

# FORTISIP COMPACT PROTEIN

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

## FEATURES

- **300kcal / bottle (2.4 kcal/ml):** energy dense to maintain body weight and support compliance.<sup>1</sup>
- **18g protein / bottle (24% energy):** high protein to meet increased protein requirements and limit muscle mass loss.<sup>2</sup>
- **High compliance:** Significantly higher compliance (91%) when compared to standard 1–2kcal/ml oral nutrition supplements (77%).<sup>1</sup>
- **3 flavours:** Available in a variety of flavours (Mocha, Neutral and Hot Tropical Ginger) for patient choice.
- **2 flavours designed especially for oncology patients (Neutral & Hot Tropical Ginger):** to help address the taste alterations associated with cancer treatment.<sup>3</sup>
- **User-friendly bottle:** ergonomic plastic bottle, with resealable easy to open cap.

## Indications

For the dietary management of:

- Disease related malnutrition (DRM) including patients with cancer, post-trauma, cystic fibrosis, burns, dementia, chronic obstructive pulmonary disease (COPD) and diseases requiring a fluid restriction e.g. liver disease, renal disease.
- Patients with high energy and protein requirements.

## Important Notice

- Not suitable as a sole source of nutrition
- Not for parenteral use
- Not suitable for patients with galactosaemia
- Not suitable for patients with cow's milk protein allergy
- Not suitable for children under 3 years of age
- Use with caution in children aged 3-6 years

## Directions for Use

- Best served chilled.
- Shake well before use.
- Usage to be determined by a health care professional.

## Storage

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

## Ordering Information

To order contact Nutricia Customer Care **0800 688 747**.

Fortisip Compact Protein	Presentation	Product code	Units per carton	Pharmacode
Mocha	125ml bottle	71544	24	2593696
Hot Tropical Ginger	125ml bottle	131745	24	2593688
Neutral	125ml bottle	131682	24	2593661

## Ingredients\*

**Fortisip Compact Protein Neutral:** water, maltodextrin, **cow's milk** proteins (micellar casein isolate, **milk** protein caseinates), sugar, vegetable oils (rapeseed oil, sunflower oil), flavouring (milk), magnesium hydrogen phosphate, emulsifier (**soy** lecithin), choline chloride, sodium L-ascorbate, potassium citrate, di potassium hydrogen phosphate, ferrous lactate, DL- $\alpha$  tocopheryl acetate, copper gluconate, zinc sulphate, manganese sulphate, calcium D-pantothenate, thiamin hydrochloride, pyridoxine hydrochloride, nicotinamide, riboflavin, retinyl acetate, sodium fluoride, pteroylmonoglutamic acid, chromium chloride, sodium molybdate, sodium selenite, D-biotin, phytomenadione, potassium iodide, cholecalciferol, cyanocobalamin.

## Allergen & Cultural Information

- Contains: cow's milk protein and soy.
- Does not contain: wheat, egg, nuts\*\*, lupins.
- Halal certified.
- No gluten containing ingredients. No detectable gluten when tested to a sensitivity level of less than 5 parts per million (<5 ppm i.e. <5mg/kg).
- Low lactose (lactose <2g/100g).



# FORTISIP COMPACT PROTEIN

NUTRITION INFORMATION*		Per 100ml	Per 125ml
Energy	kcal	245	306
	kJ	1032	1290
Protein	g	14.6 (24% E)	18
Casein	g	13.9	17
Whey	g	0.7	1
Carbohydrate	g	25.3 (41% E)	31.6
Sugars	g	13.7	17
as Lactose	g	0.3	0.4
Fat	g	9.6 (35% E)	12
Saturates	g	0.87	1
Monounsaturates	g	5.6	7
Polyunsaturates	g	2.9	3.6
$\omega 6 / \omega 3$ ratio		5.1:1	5.1:1
Fibre	g	0	0
Water	ml	62	77.5
Minerals		Per 100ml	Per 125ml
Sodium	mg	31.5	39.3
	mmol	1.4	1.7
Potassium	mg	98.3	123
	mmol	2.5	3.1
Calcium	mg	350	438
Phosphorus	mg	282	352.5
Magnesium	mg	54.1	67.6
Chloride	mg	52.9	66.1
Ca:P ratio		1.2:1	1.2:1

\* Please note the ingredients list and nutritional information is for Neutral flavour only. There are minor variations between different flavours. For the full ingredients list and nutritional information for other flavours, please contact the Nutricia Clinical Care Line on 0800 636 228.

\*\* Peanut (*Arachis hypogaea*), Almond (*Amygdalus communis L.*), Hazelnut (*Corylus avellana*), Walnut (*Juglans regia*), Cashew (*Anacardium occidentale*), Pecan nut (*Carya illinoensis (Wangenh.) K. Koch*), Brazil nut (*Bertholletia excelsa*), Pistachio nut (*Pistacia vera*), Macadamia nut and Queensland nut (*Macadamia ternifolia*) and products thereof, except those used for alcohol distillates.

**REFERENCES** 1. Hubbard GP, Elia M, Holdoway A, et al. A systematic review of compliance to oral nutritional supplements. *Clin Nutr.* 2012;31:293-312. 2. Ross PJ, Ashley S, Norton A, et al. Do patients with weight loss have a worse outcome when undergoing chemotherapy for lung cancers? *Br J Cancer.* 2004;90:1905-11. 3. Spotten LE, Corish CA, Lorton CM, et al. Subjective and objective taste and smell changes in cancer. *Ann Oncol.* 2017;28:969-84.

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

For more information call the  
**Nutricia Clinical Care Line 0800 636 228**

Vitamins		Per 100ml	Per 125ml
Vitamin A	$\mu\text{g-RE}$	288	360
Vitamin D	$\mu\text{g}$	2.1	2.6
Vitamin E	mg $\alpha\text{-TE}$	5.6	7
Vitamin K	$\mu\text{g}$	18.9	23.6
Vitamin C	mg	30.7	38.4
Thiamin	mg	0.52	0.65
Riboflavin	mg	0.56	0.7
Niacin	mg NE	4.1	5.1
Vitamin B6	mg	0.61	0.76
Vitamin B12	$\mu\text{g}$	0.9	1.1
Folic Acid	$\mu\text{g}$	80.9	101
Pantothenic Acid	mg	1.5	1.9
Biotin	$\mu\text{g}$	10	12.5
Trace Elements		Per 100ml	Per 125ml
Iron	mg	2.2	2.8
Zinc	mg	2.6	3.6
Manganese	mg	0.64	0.8
Copper	$\mu\text{g}$	350	438
Iodine	$\mu\text{g}$	49	61.3
Molybdenum	$\mu\text{g}$	21.5	26.9
Selenium	$\mu\text{g}$	15	18.8
Chromium	$\mu\text{g}$	15.4	19.3
Fluoride	mg	0.2	0.25
Other		Per 100ml	Per 125ml
Choline	mg	99.4	124.3
Osmolality	mOsmol/ kgH <sub>2</sub> O	900	900

**NUTRICIA**  
LIFE-TRANSFORMING NUTRITION

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