

# 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>
- **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 suitable as a sole source of nutrition.
- Not for parenteral use.
- Not suitable for patients with galactosaemia.
- Use with caution in patients with impaired renal function.
- 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.

## 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 **1800 889 480**.

Fortisip Compact Protein	Presentation	Product code	Units per carton
Vanilla	125ml bottle	71542	24
Mocha	125ml bottle	71544	24
Strawberry	125ml bottle	71545	24
Hot Tropical Ginger	125ml bottle	171692	24
Neutral	125ml bottle	172130	24
Cool Red Fruits	125ml bottle	172128	24

## Ingredients\*

**Fortisip Compact Protein Vanilla:** Water, cow's milk proteins (micellar casein isolate, milk protein caseinates), maltodextrin, sugar, 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, colouring (curcumin), retinyl acetate, copper gluconate, zinc sulphate, manganese sulphate, calcium D-pantothenate, sodium selenite, D-biotin, chromium chloride, cholecalciferol, thiamin hydrochloride, pteroylmonoglutamic acid, pyridoxine hydrochloride, nicotinamide, potassium iodide, riboflavin, sodium molybdate, sodium fluoride, cyanocobalamin, phytomenadione.

## Allergen & Cultural Information

- Contains: cow's milk protein and soy.
- Does not contain: wheat, egg, nuts\*\*, lupins.
- Halal certified.
- No gluten containing ingredients.
- Low lactose (lactose <2g/100g).



# FORTISIP COMPACT PROTEIN

NUTRITION INFORMATION*		Per 100ml	Per 125ml
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
$\omega 6 / \omega 3$ ratio		5.1:1	5.1:1
Fibre	g	0	0
Water	ml	63	78.8
Minerals		Per 100ml	Per 125ml
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

\* 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.

\*\* 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 Care Line 1800 438 500**

Vitamins		Per 100ml	Per 125ml
Vitamin A	$\mu\text{g-RE}$	260	325
Vitamin D	$\mu\text{g}$	2.1	2.6
Vitamin E	mg $\alpha\text{-TE}$	3.7	4.6
Vitamin K	$\mu\text{g}$	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	$\mu\text{g}$	1.1	1.4
Folic Acid	$\mu\text{g}$	80	100
Pantothenic Acid	mg	1.6	2
Biotin	$\mu\text{g}$	12	15
Trace Elements		Per 100ml	Per 125ml
Iron	mg	2.1	2.6
Zinc	mg	2.4	3
Manganese	mg	0.63	0.79
Copper	mg	0.35	0.44
Iodine	$\mu\text{g}$	46	57.5
Molybdenum	$\mu\text{g}$	20	25
Selenium	$\mu\text{g}$	14	17.5
Chromium	$\mu\text{g}$	13	16.3
Fluoride	mg	0.19	0.24
Other		Per 100ml	Per 125ml
Choline	mg	110	138
Osmolality	mOsmol/ kgH <sub>2</sub> O	900	900

**NUTRICIA**  
LIFE-TRANSFORMING NUTRITION

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