ingredients (Fortisip vanilla):** water, maltodextrin, milk protein (sodium caseinate), sucrose, vegetable oil (canola oil, sunflower oil), tri potassium citrate, emulsifier (soy lecithin), flavour (vanilla), magnesium chloride, acidity regulator (citric acid), tri calcium phosphate, carotenoids (contains soy lecithin) (β-carotene, lutein, lycopene), choline chloride, calcium hydroxide, potassium hydroxide, sodium L-ascorbate, ferrous lactate, zinc sulphate, colour (curcumin), magnesium hydroxide, nicotinamide, retinyl acetate, copper gluconate, DL-α-tocopheryl acetate, sodium selenite, manganese sulphate, calcium D-pantothenate, chromium chloride, D-biotin, cholecalciferol, thiamin hydrochloride, folic acid, pyridoxine hydrochloride, cyanocobalamin, sodium molybdate, riboflavin, sodium flouride, potassium iodide, phytomenadione.