

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

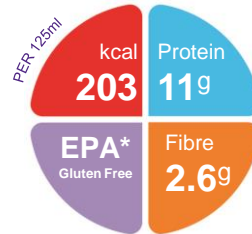
- Not for intravenous use
- Not suitable for patients with galactosaemia

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 |

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 | 203.7 |
| | kJ | 685 | 856.2 |
| Protein | g | 8.8 (21.6%E) | 11 |
| Carbohydrate | g | 19.1 | 23.8 |
| Sugars | g | 13.6 | 17 |
| Fat | g | 5.3 | 6.6 |
| Saturates | g | 1.0 | 1.2 |
| Fibre | g | 2.1 | 2.6 |

| Minerals | | Per 100ml | Per 125ml bottle |
|------------|------|-----------|------------------|
| Sodium | mg | 110 | 137.5 |
| | mmol | 4.8 | 6 |
| Potassium | mg | 215 | 268.75 |
| | mmol | 5.5 | 6.8 |
| 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 (Cappuccino): 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 vanilla, coffee and caramel, 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 | 1.3 |
| 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 | 11.8 |
| 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 | 0.29 | 0.36 |
| Iodine | µg | 21 | 26.2 |
| Molybdenum | µg | 16 | 20 |
| Selenium | µg | 14 | 17.5 |
| Chromium | Mg | 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 ₂ O | 1000 | |
| Osmolarity | mOsmol/l | 730 | |