# REDISCOVER YOUR NUTRITIONAL BALANCE

## FEATURES

- A ready-to-drink nutrition supplement that is high in calories (300kcal), 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 5 delicious flavours (vanilla, mocha, strawberry, hot tropical ginger and neutral).

## 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.

## 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.

## DIRECTIONS FOR USE

- Best served chilled.
- Shake well before use.
- 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*

**Fortisip Compact Protein Vanilla**: Water, **cow's milk** proteins (micellar casein isolate, **milk** protein caseinates), maltodextrin, sugar, vegetable oils, (rapeseed oil, sunflower oil), magnesium hydrogen phosphate, emulsifier (**soy** lecithin), flavouring (vanilla),choline chloride, sodium L-ascorbate, potassium citrate, di potassium hydrogenphosphate, ferrous lactate, DL-α tocopheryl acetate, colouring (curcumin), retinyl acetate, copper gluconate, zinc sulphate, manganese sulphate, calcium D-pantothenate, sodium selenite, D-biotin, chromium chloride, cholecalciferol, thiamin hydrochloride, pteroylmonoglutamic acid, pyridoxine hydrochloride, nicotinamide, potassium iodide, riboflavin, sodium molybdite, sodium fluoride, cyanocobalamin, phytomenadione.

## ALLERGEN & CULTURAL INFORMATION

- Contains: cow's milk protein and soy.
- Does not contain: wheat, egg, nuts**, lupins.
- Halal certified.
- 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**
Phone our customer support team on **1800 884 367**
Buy in-store **from your local pharmacy**

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

**^Per 125ml bottle**

| NUTRITION INFORMATION* | | Per 100ml | Per 125ml |
|---|---|---|---|
| Energy | kcal | 240 | 300 |
| | kJ | 1010 | 1263 |
| Protein | g | 14.4 (24% E) | 18 |
| Casein | g | 13.4 | 16.8 |
| Whey | g | 1 | 1.3 |
| Carbohydrate | g | 24.4 (41% E) | 30.5 |
| Sugars | g | 13.3 | 16.6 |
| as Lactose | g | 0.3 | 0.38 |
| Fat | g | 9.4 (35% E) | 11.8 |
| Saturates | g | 0.9 | 1.1 |
| Monounsaturates | g | 5.7 | 7.1 |
| Polyunsaturates | g | 2.8 | 3.5 |
| ω6 / ω3 ratio | | 5.1:1 | 5.1:1 |
| Fibre | g | 0 | 0 |
| Water | ml | 63 | 78.8 |
| **Minerals** | | Per 100ml | Per 125ml |
| Sodium | mg | 40 | 50 |
| | mmol | 1.7 | 2.1 |
| Potassium | mg | 105 | 131 |
| | mmol | 2.7 | 3.4 |
| Calcium | mg | 350 | 438 |
| Phosphorus | mg | 300 | 375 |
| Magnesium | mg | 55 | 68.8 |
| Chloride | mg | 60 | 75 |
| Ca:P ratio | | 1.2:1 | 1.2:1 |

| Vitamins | | Per 100ml | Per 125ml |
|---|---|---|---|
| Vitamin A | µg-RE | 260 | 325 |
| Vitamin D | µg | 2.1 | 2.6 |
| Vitamin E | mg α-TE | 3.7 | 4.6 |
| Vitamin K | µg | 16 | 20 |
| Vitamin C | mg | 30 | 37.5 |
| Thiamin | mg | 0.45 | 0.56 |
| Riboflavin | mg | 0.5 | 0.6 |
| Niacin | mg NE | 3.6 | 4.5 |
| Vitamin B6 | mg | 0.53 | 0.66 |
| Vitamin B12 | µg | 1.1 | 1.4 |
| Folic Acid | µg | 80 | 100 |
| Pantothenic Acid | mg | 1.6 | 2 |
| Biotin | µg | 12 | 15 |
| **Trace Elements** | | Per 100ml | Per 125ml |
| Iron | mg | 2.1 | 2.6 |
| Zinc | mg | 2.4 | 3 |
| Manganese | mg | 0.63 | 0.79 |
| Copper | µg | 350 | 438 |
| Iodine | µg | 46 | 57.5 |
| Molybdenum | µg | 20 | 25 |
| Selenium | µg | 14 | 17.5 |
| Chromium | µg | 13 | 16.3 |
| Fluoride | mg | 0.19 | 0.24 |
| **Other** | | Per 100ml | Per 125ml |
| Choline | mg | 110 | 138 |
| Osmolality | mOsmol/ kg$H_2O$ | 900 | 900 |

# RECIPE IDEA

## Breakfast Smoothie Bowl#

**Serves:** 1

### Ingredients

- 1 large (120g) frozen banana slices
- ½ cup (60g) frozen strawberries
- 1 x 125ml Fortisip Compact Protein (Strawberry)
- ¼ 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** 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 informational 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 illinoiesis (Wangenh.) K. Koch)*, Brazil nut *(Bertholletia excelsa)*, Pistachio nut *(Pistacia vera)*, Macadamia nut and Queensland nut *(Macadamia ternifolia)* and products thereof.

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

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

Nutricia Australia Pty Ltd. Talavera Corporate Centre, Level 4 Building D, 12-24 Talavera Rd, Macquarie Park NSW 2113

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