

Fortisip Powder



A high energy, high protein, nutritionally complete, powder supplement that can be mixed to desired energy concentration

Features

- Flexibility to prepare to various energy concentrations: 1.25kcal/ml to 2kcal/ml
- 10g protein/160ml (20%E) when made at standard dilution (1.25kcal/ml)
- 1g Fibre/160ml when made at standard dilution (1.25kcal/ml)
- Suitable to be used as a sole source of nutrition in adults (≥ 18 years of age)
- Suitable to be used as a supplement and for food fortification (recipes available)
- Low in lactose (<0.1g per 160ml serving)
- Available in vanilla flavour

Indications

For the dietary management of:

- Disease related malnutrition

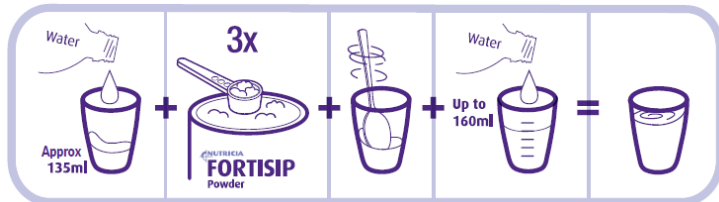
Important Notice

- Not suitable for patients with galactosaemia
- Only for adult use

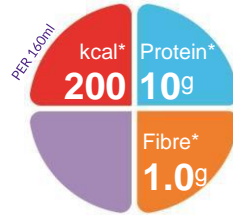
Directions for Use

- Mix recommended amount of powder with water, and stir until the powder is completely dissolved
- Use only the scoop provided in the packaging. One level scoop provides 16g of powder
- Mixing guidelines (to make to a final volume of 160 ml):

Concentration	Fortisip Powder (scoops)	Final Volume
1.25kcal/ml	3	160ml
1.5kcal/ml	3.5	160ml
2kcal/ml	5	160ml



- Prepare per serving and use within 2 hours
- Dose to be determined by a healthcare professional
- Please contact Nutricia Clinical Care Line for Fortisip Powder recipes



*When made to 1.25kcal/ml dilution

Storage

- Store in a cool, dry place
- Keep can lid tightly closed
- Once opened, use contents within 4 weeks

Ordering Information

- To order contact Nutricia Customer Care 0800 688 747

Fortisip Powder	Code	Units per carton	Pharmacode
Vanilla 857g can	125799	12	2526638

Ingredients

Fortisip Powder Vanilla: Maltodextrin, calcium caseinate (from cow's milk) sucrose, vegetable oils (rapeseed oil, high oleic sunflower oil), glucose syrup, inulin, potassium citrate, flavouring (vanilla), sodium chloride, potassium caseinate (from cow's milk), emulsifier (mono- and di glycerides of fatty acids), calcium phosphate, magnesium citrate, choline bitartrate, emulsifier (soy lecithin), flavouring, flavouring (milk), L-ascorbic acid, ferrous sulphate, DL- α -tocopherol, retinyl acetate, nicotinamide, zinc sulphate, cholecalciferol, calcium E-pantothenate, manganese sulphate, pyridoxine hydrochloride, thiamin hydrochloride, copper sulphate, riboflavin, pteroylmonoglutamic acid, chromium chloride, sodium molybdate, potassium iodide, sodium selenite, phytomenadione, D-biotin, cyanocobalamin.

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

For more information call the
Nutricia Clinical Care Line 0800 636 228
124 Favona Rd, Favona, Auckland 2024



Fortisip Powder

Nutrition Information		Per 100g	Per 160ml*
Energy	kcal	415	200
	kJ	1736	837
Protein	g	20.8 (20 E%)	10
	g	61.0 (59%E)	29.4
Sugars as Lactose	g	17.9	8.6
	g		<0.1
Fat	g	9.4 (20%E)	4.5
	g	1.1	0.5
Saturates			0.5
ω6 / ω3 ratio			4.33:1
Fibre	g	2.1 (1%E)	1
Salt	g	0.73	0.35

Vitamins		Per 100g	Per 160ml*
Vitamin A	µg RE	392	189
Vitamin D	µg	6.10	2.93
Vitamin E	mg α-TE	5.40	2.6
Vitamin K	µg	31.5	15.1
Vitamin C	mg	40.2	19.3
Thiamin	mg	0.54	0.26
Riboflavin	mg	0.68	0.33
Niacin	mg NE	3.91	
Vitamin B6	mg	0.68	0.32
Vitamin B12	µg	1.11	0.53
Folic Acid	µg	104	50.2
Pantothenic Acid	mg	2.07	0.99
Biotin	µg	11.0	5.28

Minerals		Per 100g	Per 160ml*
Sodium	mg	291	140
Potassium	mg	560	269
Calcium	mg	513	247
Phosphorus	mg	271	130
Magnesium	mg	67.3	32.4
Chloride	mg	500	240
Ca:P ratio			2:1

Trace Elements		Per 100g	Per 160ml*
Iron	mg	6.54	3.14
Zinc	mg	4.89	2.35
Manganese	mg	1.21	0.58
Copper	mg	0.71	0.34
Iodine	µg	52.0	24.5
Molybdenum	µg	26.2	12.6
Selenium	µg	24.8	11.9
Chromium	µg	21.8	10.5
Fluoride	mg	0	0

*When prepared at standard dilution of 1.25kcal/ml.

Other		Per 100g	Per 160ml*
Choline	mg	143	68.5
Inositol	mg	0	0
Osmolality	mOsmol/kg H ₂ O		631