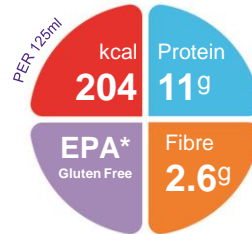


# FortiCare

High protein, energy dense, EPA-enriched, oral nutritional supplement designed to specifically meet the needs of patients with cancer

## Features

- Low volume/serving = 125 ml
- 1.63 kcal/ml
- 11 g protein/125 ml
- 0.75 g EPA/125 ml
- Low GI= 48 – Contains slow release carbohydrates
- Contains carotenoids
- Clinically lactose- free
- Available in Cappuccino, Peach & Ginger, Orange & Lemon
- Halaal certified



## Indications

- Patients with cancer that are malnourished, including those with cachexia.
- Patients with cancer at risk of malnutrition

## Precautions

- Not suitable for patients requiring a fibre-free diet

## Contraindications

- Not for intravenous use
- Not suitable for patients with galactosaemia

## Age restrictions

- Not suitable for children under 3 years of age
- Use with caution in children aged 3-6 years

## Important Notice

- Use with caution in patients with bleeding disorders and/or in patients taking anti-coagulant medications.

## Ordering Information

FortiCare	Presentation	Nappi Code	Units per carton
Cappuccino	125ml bottle	720342001	24
Peach & Ginger	125ml bottle	720343001	24
Orange & Lemon	125ml bottle	720344001	24

## Directions for Use

- Best served chilled
- Shake well before use
- Usage to be determined by a healthcare professional

## Storage

- Store in a cool, dry place
- Once opened, store in the refrigerator
- Discard unused content after 24 hours

1. Hubbard, G et al. Proceedings of the Nutrition Society (2010), Presented at BAPEN (2009)

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

Nutricia Southern Africa (PTY) Ltd  
199 Bryanston Drive, Bryanston, 2191

For more information call the Nutricia Customer Care line  
087 350 2310



# FortiCare

Nutrition Information		Per 100ml	Per 125ml bottle
Energy	kcal	163	204
	kJ	685	856
Protein	g	8.8 (21.6%E)	11
Carbohydrate	g	19.1 (46.6%E)	23.9
Sugars	g	13.6	17
Fat	g	5.3 (29.3%)	6.6
Saturates	g	1.0	1.25
monounsaturates	g	1.6	2
polyunsaturates	g	2.7	3.4
EPA	g	0.6	0.75
DHA	g	0.29	0.37
ω6 / ω3 ratio		1.29:1	
Fibre	g	2.1 (2.5%)	2.6

Minerals		Per 100ml	Per 125ml bottle
Sodium	mg	110	137.5
	mmol	4.8	6
Potassium	mg	215	269
	mmol	5.5	6.9
Calcium	mg	170	212.5
Phosphorus	mg	120	150
Magnesium	mg	28	35
Chloride	mg	140	175
Ca:P ratio		1.4:1	1.4:1

## Ingredients

**FortiCare:** demineralised water, glucose syrup, cow's milk protein (milk protein isolate & whey protein (from milk), trehalose\*\*, sugar, vegetable oils (corn oil, rapeseed oil), dietary fibres (oligofructose, inulin, cellulose, resistant starch), fish oil, flavourings (cappuccino, peach and ginger, orange and lemon), potassium citrate, sodium chloride sodium citrate, magnesium hydrogen phosphate, choline chloride, carotenoids (contain soy) (β-carotene, lutein, lycopene), sodium L-ascorbate, magnesium carbonate, colour (carminic acid), maltodextrin, taurine, L-carnitine, DL-α tocopheryl acetate potassium hydroxide, ferrous lactate, zinc sulphate, nicotinamide, sodium selenite, manganese sulphate, copper gluconate, retinyl acetate, calcium D-pantothenate, pyridoxine hydrochloride chromium chloride, pteroylmonoglutamic acid, D-biotin, cholecalciferol, thiamin hydrochloride sodium molybdate, riboflavin, sodium fluoride, potassium iodide, cyanocobalamin, phytomenadione.

Vitamins		Per 100ml	Per 125ml bottle
Vitamin A	µg RE	130	162.5
Vitamin D3	µg	1.1	1.4
Vitamin E	mg α-TE	4.1	5.1
Vitamin K	µg	8.5	10.6
Vitamin C	mg	30	37.5
Thiamin	mg	0.24	0.3
Riboflavin	mg	0.25	0.31
Niacin	mg NE	2.9	3.6
Vitamin B6	mg	0.68	0.85
Vitamin B12	µg	0.95	11.9
Folic Acid	µg	67	83.7
Pantothenic Acid	mg	0.85	1
Biotin	µg	6.4	8

Trace Elements		Per 100ml	Per 125ml bottle
Iron	mg	1.9	2.3
Zinc	mg	2.0	2.5
Manganese	mg	0.68	0.85
Copper	µg	290	362
Iodine	µg	21	26.2
Molybdenum	µg	16	20
Selenium	µg	14	17.5
Chromium	µg	11	13.7
Fluoride	mg	0.16	0.2

Other		Per 100ml	Per 125ml bottle
Choline	mg	59.0	73.7
L-Carnitine	mg	11	13.7
Osmolality	mOsmol/kg H <sub>2</sub> O	1000	
Osmolarity	mOsmol/l	730	