

# Fortisip Extra

## Description

Fortisip Extra is a Food for Special Medical Purposes for use under medical supervision. Fortisip Extra is a high energy (1.6kcal/ml), high protein (20g protein/200ml bottle), ready to drink, milkshake style nutritional supplement, for use in patients with increased nutritional requirements. Fortisip Extra contains 50% of the RNI for vitamins and minerals in one bottle\*.

Fortisip Extra is available in 200ml bottles, with a flexible straw attached, in 5 flavours: Vanilla, Strawberry, Forest Fruit, Chocolate, 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 for intravenous use. Not suitable for children under 3 years of age. Not suitable for patients with galactosaemia.

## Precautions

Not suitable as a sole source of nutrition. Only to be used as a supplement to the normal diet.

## Directions for use

Fortisip Extra is best served chilled. Shake well before opening.

## Storage

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

## Shelf life

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

## Ingredients (Vanilla Flavour\*\*)

Milk protein concentrate, water, maltodextrin, vegetable oils, sucrose, glucose syrup, tri potassium citrate, emulsifier (soy lecithin), acidity regulator (citric acid), flavour (vanilla), choline chloride, magnesium hydroxide, sodium L-ascorbate, potassium hydroxide, tri sodium citrate, colour (curcumin), ferrous lactate, colour (caramel) (E150d), DL- $\alpha$  tocopheryl acetate, nicotinamide, zinc sulphate, sodium selenite, retinyl acetate, copper gluconate, manganese sulphate, chromium chloride, cholecalciferol, calcium D-pantothenate, D-biotin, pyridoxine hydrochloride, folic acid, thiamin hydrochloride, potassium iodide, sodium molybdate, sodium fluoride, riboflavin, phytomenadione.

\* RNI males 50yrs+ excluding sodium, potassium, chloride and magnesium.

\*\*For all other flavours please see individual packaging.

**FORTISIP EXTRA IS GLUTEN FREE.**

## AVERAGE CONTENTS

	UNIT	per 100ml	per 100kcal
<b>Energy:</b>	kcal	160	100
	KJ	675	420
<b>Protein:</b>	g	10.0	6.3
nitrogen	g	1.6	1.0
<b>NPC:N</b>		76:1	76:1
<b>% of total energy</b>	%	25	25
<b>Carbohydrate:</b>	g	18.1	11.3
polysaccharides	g	8.6	5.4
sugars	g	9.0	5.6
- lactose	g	3.1	1.9
% of total energy	%	45	45
<b>Fat:</b>	g	5.3	3.3
saturates	g	0.6	0.4
% of total energy	%	30	30
<b>Dietary fibre:</b>	g	0	0
<b>Dietary fibre, chocolate:</b>	g	0.3	0.2
<b>Minerals:</b>			
sodium	mg (mmol)	50 (2.2)	31 (1.3)
potassium	mg (mmol)	220 (5.6)	138 (3.5)
chloride	mg (mmol)	81 (2.3)	50 (1.4)
calcium	mg (mmol)	280 (7.0)	175 (4.4)
phosphorus	mg (mmol)	197 (6.4)	123 (4.0)
magnesium	mg (mmol)	40 (1.7)	25 (1.0)
iron	mg	2.2	1.4
zinc	mg	2.4	1.5
copper	mcg	338	211
manganese	mg	0.63	0.39
fluoride	mg	0.19	0.12
molybdenum	mcg	19	12
selenium	mcg	19	12
chromium	mcg	13	8
iodine	mcg	35	22
<b>Vitamins:</b>			
vitamin A	mcg RE	188	118
vitamin D	mcg	2.5	1.6
vitamin E	mg $\alpha$ TE	2.3	1.5
vitamin K	mcg	10.0	6.3
thiamin	mg	0.28	0.18
riboflavin	mg	0.33	0.20
niacin	mg NE	4.0	2.5
pantothenic acid	mg	1.00	0.63
vitamin B6	mg	0.35	0.22
folic acid	mcg	50	31
vitamin B12	mcg	0.70	0.44
biotin	mcg	7.5	4.7
vitamin C	mg	19	12
<b>Others:</b>			
choline	mg	69	43
<b>Water:</b>	g	75	47
osmolality	mOsm/l	470	470
osmolality	mOsm/kg H <sub>2</sub> O	625	625
potential renal solute load	mOsm/l	724	724