

## Description

FortiCare is a Food for Special Medical Purposes for use under medical supervision. FortiCare is a nutritionally complete, high energy (1.6 kcal/ml), high protein, ready to drink, milk shake style nutritional supplement, which is enriched with n-3 fatty acids, antioxidants and fibre for the dietary management of cachexia in oncology patients. FortiCare 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. FortiCare is available in 6 x 125ml cartons, with a flexible straw attached in 3 flavours: Cappuccino, Orange & Lemon and Peach & Ginger.

## Indications

For enteral use only. ACBS approved, prescribable on Form FP10 (GP10 in Scotland) for patients with pancreatic cancer and patients with lung cancer undergoing chemotherapy.

## Contraindications

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

## Precautions

Use with caution in children aged 3-6 years, in patients with bleeding disorders and/or in patients taking anti-coagulant medication. Not suitable for patients requiring a fibre-free diet.

## Directions for use

FortiCare is ready to drink and is best served chilled. Shake well before use.

## Storage

Store in a dry, cool place (5-25°C). Shake well before use. Once opened store in a refrigerator for a maximum of 24 hours.

## Shelf life

10 months. Best before date: see top of carton.

## Ingredients: (Cappuccino Flavour\*)

Demineralised water, glucose syrup, milk protein isolate, trehalose\*\*, sucrose, vegetable oils (sunflower oil and canola oil), dietary fibres (oligofructose, inulin, cellulose, resistant starch), fish oil, whey protein concentrate (from milk), tri potassium citrate, flavour (coffee caramel), sodium chloride, tri sodium citrate, colour (caramel E150d), flavour (vanilla), flavour (caramel), magnesium hydrogen phosphate, choline chloride, carotenoids (contains soy) (β-carotene, lutein, lycopene), sodium L-ascorbate, magnesium carbonate, potassium hydroxide, taurine, DL-α-tocopheryl acetate, L-carnitine, ferrous lactate, zinc sulphate, nicotinamide, retinyl acetate, sodium selenite, manganese sulphate, copper gluconate, pyridoxine hydrochloride, calcium D-pantothenate, pteroylmonoglutamic acid, D-biotin, chromium chloride, cholecalciferol, cyanocobalamin, thiamin hydrochloride, sodium molybdate, sodium fluoride, riboflavin, potassium iodide, phytymenadione.

\* For all other flavours see individual Packaging.

\*\* Trehalose is a source of glucose.

**FORTICARE IS GLUTEN AND LACTOSE FREE.**

## AVERAGE CONTENTS - Cappuccino flavour

UNIT	per 100ml	per 125ml	per 100kcal	
<b>Energy:</b>	kcal	160	200	100
	k J	675	844	420
<b>Protein:</b>	g	9.0	11.3	5.6
nitrogen	g	1.4	1.8	0.9
NPC:N		88:1	88:1	88:1
% of total energy	%	22	22	22
<b>Carbohydrate:</b>	g	19.1	23.9	12.0
polysaccharides	g	5.1	6.4	3.2
sugars	g	13.6	17.0	8.5
lactose	g	<0.025	<0.025	<0.025
% of total energy	%	48	48	48
<b>Fat:</b>	g	5.3	6.6	3.3
saturates	g	1.0	1.3	0.7
monounsaturates	g	1.6	2.0	1.0
polyunsaturates	g	2.7	3.4	1.7
EPA	mg	600	750	375
DHA	mg	298	373	186
% of total energy	%	30	30	30
<b>Dietary Fibre:</b>	g	2.1	2.6	1.3
<b>Minerals:</b>				
sodium	mg (mmol)	110 (4.8)	138 (6.0)	69 (3.0)
potassium	mg (mmol)	215 (5.4)	269 (6.7)	134 (3.4)
chloride	mg (mmol)	140 (3.9)	175 (4.9)	88 (2.5)
calcium	mg (mmol)	170 (4.3)	213 (5.3)	106 (2.7)
phosphorus	mg (mmol)	120 (3.8)	150 (4.8)	75 (2.4)
magnesium	mg (mmol)	28 (1.2)	35 (1.4)	18 (0.7)
iron	mg	1.9	2.4	1.2
zinc	mg	2.0	2.5	1.3
copper	mcg	288	360	180
manganese	mg	0.68	0.85	0.43
fluoride	mg	0.16	0.20	0.10
molybdenum	mcg	16	20	10
selenium	mcg	14	18	9
chromium	mcg	11	14	7
iodine	mcg	21	26	13
<b>Vitamins:</b>				
vitamin A	mcg RE	130	163	81
vitamin D	mcg	1.1	1.4	0.7
vitamin E	mg α-TE	4.1	5.1	2.6
vitamin K	mcg	8.5	10.6	5.3
thiamin	mg	0.24	0.30	0.15
riboflavin	mg	0.25	0.31	0.16
niacin	mg NE	2.9	3.6	1.8
pantothenic acid	mg	0.85	1.06	0.53
vitamin B6	mg	0.68	0.85	0.43
folic acid	mcg	67	84	42
vitamin B12	mcg	0.95	1.19	0.59
biotin	mcg	6.4	8.0	4.0
vitamin C	mg	30	38	19
<b>Others:</b>				
carotenoids	mg	0.32	0.40	0.20
L-carnitine	mg	11	14	7
choline	mg	59	74	37
taurine	mg	13	16	8
<b>Water:</b>	g	73	91	46
Osmolarity	mOsmol/l	730	730	730
Osmolality	mOsmol/kg H <sub>2</sub> O	1000	1000	1000
Potential Renal				
Solute Load	mOsmol/l	686	686	686