

Fortisip Compact Protein

Description

Fortisip Compact Protein is a Food for Special Medical Purposes for use under medical supervision. Fortisip Compact Protein is a high energy (2.4kcal/ml), high protein (18g protein/125ml bottle), ready to drink, milkshake style nutritional supplement, for the dietary management of disease related malnutrition. Fortisip Compact Protein can be used to supplement the diet of patients unable to meet their nutritional requirements from other foods.

Available in 125ml plastic bottles in four flavours: vanilla, strawberry, banana and mocha.

Indications

For enteral use only. ACBS approved, prescribable on Form FP10 (GP10 in Scotland) for the following indications: short bowel syndrome; intractable malabsorption; pre-operative preparation of undernourished patients; inflammatory bowel disease; total gastrectomy; dysphagia; bowel fistulae; disease related malnutrition.

Contraindications

Not suitable for children under 3 years of age.
Not suitable for patients with galactosaemia.

Precautions

Not suitable as a sole source of nutrition. Monitor fluid intake to ensure adequate hydration status.

Directions for use

Fortisip Compact Protein is ready to drink and best served chilled. Shake well before opening. Recommended dose is 1-2 bottles per day, unless specified by a clinician or dietitian.

Storage

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

Shelf life

9 months. Best before date: see side of bottle.

Ingredients (Vanilla flavour*)

Water, milk proteins, maltodextrin, sucrose, vegetable oils, magnesium hydrogen phosphate, emulsifier (soy lecithin), flavour (vanilla), choline chloride, sodium L-ascorbate, tri potassium citrate, di-potassium hydrogenphosphate, ferrous lactate, DL- α tocopheryl acetate, nicotinamide, colouring (curcumin), retinyl acetate, copper gluconate, manganese sulphate, sodium selenite, calcium D-pantothenate, D-biotin, zinc sulphate, chromium chloride, cholecalciferol, pyridoxine hydrochloride, pterylmonoglutamic acid, thiamin hydrochloride, potassium iodide, riboflavin, sodium molybdate, sodium fluoride, phytomenadione.

FORTISIP COMPACT PROTEIN IS GLUTEN FREE.

AVERAGE CONTENTS*	UNIT	per 100ml	per 125ml bottle
Energy:	kcal	240	300
	kJ	1010	1263
Protein:	g	14.4	18.0
nitrogen	g	2.3	2.9
% of total energy	%	24	24
Carbohydrate:	g	24.4	30.5
polysaccharides	g	11.0	13.8
sugars	g	13.3	16.6
- lactose	g	0.3	0.4
% of total energy	%	41	41
Fat:	g	9.4	11.8
saturates	g	0.9	1.1
- monounsaturates	g	5.7	7.1
- polyunsaturates	g	2.8	3.5
% of total energy	%	35	35
Dietary fibre:	g	0	0
% of total energy	%	0	0
Minerals:			
sodium	mg (mmol)	40 (1.7)	50 (2.2)
potassium	mg (mmol)	105 (2.7)	131 (3.4)
chloride	mg (mmol)	60 (1.7)	75 (2.1)
calcium	mg (mmol)	350 (8.7)	438 (11)
phosphorus	mg (mmol)	300 (9.7)	375 (12.1)
magnesium	mg (mmol)	55 (2.2)	69 (2.9)
iron	mg	2.1	2.6
zinc	mg	2.4	3.0
copper	μ g	350	438
manganese	mg	0.63	0.79
fluoride	mg	0.19	0.24
molybdenum	μ g	20	25
selenium	μ g	14	18
chromium	μ g	13	16
iodine	μ g	46	58
Vitamins:			
vitamin A	μ g RE	260	325
vitamin D	μ g	2.1	2.6
vitamin E	mg α -TE	3.7	4.6
vitamin K	μ g	16	20
thiamin	mg	0.45	0.56
riboflavin	mg	0.50	0.63
niacin	mg NE	3.6	4.5
pantothenic acid	mg	1.6	2.0
vitamin B6	mg	0.53	0.66
folic acid	μ g	80	100
vitamin B12	μ g	1.1	1.4
biotin	μ g	12	15
vitamin C	mg	30	38
Others:			
choline	mg	110	138
Water:	g	63	79
osmolality	mOsmol/l	570	570
potential renal solute load	mOsmol/l	981	981

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* For all other flavours please see individual packaging.