

# FORTISIP COMPACT FIBRE

A ready-to-drink, high energy, fibre-enriched, nutritionally complete oral nutritional supplement.

## FEATURES

- **Suitable as a sole source of nutrition<sup>^</sup>**
- **300kcal/bottle (2.4kcal/ml):** energy dense to increase energy intake and improve body weight.<sup>1</sup>
- **High compliance:** Significantly higher compliance (91%) when compared to standard 1–2kcal/ml oral nutrition supplements (77%).<sup>2</sup>
- **Compact bottle:** significantly greater intakes of energy and protein with a 125ml bottle when compared with a 200ml oral nutritional supplement.<sup>2</sup>
- **4.5g of fibre\*/bottle:** to help maintain normal bowel function.
- **User-friendly bottle:** ergonomic plastic bottle, with resealable easy to open cap.

## Indications

For the dietary management of:

- Disease related malnutrition 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.
- Patients with high energy requirements.

## Important Notice

- Not for parenteral use.
- Not suitable for patients with galactosaemia.
- Not suitable for patients with cow's milk protein allergy.
- Not suitable for children under 3 years of age.
- Use with caution in children aged 3–6 years.
- Not suitable for patients requiring a fibre free diet.
- Must be used under medical supervision.
- Monitor fluid intake to ensure adequate hydration status..

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

## Ordering Information

To order contact Nutricia Customer Experience **1800 889 480**.

| Fortisip Compact Fibre | Presentation | Product code | Units per carton |
|------------------------|--------------|--------------|------------------|
| Vanilla                | 125ml bottle | 172108       | 24               |
| Strawberry             | 125ml bottle | 172106       | 24               |

## Ingredients\*\*

**Fortisip Compact Fibre Vanilla:** cow's **milk** proteins, glucose syrup, water, vegetable oils (rapeseed oil, sunflower oil), trehalose†, oligofructose, galacto-oligosaccharides (from cow's **milk**), potassium citrate, emulsifier (**soy** lecithin), pectin, flavourings (vanilla), magnesium hydrogen phosphate, fructo-oligosaccharides, choline chloride, potassium chloride, sodium citrate, sodium L-ascorbate, ferrous lactate, zinc sulphate, colour (curcumin), copper gluconate, manganese sulphate, nicotinamide, DL-alpha tocopheryl acetate, calcium D-pantothenate, cholecalciferol, thiamin hydrochloride, pyridoxine hydrochloride, riboflavin, retinyl acetate, sodium fluoride, chromium chloride, pteroylmonoglutamic acid, sodium molybdate, potassium iodide, sodium selenite, D-biotin, phytomenadiol, cyanocobalamin.

† Trehalose is a source of glucose

## Allergen & Cultural Information

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



# FORTISIP COMPACT FIBRE

For Healthcare Professional Use Only.

| NUTRITION INFORMATION** |         | Per 100ml    | Per 125ml |
|-------------------------|---------|--------------|-----------|
| Energy                  | kJ      | 1007         | 1259      |
|                         | kcal    | 240          | 300       |
| Protein                 | g       | 9.5 (16% E)  | 11.9      |
| Casein                  | g       | 9.2          | 11.5      |
| Carbohydrate            | g       | 25.4 (42% E) | 31.8      |
| Sugars                  | g       | 13.4         | 16.8      |
| as Lactose              | g       | 0.51         | 0.64      |
| Fat                     | g       | 10.4 (39% E) | 13        |
| Saturates               | g       | 0.93         | 1.16      |
| Monounsaturates         | g       | 6.3          | 7.9       |
| Polyunsaturates         | g       | 3.2          | 4.0       |
| ω6 / ω3 ratio           |         | 5.1:1        | 5.1:1     |
| Fibre                   | g       | 3.6 (3% E)   | 4.5       |
| Water                   | ml      | 63           | 79        |
| Vitamins                |         | Per 100ml    | Per 125ml |
| Vitamin A               | µg      | 234          | 293       |
| Vitamin D               | µg      | 1.80         | 2.25      |
| Vitamin E               | mg α-TE | 3.17         | 3.96      |
| Thiamin B1              | mg      | 0.44         | 0.55      |
| Riboflavin B2           | mg      | 0.46         | 0.58      |
| Niacin B3               | mg-NE   | 4.40         | 5.50      |
| Vitamin B6              | mg      | 0.46         | 0.58      |
| Folic Acid              | µg      | 61.3         | 76.6      |
| Vitamin B12             | µg      | 0.70         | 0.88      |
| Vitamin C               | mg      | 24.0         | 30.0      |
| Biotin                  | µg      | 9.60         | 12.00     |
| Pantothenic Acid        | mg      | 1.40         | 1.75      |
| Vitamin K               | µg      | 13.0         | 16.3      |

\* The fibre is a blend of dietary fibres (oligofructose, galacto-oligosaccharides, pectin, fructo-oligosaccharides) reflecting the different types in a healthy diet.

\*\* 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 Clinical Careline on 1800 060 051.

^ In accordance with Australia New Zealand Food Standards Code - Standard 2.9.5

## REFERENCES

1. Smith et al. Nutrients.2020;12;517
2. Hubbard GP et al. Proc. Nutr. Soc. 2010; 69; OCE2: E164

**Food for special medical purposes for use under medical supervision.**

For more information call the  
**Nutricia Clinical Careline 1800 060 051**  
**NutriciaCareline@danone.com**

| Minerals       |                           | Per 100ml | Per 125ml |
|----------------|---------------------------|-----------|-----------|
| Sodium         | mg                        | 83.0      | 103.8     |
|                | mmol                      | 3.61      | 4.51      |
| Potassium      | mg                        | 208       | 260       |
|                | mmol                      | 5.32      | 6.65      |
| Calcium        | mg                        | 165       | 206       |
|                | mmol                      | 4.12      | 5.15      |
| Phosphorus     | mg                        | 174       | 218       |
|                | mmol                      | 5.62      | 7.03      |
| Magnesium      | mg                        | 32.4      | 40.5      |
|                | mmol                      | 1.33      | 1.66      |
| Chloride       | mg                        | 82.0      | 102.5     |
|                | mmol                      | 2.31      | 2.89      |
| Ca:P ratio     | mg                        | 1:1       | 1:1       |
| Trace Elements |                           | Per 100ml | Per 125ml |
| Iron           | mg                        | 3.86      | 4.83      |
| Zinc           | mg                        | 2.8       | 3.5       |
| Manganese      | mg                        | 0.80      | 1.00      |
| Copper         | mg                        | 0.43      | 0.54      |
| Iodine         | µg                        | 37.4      | 46.8      |
| Molybdenum     | µg                        | 24.0      | 30.0      |
| Selenium       | µg                        | 14.0      | 17.5      |
| Chromium       | µg                        | 16.0      | 20.0      |
| Fluoride       | mg                        | 0.18      | 0.23      |
| Other          |                           | Per 100ml | Per 125ml |
| Choline        | mg                        | 80.8      | 101.1     |
| Osmolality     | mOsmol/kgH <sub>2</sub> O | 1260      | 1260      |

**NUTRICIA**  
 LIFE-TRANSFORMING NUTRITION

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