

# Fortisip Multi Fibre

A nutritionally complete, ready-to-drink, high energy, fibre enriched, oral nutritional

## Features

- 1.5 kcal/ml
- 12g Protein/200ml drink
- Added carotenoids reflecting general health recommendations for their antioxidant properties and positive effect on immune function
- Fibre enriched, MF6 fibre blend\*, 4.6g per bottle, to help maintain normal bowel function
- User friendly, easy to hold plastic bottle with straw attached and resealable cap
- Available in Strawberry & Vanilla
- Halaal certified

## Indications

For the dietary management of:

- Disease related malnutrition
- Patients with high energy and protein requirements
- Bowel maintenance or for patients with constipation or diarrhoea
- Anorexia
- Burns
- HIV
- Facial/jaw injuries

## Precautions

Fortisip Multi Fibre is not suitable for the following:

- Patients with Galactosemia
- Patients with Cow's Milk Allergy
- Patients requiring a fibre free diet
- Intravenous use

## Contraindications

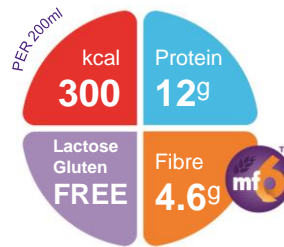
- Gastrointestinal failure
- Complete intestinal failure
- Major intra-abdominal sepsis

## Age restrictions

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

## Important Notice

- As fibre intake may be expected to increase stool weight, a proportion of which is water, it is recommended that fluid intake should be monitored to ensure that the patient is receiving a sufficient quantity of fluids



## Ordering Information

Fortisip Multi Fibre	Presentation	Nappi Code	Units per carton
Strawberry	200ml bottle	710699001	24

## Directions for Use

- Best served chilled
- Shake well before use
- Usage & amount 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



\*MF6 is a unique, patented blend of six soluble and insoluble fibres (soy polysaccharide, cellulose, resistant starch, gum arabic, oligofructose and inulin) reflecting the proportions of the different fibre types in a healthy diet.

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 on 087 350 2310

**NUTRICIA**  
Advanced Medical Nutrition

# Fortisip Multi Fibre

Nutrition Information		Per 100ml	Per serve*
Energy	kcal	150	300
	kJ	650	1300
Protein	g	6 (16%E)	12
Casein	g	5.9 (5.7)	11.8 (11.4)
Carbohydrate	g	18.4 (49%E)	36.8
Sugars	g	7	14
as Lactose	g	<0.025	<0.05
Fat	g	5.8 (35%E)	11.6
Saturates	g	0.6 (0.7)	1.2 (1.4)
Monounsaturates	g	3.5 (3.4)	7.0 (6.8)
Polyunsaturates	g	1.8 (1.7)	3.6 (3.4)
ω6 / ω3 ratio		5.2:1	5.21
Fibre	g	2.3	4.6
Soluble:Insoluble		64:36	64:36
Water	ml	76 (75)	152 (150)

Minerals		Per 100ml	Per serve*
Sodium	mg	90	180
	mmol	3.9	7.8
Potassium	mg	159	318
	mmol	4.1	8.2
Calcium	mg	91	182
Phosphorus	mg	78	156
Magnesium	mg	23	46
Chloride	mg	87	174
Ca:P ratio		1.2:1	1.2:1

\*Serve size: 200ml

## Ingredients

**Fortisip Multi Fibre Strawberry:** Water, maltodextrin, milk proteins (sodium caseinate), sugar, vegetable oils (rape seed oil, sunflower oil), dietary fibres (soy polysaccharides, inulin, oligofructose, resistant starch, arabic gum, cellulose), potassium citrate, emulsifier (soy lecithin), flavour (strawberry), magnesium chloride, acidity regulator (citric acid), tri calcium phosphate, carotenoids ((contains soy lecithin) β-carotene, lutein, lycopene), choline chloride, calcium hydroxide, potassium hydroxide, sodium L- ascorbate, ferrous lactate, zinc sulphate, colour (curcumin), magnesium hydroxide, nicotinamide, retinyl acetate, copper gluconate, DL-α tocopheryl acetate, sodium selenite, manganese sulphate, calcium D-pantothenate, chromium chloride, D-biotin, cholecalciferol, thiamin hydrochloride, pteolymonoglutamic acid, pyridoxine hydrochloride, cyanocobalamin, sodium molybdate, riboflavin, sodium fluoride, potassium iodide, phytomenadione.

Vitamins		Per 100ml	Per serve*
Vitamin A	µg-RE	123	246
Vitamin D	µg	1.1	2.2
Vitamin E	mg-α-TE	1.9	3.8
Vitamin K	µg	8	16
Vitamin C	mg	15	30
Thiamin	mg	0.23	0.46
Riboflavin	mg	0.24	0.48
Niacin	mg NE	2.7	5.4
Vitamin B6	mg	0.26	0.52
Vitamin B12	µg	0.32	0.64
Folic Acid	µg	40	80
Pantothenic Acid	mg	0.8	1.6
Biotin	µg	6	12

Trace Elements		Per 100ml	Per serve*
Iron	mg	2.4	4.8
Zinc	mg	1.8	3.6
Manganese	mg	0.5	1
Copper	µg	270	540
Iodine	µg	20	40
Molybdenum	µg	15	30
Selenium	µg	8.6	17.2
Chromium	µg	10	20
Fluoride	mg	0.15	0.3

Other		Per 100ml	Per serve*
Carotenoids	mg	0.3	0.6
Choline	mg	55	110
Osmolality	mOsmol/kg H <sub>2</sub> O	600	600
Osmolarity	mOsmol/l	-	455
RSL		-	466