

# FORTISIP® COMPACT PROTEIN

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

## FEATURES

- **306kcal / 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>
- **6 flavours:** Available in a variety of flavours (Vanilla, Mocha, Strawberry, Neutral, Hot Tropical Ginger and Cool Red Fruits) for patient choice.
- **3 flavours designed especially for cancer patients (Hot Tropical Ginger, Neutral and Cool Red Fruits):** 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 for parenteral use.
- Not suitable as a sole source of nutrition.
- Monitor fluid intake to ensure adequate hydration status.
- Not suitable for patients with cow's milk protein allergy.
- Not suitable for children under 6 years of age.
- Use with caution in children aged 6-10 years.
- Use with caution with patients with impaired renal function.
- Not suitable for patients with galactosaemia.
- Must be used under medical supervision.

## 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, close bottle and store in the refrigerator.
- Discard unused content after 24 hours.

## Ordering Information

To order contact Nutricia Customer Care **1800 889 480**.

Fortisip® Compact Protein	Presentation	Product code	Units per carton
Vanilla	125ml bottle	162694	24
Mocha	125ml bottle	163226	24
Strawberry	125ml bottle	166622	24
Hot Tropical Ginger	125ml bottle	171692	24
Neutral	125ml bottle	172130	24
Cool Red Fruits	125ml bottle	172128	24



Check other access options on our website:

## Ingredients\*

**Fortisip® Compact Protein Vanilla:** Cow's milk, water, maltodextrin, sucrose, vegetable oils (rapeseed oil, sunflower oil), magnesium hydrogen phosphate, emulsifier (**soy** lecithin), flavouring (vanilla), choline chloride, potassium citrate, sodium L-ascorbate, dipotassium hydrogen phosphate, ferrous lactate, retinyl acetate, colour (curcumin), copper gluconate, DL-alpha tocopheryl acetate, zinc sulphate, manganese sulphate, calcium D-pantothenate, thiamin hydrochloride, pyridoxine hydrochloride, nicotinamide, riboflavin, sodium fluoride, pteroylmonoglutamic acid, chromium chloride, potassium iodide, retinyl acetate, sodium molybdate, sodium selenite, D-Biotin, phytomenadione, cholecalciferol, cyanocobalamin

## Allergen & Cultural Information

- Contains: **milk** and **soy**.
- Nutricia UK and/or Ireland have Kosher approval for this product, except for those flavours containing carminic acid.
- 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	1029	1288
Protein	g	14.6 (24%E)	18.3
Casein	g	13.9	17.4
Whey	g	0.64	0.8
Carbohydrate	g	25.1 (41%E)	31.4
Sugars	g	13.7	17.1
as Lactose	g	<0.35	<0.44
Fat	g	9.6 (35%E)	12
Saturates	g	1.0	1.25
Monounsaturates	g	5.6	7
Polyunsaturates	g	3.0	3.8
ω6 / ω3 ratio		5.1:1	5.1:1
Fibre	g	0	0
Water	ml	62	77.5
Minerals		Per 100ml	Per 125ml
Sodium	mg	35.0	43.8
	mmol	1.52	1.9
Potassium	mg	97.6	122
	mmol	2.50	3.13
Calcium	mg	331	414
Phosphorus	mg	284	355
Magnesium	mg	51	63.8
Chloride	mg	55.1	68.9
Ca:P ratio		1.2:1	1.2:1

\* Please note the ingredients list and nutritional information is for Vanilla 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 1800 060 051.

**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.

Vitamins		Per 100ml	Per 125ml
Vitamin A	µg-RE	260	325
Vitamin D	µg	6.00	7.5
Vitamin E	mg α-TE	4.93	7
Vitamin K	µg	17.1	21.38
Vitamin C	mg	30.7	38.4
Thiamin	mg	0.52	0.65
Riboflavin	mg	0.57	0.71
Niacin	mg NE	3.86	4.83
Vitamin B6	mg	0.61	0.76
Vitamin B12	µg	1.02	1.28
Folic Acid	µg	73.3	91.7
Pantothenic Acid	mg	1.53	1.91
Biotin	µg	10.1	12.6
Trace Elements		Per 100ml	Per 125ml
Iron	mg	2.18	2.73
Zinc	mg	2.58	3.23
Manganese	mg	0.64	0.8
Copper	mg	0.35	0.44
Iodine	µg	47.3	59.13
Molybdenum	µg	22.4	28
Selenium	µg	15.4	19.3
Chromium	µg	13	16
Fluoride	mg	0.19	0.24
Other		Per 100ml	Per 125ml
Choline	mg	122	152.5
Osmolality	mOsmol/ kgH <sub>2</sub> O	900	900

**Fortisip® products are food for special medical purposes and must be used under medical supervision.**

**NUTRICIA** For more information call the  
**CARELINE** Nutricia Careline 1800 438 500

Monday to Friday, between 7:30am and 5pm (AEST)  
excluding Public Holidays

Email: [nccl@nutricia.com](mailto:nccl@nutricia.com)

Information for healthcare professionals only - not for distribution to the general public.

**NUTRICIA**  
LIFE-TRANSFORMING NUTRITION

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