

FORTISIP COMPACT FIBRE

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

FEATURES

- **Suitable as a sole source of nutrition** ^
- **300kcal/bottle (2.4kcal/ml):** energy dense to increase energy intake and improve body weight.¹
- **High compliance:** significantly higher compliance (91%) when compared to standard 1-2 kcal/ml oral nutritional supplement (77%)²
- **Compact bottle:** significantly greater intakes of energy and protein with a 125ml bottle when compared with a 200ml oral nutritional supplement.²
- **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 use in 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

- Suitable as a sole source of nutrition.
- Not for parenteral use.
- Not suitable for patients with galactosemia.
- Not suitable for patients with cow's milk protein allergy.
- Not suitable for children under 6 years of age.
- Not suitable for patients requiring a residue free diet.

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.

Ordering Information

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

Fortisip Compact Fibre	Presentation	Product code	Servings carton
Vanilla	125ml bottle	50135	24
Strawberry	125ml bottle	50136	24

Ingredients**

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

Allergen & Cultural Information

- Contains cow's milk protein and soy.
- Does not contain wheat, eggs, nuts***, lupins.
- Halal certified.
- No gluten containing ingredients.
- Low lactose (lactose <2g/100g)



FORTISIP COMPACT FIBRE

NUTRITION INFORMATION	Units	Per 100ml	Per 125ml
Energy	kJ	1005	1256
	kcal	240	300
Protein	g	9.5 (16% E)	12
Casein	g	8.8	11
Carbohydrate	g	25.2 (42% E)	31.5
Sugars	g	14.1	17.6
As lactose	g	0.6	0.8
Fat	g	10.4 (39% E)	13
Saturates	g	1.1	1.4
Monounsaturates	g	6.3	7.9
Polyunsaturates	g	3.1	3.9
ω6 / ω3 ratio	g	5:1:1	5:1:1
Fibre	g	3.6 (3% E)	4.5
Water	g	63	79
Vitamins			
Vitamin A	µg-RE	240	300
Vitamin D	µg	1.8	2.3
Vitamin E	mg α-TE	3.0	3.8
Thiamin (B ₁)	mg	0.4	0.5
Riboflavin (B ₂)	mg	0.4	0.5
Niacin (B ₃)	mg	2.2	2.8
Vitamin B ₆	mg	0.4	0.5
Folic Acid	µg	64	80
Vitamin B ₁₂	µg	0.5	0.63
Vitamin C	mg	24	30
Biotin	µg	9.6	12
Pantothenic Acid	mg	1.3	1.6
Vitamin K	µg	13	16

NUTRITION INFORMATION	Units	Per 100ml	Per 125ml
Minerals			
Sodium	mg	83	104
	mmol	3.6	4.5
Potassium	mg	229	286
	mmol	5.9	7.4
Calcium	mg	174	218
	mmol	4.3	5.4
Phosphorus	mg	174	218
	mmol	5.6	7.0
Magnesium	mg	33	41
	mmol	1.4	1.8
Chloride	mg	91	114
	mmol	2.6	3.2
Ca:P ratio	mg	1:1	1:1
Trace Elements			
Iron	mg	3.8	4.8
Zinc	mg	2.9	3.6
Manganese	mg	0.8	1
Copper	mg	0.43	0.54
Iodine	µg	32	40
Molybdenum	µg	24	30
Selenium	µg	14	18
Chromium	µg	16	20
Fluoride	mg	0.2	0.25
Other			
Choline	mg	88	110
Osmolality	mOsmol/kg water	1260	1260

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

** Please note that the ingredients list and nutritional information is for vanilla flavour only. There are minor variations in the ingredients list and nutritional information between different flavours. For the full ingredients list, please contact the Nutricia Careline Team on 1800 060 051.

*** Peanut (*Arachis hypogaea*), Almond (*Amygdalus communis* L.), Hazelnut (*Corylus avellana*), Walnut (*Juglans regia*), Cashew (*Anacardium occidentale*), Pecan nut (*Carya illinoensis* (Wangenh.) K. Koch), Brazil nut (*Bertholletia excelsa*), Pistachio nut (*Pistacia vera*), Macadamia nut and Queensland nut (*Macadamia ternifolia*) and products thereof, except those used for alcohol distillates.

^ 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

**A food for special medical purposes;
to be used under strict medical supervision.**

For more information call the
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LIFE-TRANSFORMING NUTRITION

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