



REDISCOVER YOUR NUTRITIONAL BALANCE

FEATURES

- A ready-to-drink fibre enriched nutrition supplement that is high in calories (308kcal) with 12g of protein 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.
- Good source of protein to support maintenance of muscle mass.
- Contains added fibre to support regular bowel function.
- Ready-to-drink 200ml bottle available in 3 delicious flavours (vanilla, chocolate and strawberry).



INDICATIONS

For the dietary management of:

- Disease-related malnutrition.
- People with high energy requirements.
- Individuals should speak to their healthcare professional about the benefit for them.

IMPORTANT NOTICE

- ✗ Not for parenteral use.
- ✗ Not suitable for people requiring a fibre free diet.
- ✗ 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 Multi Fibre Vanilla: water, maltodextrin, cow's **milk** proteins (**milk** protein caseinates), sucrose, vegetable oils (rapeseed oil, sunflower oil), dietary fibres (**soy** polysaccharides, inulin, oligofructose, resistant starch, arabic gum, cellulose), potassium citrate, emulsifier (**soy** lecithin), flavouring (vanilla), magnesium chloride, tri calcium phosphate, acidity regulator (citric acid), choline chloride, carotenoids (contains **soy**) (β-carotene, lutein, lycopene), potassium hydroxide, calcium hydroxide, sodium L- ascorbate, ferrous lactate, magnesium hydroxide, zinc sulphate, colour (curcumin), nicotinamide, copper gluconate, retinyl acetate, DL-α-tocopheryl acetate, manganese sulphate, sodium selenite, calcium D-pantothenate, chromium chloride, D-biotin, cholecalciferol, thiamin hydrochloride, pteroylmonoglutamic acid, pyridoxine hydrochloride, cyanocobalamin, sodium molybdate, sodium fluoride, riboflavin, potassium iodide, phytomenadione.

ALLERGEN & CULTURAL INFORMATION

- Contains: cow's **milk** protein and **soy**.
- Does not contain: wheat, egg, nuts**, lupins.
- Halal certified.
- No Kosher forbidden ingredients.
- No gluten containing ingredients.

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

NUTRITION INFORMATION*		Per 100ml	Per 200ml
Energy	kcal	154	308
	kJ	645	1290
Protein	g	6 (15.5% E)	12
Casein	g	5.9	11.8
Soy	g	0.1	0.2
Carbohydrate	g	18.4 (50.5% E)	36.8
Sugars	g	6.8	13.6
as Lactose	g	<0.025	<0.05
Fat	g	5.8 (34% 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	2.2 (2.3 for chocolate)	4.4 (4.6 for chocolate)
Soluble:Insoluble		60:40	60:40
Water	ml	76	152
Minerals		Per 100ml	Per 200ml
Sodium	mg	89	178
	mmol	3.9	7.8
Potassium	mg	159	318
	mmol	4.1	8.2
Calcium	mg	91	182
Phosphorus	mg	77	154
Magnesium	mg	24	48
Chloride	mg	86	172
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
Trace Elements		Per 100ml	Per 200ml
Iron	mg	2.4	4.8
Zinc	mg	1.8	3.6
Manganese	mg	0.5	1
Copper	µg	270	540
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	600 (620 for chocolate)	600 (620 for chocolate)

RECIPE IDEA

Chocolate Mug Cake#

Serves: 2



Ingredients

- 1 x 200ml Fortisip Multi Fibre (Chocolate)
- 1 egg
- 1 tablespoon (20ml) maple syrup
- 4 tablespoons (30g) cocoa powder
- ½ cup (65g) almond meal
- 1 tablespoon (12g) plain flour
- ¼ teaspoon baking powder
- 50g fresh raspberries

Method

1. In a small mixing bowl whisk egg with Fortisip Multi Fibre (Chocolate) and maple syrup.
2. Add cocoa powder, almond meal, flour and baking powder. Mix well.
3. Spoon batter into two greased microwave safe mugs.
4. Microwave for 90 seconds or until cake has risen and cooked through. Cake will be moist.
5. Allow to slightly cool and then top with fresh raspberries to serve.

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 information 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 illinoensis* (Wangenh.) K. Koch), Brazil nut (*Bertholletia excelsa*), Pistachio nut (*Pistacia vera*), Macadamia nut and Queensland nut (*Macadamia ternifolia*) and products thereof.

Cooking may reduce the nutritional content of Fortisip Multi Fibre (Chocolate). If you have any concerns, please speak to your healthcare professional for advice. Oral nutritional supplements must be consumed within 24 hours after opening.

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

Fortisip Multi Fibre is a food for special medical purposes and must be used under medical supervision.