

Fortisip

Description

Fortisip is a Food for Special Medical Purposes for use under medical supervision. Fortisip is a nutritionally complete, 1.5kcal/ml, ready to drink, milk shake style nutritional supplement, for the management of disease related malnutrition. Fortisip can be used to supplement the diet of patients unable to meet their nutritional requirements from other foods, or used as a sole source of nutrition. Fortisip is available in 200ml bottles, with a flexible straw attached, in 8 flavours: Neutral, Vanilla, Chocolate, Toffee, Banana, Orange, Strawberry and Tropical Fruits.

Indications

For enteral use only. GMS Listed. ACBS approved for the following indications: short bowel syndrome; intractable malabsorption; pre-operative preparation of undernourished patients; inflammatory bowel disease; total gastrectomy; dysphagia; bowel fistulae; disease related malnutrition.

Contraindications

Not for intravenous use. Not suitable for children under 3 years of age. Not suitable for patients with galactosaemia.

Precautions

Not suitable for use as a sole source of nutrition in children under 6 years of age.

Directions for use

Fortisip is best served chilled. Shake well before opening. Fortisip Neutral may be added to sweet and savoury foods.

Storage

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

Shelf life

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

Ingredients (Vanilla flavour*)

Water, maltodextrin, milk protein, sucrose, vegetable oils, 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 fluoride, potassium iodide, phytomenadione.

*For all other flavours, see individual packaging.

FORTISIP IS GLUTEN AND LACTOSE FREE.

Average Contents	Unit	per 100ml	per 100kcal
Energy:	kcal	150	100
	kJ	630	420
Protein:	g	6	4
nitrogen	g	0.9	0.6
NPC:N		134:1	134:1
% of total energy	%	16	16
Carbohydrate:	g	18.4	12.3
sugars (Neutral)	g	1.1	0.7
sugars (others)	g	6.7	4.5
lactose	g	<0.025	<0.017
% of total energy	%	49	49
Fat:	g	5.8	3.9
saturates	g	0.6	0.4
saturates (chocolate)	g	0.7	0.4
% of total energy	%	35	35
Dietary fibre:	g	0	0
chocolate	g	0.3	0.2
Minerals:			
sodium	mg (mmol)	90 (3.9)	60 (2.6)
potassium	mg (mmol)	159 (4.1)	106 (2.7)
chloride	mg (mmol)	87 (2.5)	58 (1.6)
calcium	mg (mmol)	91 (2.3)	61 (1.5)
phosphorus	mg (mmol)	78 (2.5)	52 (1.7)
magnesium	mg (mmol)	23 (0.9)	15 (0.6)
iron	mg	2.4	1.6
zinc	mg	1.8	1.2
copper	mcg	270	180
manganese	mg	0.50	0.33
fluoride	mg	0.15	0.10
molybdenum	mcg	15	10
selenium	mcg	8.6	5.7
chromium	mcg	10	6.7
chromium (chocolate)	mcg	15	10
iodine	mcg	20	13.3
Vitamins:			
vitamin A	mcg RE	123	82
– carotenoids	mg	0.30	0.20
vitamin D	mcg	1.1	0.7
vitamin E	mg α -TE	1.9	1.3
vitamin K	mcg	8	5.3
thiamin	mg	0.23	0.15
riboflavin	mg	0.24	0.16
niacin	mg NE	2.7	1.8
pantothenic acid	mg	0.80	0.53
vitamin B6	mg	0.26	0.17
folic acid	mcg	40	27
vitamin B12	mcg	0.32	0.21
biotin	mcg	6	4
vitamin C	mg	15	10
Others:			
choline	mg	55	37
Water:	g	78	52
osmolarity (Neutral)	mOsm/l	325	325
osmolarity (flavoured)	mOsm/l	455	455
osmolality (Neutral)	mOsm/kg H ₂ O	420	420
osmolality (flavoured)	mOsm/kg H ₂ O	590	590
potential renal solute load	mOsm/l	465	465