

Fortimel Powder

A powdered oral nutritional supplement, high in energy and protein, enriched with all essential vitamins, minerals and trace elements

Features

- 1 kcal/ml & 5g prot/100ml
- Contains 0.6g fibre per 100ml
- $\omega 6$ / $\omega 3$ ratio 5.5:1
- Osmolarity: 370mOsmol/l
- As a sole source of nutrition, a minimum of 8-10 servings per day will meet the nutritional requirements of most patients
- 7 servings per 335g tin
- Available in vanilla flavour

Indications

For the dietary management of:

- Disease related malnutrition
- Patients with increased energy and protein requirements
- Frail elderly, burns, cancer, dysphagia & anorexia

Precautions

Fortimel Powder is not suitable for the following:

- Patients with galactosemia
- Patients with cow's milk allergy
- Patients with renal failure
- Patients with liver failure who are at risk of hepatic encephalopathy

Contraindications

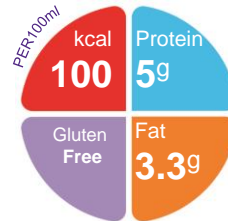
- Gastrointestinal failure
- Complete intestinal failure
- Major intra-abdominal sepsis

Age restrictions

- Not suitable for persons under 18 years old

Important Notice

- Not for parenteral use



Ordering Information

Fortimel Powder	Nappi Code	Units per carton
335g tin	722947001	12

Directions for Use

- Usage & amount to be determined by a healthcare professional.
- Wash your hands. Use clean or sterilised utensils.
- Preparation per 200ml ready to feed:
 - 50ml water of 40 degrees (preferably) + 8 levelled scoops and stir until powder is completely dissolved. Top up with water until you reach 200ml.
 - Can also be dissolved in milk or other drinks, hot or cold
 - Scoop size 5.7g

Storage

- Store in a cool, dry place
- Once opened, reseal packaging and use within one month.
- Maximum 4 hour hanging time for tube feeding.
- Always discard unfinished feeds

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

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



Fortimel Powder

Nutrition Information		Per 100g	Per 100ml
Energy	kcal	437	100
	kJ	1835	420
Protein	g	21.9 (20%TE)	5.0
Casein	g	7.7	1.8
Soy	g	14.1	3.2
Carbohydrate	g	53.5 (48.9%TE)	12.3
Sugars	g	18.4	4.2
as Lactose	g	0.9	0.2
Fat	g	14.5 (29.9%TE)	3.3
Saturates	g	3.4	0.8
Monounsaturates	g	7.9	1.8
Polyunsaturates	g	2.4	0.5
Linoleic acid	mg	2.01 (g)	460
α-Linolenic acid	mg	0.36 (g)	83
ω6 / ω3 ratio		5.5:1	5.5:1
Fibre (soluble)	g	2.6 (1.2%TE)	0.6

Minerals		Per 100g	Per 100ml
Sodium	mg	315	72
Potassium	mg	696	159
Calcium	mg	519	119
Phosphorus	mg	282	65
Magnesium	mg	74	17
Chloride	mg	394	90
Ca:P ratio		1.8:1	1.8:1

Scoop weight: 5.7g

Vitamins		Per 100g	Per 100ml
Vitamin A	µg-RE	423	97
Vitamin D	µg	6.6	1.5
Vitamin E	mg-α-T.E.	5.2	1.2
Vitamin K	µg	23	5.3
Vitamin C	mg	44	10
Thiamin	mg	0.58	0.13
Riboflavin	mg	0.73	0.17
Niacin	mg NE	9.0	2.1
Vitamin B6	mg	0.73	0.17
Vitamin B12	µg	1.2	0.27
Folic Acid	µg	113	26
Pantothenic Acid	mg	2.3	0.53
Biotin	µg	12	2.7

Trace Elements		Per 100g	Per 100ml
Iron	mg	7.0	1.6
Zinc	mg	5.2	1.2
Manganese	µg	1.5	0.33
Copper	µg	756	173
Iodine	µg	56	13
Molybdenum	µg	44	10
Selenium	µg	26	6.0
Chromium	µg	20	4.7

Other		Per 100g	Per 100ml
Choline	mg	155	36
Inositol	mg	3.0	0.69
Osmolality	mOsmol/kg H ₂ O	440	
Osmolarity	mOsmol/l	370	

Ingredients

Fortimel Powder: Glucose syrup, caseinate (from cow's milk), soy protein, vegetable oils (palm oil, rapeseed oil, sunflower oil), tri Potassium citrate, sodium chloride, emulsifier (soy lecithin), magnesium hydrogen phosphate, choline chloride, potassium chloride, calcium carbonate, galacto-oligosaccharide (from cow's milk), pectin, flavouring (vanilla), sodium L-ascorbate, ferrous sulphate, L-ascorbic acid, zinc sulphate, DL-alpha tocopheryl acetate, manganese sulphate, nicotinamide, D-Biotin, Cupric sulphate, calcium D-pantothenate, Pteroylmonoglutamic acid, sodium fluoride, DL-alpha-tocopherol, thiamin hydrochloride, pyridoxine hydrochloride, retinyl palmitate, riboflavin, cyanocobalamin, cholecalciferol, chromium chloride, sodium molybdate, potassium iodide, sodium selenite, phytomenadione