

Fortisip Compact Protein

A ready-to-drink, low volume, high protein, energy dense oral nutritional supplement

Features

- Low volume presentation, 125ml bottle
- Energy dense 2.4 kcal/ml
- High in protein 18g/125ml drink
- Significantly higher compliance with Fortisip Compact Protein compared to standard (1.5 – 2kcal/ml) oral nutrition support¹
- Fibre & Gluten free
- User friendly, easy to hold plastic bottle with straw attached and resealable cap
- Available in Vanilla, Strawberry & Mocha
- Halaal certified



Indications

For the dietary management of:

- Disease related malnutrition
- Patients with high energy and protein requirements
- Fluid restricted diets

Precautions

Fortisip Compact Protein is not suitable for the following:

- Patients with Galactosemia
- Patients with Cow's Milk Allergy
- Patients requiring tube feed
- Intravenous use

Contraindications

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

Age restrictions

- Not suitable for children under 3 years of age
- Use with caution in children aged 3-6 years
- If used in children, strict medical supervision is warranted.

Important Notice

- Not suitable as a sole source of nutrition

Ordering Information

Fortisip Compact Protein	Presentation	Nappi Code	Units per carton
Vanilla	125ml bottle	720919001	24

Directions for Use

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

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.

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



Fortisip Compact Protein

Nutrition Information		Per 100ml	Per 125ml bottle
Energy	kcal	240	300
	kJ	1010	1263
Protein	g	14.4 (24%E)	18
Casein	g	13.4	16.8
Whey	g	1	1.3
Carbohydrate	g	24.4 (41%E)	30.5
Sugars	g	13.3	16.6
as Lactose	g	0.3	0.38
Fat	g	9.4 (35%E)	11.8
Saturates	g	0.9	1.1
Monounsaturates	g	5.7	7.1
Polyunsaturates	g	2.8	3.5
ω 6 / ω 3 ratio		5.1:1	5.1:1
Fibre	g	0	0
Water	ml	63	78.8

Minerals		Per 100ml	Per 125ml bottle
Sodium	mg	40	50
	mmol	1.7	2.1
Potassium	mg	105	131
	mmol	2.7	3.4
Calcium	mg	350	438
Phosphorus	mg	300	375
Magnesium	mg	55	68.8
Chloride	mg	60	75
Ca:P ratio		1.2:1	1.2:1

Vitamins		Per 100ml	Per 125ml bottle
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
Vitamin C	mg	30	37.5
Thiamin	mg	0.45	0.56
Riboflavin	mg	0.5	0.6
Niacin	mg NE	3.6	4.5
Vitamin B6	mg	0.53	0.66
Vitamin B12	μ g	1.1	1.4
Folic Acid	μ g	80	100
Pantothenic Acid	mg	1.6	2
Biotin	μ g	12	15

Trace Elements		Per 100ml	Per 125ml bottle
Iron	mg	2.1	2.6
Zinc	mg	2.4	3
Manganese	mg	0.63	0.79
Copper	μ g	350	438
Iodine	μ g	46	57.5
Molybdenum	μ g	20	25
Selenium	μ g	14	17.5
Chromium	μ g	13	16.3
Fluoride	mg	0.19	0.24

Other		Per 100ml	Per 125ml bottle
Choline	mg	110	137
Osmolality	mOsmol/kg H ₂ O		900
Osmolarity	mOsmol/l		570

Ingredients

Fortisip Compact Protein Vanilla: Water, milk proteins (micellar casein isolate, milk protein caseinates), maltodextrin, sucrose, vegetable oils (rapeseed oil, sunflower oil), magnesium hydrogen phosphate, emulsifier (soy lecithin), flavouring (vanilla), choline chloride, sodium L-ascorbate, potassium citrate, di-potassium hydrogenphosphate, ferrous lactate, DL-alpha 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, pteroylmonoglutamic acid, thiamin hydrochloride, potassium iodide, riboflavin, sodium molybdate, sodium fluoride, phytomenadione.