

FORTISIP

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

FEATURES

- **Suitable as a sole source of nutrition[^]**
- **Suitable for oral or enteral use:** can be consumed orally or delivered via an enteral feeding tube. Can be used to supplement intake or as a sole source of nutrition.
- **300kcal/bottle (1.5kcal/ml):** energy dense to increase energy intake and improve body weight.¹
- **No Added Fibre:** for patients requiring residue-restricted diets. Except for chocolate flavour which contains 0.6g fibre per bottle.
- **4 flavours:** available in a variety of flavours (Vanilla, Chocolate, Strawberry and Banana) for patient choice.
- **User-friendly bottle:** ergonomic plastic bottle, with resealable easy to open cap.

Indications

For use in the dietary management of:

- Disease related malnutrition
- Patients with high energy requirements
- Patients requiring a residue restricted diet

Important Notice

- Suitable as a sole source of nutrition.
- Not for parenteral use.
- Not suitable for patients with galactosaemia.
- Not suitable for patients with cow's milk protein allergy.
- Not suitable for infants and children under 3 years of age.
- Use with caution in children aged 3-6 years of age.
- Must be used under medical supervision.

Directions for Use

- Shake well before use.
- Best served chilled.
- 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 for maximum 24 hours.
- Discard unused contents after 24 hours.

Ordering Information

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

| Fortisip | Presentation | Product code | Units per carton |
|------------|--------------|--------------|------------------|
| Vanilla | 200ml bottle | 52356 | 24 |
| Chocolate | 200ml bottle | 52352 | 24 |
| Strawberry | 200ml bottle | 52354 | 24 |
| Banana | 200ml bottle | 52351 | 24 |

Ingredients*

Fortisip Vanilla: water, maltodextrin, cow's **milk** proteins, sugar, vegetable oils (rapeseed oil, sunflower oil), potassium citrate, emulsifier (**soy** lecithin), flavouring, magnesium chloride, tri calcium phosphate, acidity regulator (citric acid), choline chloride, carotenoids (contains **soy**) (b-carotene, lutein, lycopene oleoresin from tomatoes), calcium hydroxide, sodium L-ascorbate, potassium hydroxide, 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, pteroylmonoglutamic acid, pyridoxine hydrochloride, cyanocobalamin, sodium molybdate, riboflavin, potassium iodide, sodium fluoride, phytomenadione.

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).



| NUTRITION INFORMATION* | | Per 100ml | Per 200ml |
|------------------------|---------|--------------|-----------|
| Energy | kcal | 150 | 300 |
| | kJ | 625 | 1250 |
| Protein | g | 5.9 (16% E) | 11.8 |
| Casein | g | 5.9 | 11.8 |
| Carbohydrate | g | 18.4 (49% E) | 36.8 |
| Sugars | g | 6.7 | 13.4 |
| as Lactose | g | <0.025 | <0.05 |
| Fat | g | 5.8 (35% E) | 11.6 |
| Saturates | g | 0.6 | 1.2 |
| Monounsaturates | g | 3.5 | 7 |
| Polyunsaturates | g | 1.7 | 3.4 |
| ω6 / ω3 ratio | | 5.2:1 | 5.2:1 |
| Fibre | g | 0 | 0 |
| Water | ml | 78 | 156 |
| Minerals | | Per 100ml | Per 200ml |
| Sodium | mg | 90 | 180 |
| | mmol | 3.9 | 7.8 |
| Potassium | mg | 159 | 318 |
| | mmol | 4.1 | 8.2 |
| Calcium | mg | 91 | 182 |
| Phosphorus | mg | 78 | 156 |
| Magnesium | mg | 23 | 46 |
| Chloride | mg | 87 | 174 |
| Ca:P ratio | | 1.2:1 | 1.2:1 |
| Vitamins | | Per 100ml | Per 200ml |
| Vitamin A | µg-RE | 123 | 246 |
| Vitamin D | µg | 1.1 | 2.2 |
| Vitamin E | mg α-TE | 1.9 | 3.8 |
| Vitamin K | µg | 8 | 16 |
| Vitamin C | mg | 15 | 30 |
| Thiamin | mg | 0.23 | 0.46 |
| Riboflavin | mg | 0.24 | 0.48 |
| Niacin | mg NE | 2.7 | 5.4 |
| Vitamin B6 | mg | 0.26 | 0.52 |
| Vitamin B12 | µg | 0.32 | 0.64 |
| Folic Acid | µg | 40 | 80 |
| Pantothenic Acid | mg | 0.8 | 1.6 |
| Biotin | µg | 6 | 12 |

* 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 the other flavours, please contact the Nutricia Clinical Care Line on 1800 060 051.

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

REFERENCES 1.Milne AC, et al. Protein and energy supplementation in elderly people at risk from malnutrition. Cochrane Database Syst Rev. 2009; 2.

| Trace Elements | | Per 100ml | Per 200ml |
|----------------|-------------------------------|-----------|-----------|
| Iron | mg | 2.4 | 4.8 |
| Zinc | mg | 1.8 | 3.6 |
| Manganese | mg | 0.5 | 1 |
| Copper | mg | 0.27 | 0.54 |
| Iodine | µg | 20 | 40 |
| Molybdenum | µg | 15 | 30 |
| Selenium | µg | 8.6 | 17.2 |
| Chromium | µg | 10 | 20 |
| Fluoride | mg | 0.15 | 0.3 |
| Other | | Per 100ml | Per 200ml |
| Carotenoids | mg | 0.3 | 0.6 |
| Choline | mg | 55 | 110 |
| Osmolality | mOsmol/ kgH ₂ O | 590 | 590 |

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

For more information call the
Nutricia Clinical Care Line 1800 060 051

NUTRICIA
LIFE-TRANSFORMING NUTRITION

Nutricia Australia Pty Ltd.
The Zenith, Tower B, Level 12,
821 Pacific Highway, Chatswood NSW Australia.
nutricia.com.au/adult/

NC4676-Jan24 / NUT1159