

# Fortisip Compact Protein

## Description

Fortisip Compact Protein is a Food for Special Medical Purposes for use under medical supervision. Fortisip Compact Protein is a high energy (2.4kcal/ml), high protein (18g protein/125ml bottle), ready to drink, milkshake style nutritional supplement, for the dietary management of disease related malnutrition. Fortisip Compact Protein can be used to supplement the diet of patients unable to meet their nutritional requirements from other foods.

Available in 125ml plastic bottles in eight flavours: vanilla, strawberry, banana, mocha, peach-mango, berries, hot tropical ginger, and neutral.

## Indications

For enteral use only. ACBS approved, prescribable on form FP10 (GP10 in Scotland) for the following indications: short bowel syndrome; intractable malabsorption; pre-operative preparation of undernourished patients; inflammatory bowel disease; total gastrectomy; dysphagia; bowel fistulae; disease related malnutrition.

## Contraindications

Not suitable for children under 3 years of age.

Not suitable for patients with galactosaemia.

## Precautions

Not suitable as a sole source of nutrition. Monitor fluid intake to ensure adequate hydration status.

## Directions for use

Fortisip Compact Protein is ready to drink and is best served chilled. Shake well before opening. Recommended dose is 1-2 bottles per day, unless specified by a clinician or dietitian.

## Storage

Store in a dry, cool place (5-25°C). Shake well before use.

Once opened, close the bottle and store in a refrigerator for a maximum of 24 hours.

## Shelf life

12 months. Best before date: see side of bottle.

## Ingredients (Vanilla flavour\*)

Water, cow's **milk** proteins, maltodextrin, sugar, vegetable oils (rapeseed oil, sunflower oil), magnesium hydrogen phosphate, emulsifier (**soy** lecithin), flavouring, choline chloride, sodium L-ascorbate, potassium citrate, di-potassium hydrogen phosphate, 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.

**FORTISIP COMPACT PROTEIN IS GLUTEN FREE.**

\*For all other flavours please see individual packaging.

AVERAGE CONTENTS*	UNIT	per 100ml	per 125ml bottle
<b>Energy:</b>	kcal	240	300
	KJ	1010	1263
<b>Protein:</b>	g	14.4	18.0
nitrogen	g	2.3	2.9
% of total energy	%	24	24
<b>Carbohydrate:</b>	g	24.4	30.5
polysaccharides	g	11.0	13.8
sugars	g	13.3	16.6
- lactose	g	0.3	0.4
% of total energy	%	41	41
<b>Fat:</b>	g	9.4	11.8
saturates	g	0.9	1.1
- monounsaturates	g	5.7	7.1
- polyunsaturates	g	2.8	3.5
% of total energy	%	35	35
<b>Dietary fibre:</b>	g	0	0
% of total energy	%	0	0
<b>Minerals:</b>			
sodium	mg (mmol)	40 (1.7)	50 (2.1)
potassium	mg (mmol)	105 (2.7)	131 (3.4)
chloride	mg (mmol)	60 (1.7)	75 (2.1)
calcium	mg (mmol)	350 (8.7)	438 (10.9)
phosphorus	mg (mmol)	300 (9.7)	375 (12.1)
magnesium	mg (mmol)	55 (2.3)	69 (2.9)
iron	mg	2.1	2.6
zinc	mg	2.4	3.0
copper	mg	0.35	0.44
manganese	mg	0.63	0.79
fluoride	mg	0.19	0.24
molybdenum	µg	20	25
selenium	µg	14	18
chromium	µg	13	16
iodine	µg	46	58
<b>Vitamins:</b>			
vitamin A	µg	260	325
vitamin D	µg	2.1	2.6
vitamin E	mg ( $\alpha$ -TE)	3.7	4.6
vitamin K	µg	16	20
thiamin	mg	0.45	0.56
riboflavin	mg	0.50	0.63
niacin	mg (mg NE)	0.59 (3.6)	0.74 (4.5)
pantothenic acid	mg	1.6	2.0
vitamin B6	mg	0.53	0.66
folic acid	µg	80	100
vitamin B12	µg	1.1	1.4
biotin	µg	12	15
vitamin C	mg	30	38
<b>Others:</b>			
choline	mg	110	138
<b>Water:</b>	g	63	79
osmolarity	mOsmol/l	570	570
potential renal solute load	mOsmol/l	981	981
pH		6.6	6.6

\*One bottle contains approximately 23% of UK RNI for micronutrients males 50 yrs+ excluding sodium, potassium, and chloride.