

FORTISIP 2KCAL

A ready-to-drink, high energy, high protein, 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.
- **400kcal/bottle (2.0kcal/ml):** energy dense to increase energy intake and improve body weight.¹
- **20.2g protein/bottle (20% energy):** high protein to meet increased protein requirements and limit muscle mass loss.²
- **10µg vitamin D/bottle:** elevated levels of vitamin D in line with dietary intake recommendations to address vitamin D deficiency in vulnerable patient groups e.g. older and/or hospitalised and institutionalised adults.^{3,4}
- **No added fibre:** for patients requiring residue-restricted diets.
- **User-friendly bottle:** ergonomic plastic bottle, with resealable easy to open cap.

Indications

For the dietary management of:

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

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 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.
- Discard unused content after 24 hours.

Ordering Information

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

Fortisip 2kcal	Presentation	Product code	Units per carton
Vanilla	200ml bottle	172125	24

Ingredients

Fortisip 2kcal Vanilla: Cow's **milk** proteins, water, glucose syrup, sucrose, vegetable oils (rapeseed oil, sunflower oil), potassium citrate, flavouring, emulsifier (**soy** lecithin), potassium chloride, choline chloride, magnesium hydrogen phosphate, sodium citrate, sodium L-ascorbate, acidity regulator (citric acid), ferrous lactate, colour (curcumin), zinc sulphate, copper gluconate, nicotinamide, DL-a-tocopheryl acetate, calcium D-pantothenate, pyridoxine hydrochloride, thiamin hydrochloride, manganese sulphate, sodium fluoride, riboflavin, retinyl acetate, pteroylmonoglutamic acid, potassium iodide, chromium chloride, sodium molybdate, sodium selenite, D-biotin, phytomenadione, cholecalciferol, cyanocobalamin.

Allergen & Cultural Information

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



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For Healthcare Professional Use Only.

NUTRITION INFORMATION		Per 100ml	Per 200ml
Energy	kcal	200	400
	kJ	839	1678
Protein	g	10.1 (20% E)	20.2
Casein	g	9.8	19.6
Whey	g	0.31	0.62
Carbohydrate	g	20.6 (41% E)	41.2
Sugars	g	15.4	30.8
as Lactose	g	0.20	0.40
Fat	g	8.6 (39% E)	17.2
Saturates	g	0.88	1.76
Monounsaturates	g	5.2	10.4
Polyunsaturates	g	2.5	5
Fibre	g	0	0
Water	ml	71	142
Minerals		Per 100ml	Per 200ml
Sodium	mg	85.1	170.2
	mmol	3.70	7.4
Potassium	mg	172	344
	mmol	4.40	8.80
Calcium	mg	167	334
Phosphorus	mg	156	312
Magnesium	mg	17.0	34
Chloride	mg	83.0	166
Ca:P ratio		1.1:1	1.1:1

^in accordance with Australia New Zealand Food Standards Code - Standard 2.95

REFERENCES 1. Milne AC, et al. Protein and energy supplementation in elderly people at risk from malnutrition. *Cochrane Database Syst Rev.* 2009; 2. 2. Ross PJ, Ashley S, Norton A, et al. Do patients with weight loss have a worse outcome when undergoing chemotherapy for lung cancers? *Br J Cancer.* 2004;90:1905-11. 3. <https://www.nrv.gov.au/nutrients/vitamin-d>. Accessed Nov 2, 2020. 4. ter Borg S, Verlaan S, Hemsworth J, et al. Micronutrient intakes and potential inadequacies of community-dwelling older adults: a systematic review. *Br J Nutr.* 2015;113(8):1195-206.

Vitamins		Per 100ml	Per 200ml
Vitamin A	µg	174	348
Vitamin D	µg	5.0	10.00
Vitamin E	mg α-TE	4.01	8.02
Vitamin K	µg	11.0	22.0
Vitamin C	mg	21.0	42.0
Thiamin	mg	0.33	0.66
Riboflavin	mg	0.37	0.74
Niacin	mg NE	4.52	9.04
Vitamin B ₆	mg	0.50	1.00
Vitamin B ₁₂	µg	0.80	1.60
Folic Acid	µg	52.7	105.4
Pantothenic Acid	mg	1.10	2.20
Biotin	µg	6.90	13.80
Trace Elements		Per 100ml	Per 200ml
Iron	mg	3.30	6.60
Zinc	mg	2.10	4.20
Manganese	mg	0.20	0.40
Copper	mg	0.40	0.80
Iodine	µg	38.3	76.6
Molybdenum	µg	13.0	26.0
Selenium	µg	11.7	23.4
Chromium	µg	7.00	14.00
Fluoride	mg	0.20	0.40
Other		Per 100ml	Per 200ml
Choline	mg	64.7	129.4
Osmolality	mOsmol/ kgH ₂ O	1050	1050

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

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

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LIFE-TRANSFORMING NUTRITION

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