

# Forticreme Complete

## Description

Forticreme Complete is a Food for Special Medical Purposes for use under medical supervision. Forticreme Complete is a nutritionally complete, high energy (1.6kcal/g), high protein, dessert style, ready to eat nutritional supplement for the dietary management of disease related malnutrition. Forticreme Complete can be used to supplement the diet of patients unable to meet their requirements from other foods, or used as a sole source of nutrition.

Forticreme Complete is available in a cluster Pack of 4 x 125g single serving pots, in 4 flavours: Vanilla, Banana, Forest Fruit, and Chocolate.

## 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; continuous ambulatory peritoneal dialysis (CAPD); haemodialysis. The semi solid texture of Forticreme Complete makes it an ideal supplement for use in patients with dysphagia who require nutritional support.

## Contraindications

Not for intravenous use. Not suitable for children under 3 years of age.

## Precautions

Not suitable for use as a sole source of nutrition in children under 6 years of age.

## Directions for use

Forticreme Complete is best served chilled. Forticreme Complete may be eaten directly from the pot.

## Storage

Store in a dry, cool place (5-25°C). Once opened store in a refrigerator for a maximum of 24 hours.

## Shelf life

9 months. Best before date: see lid of pot.

## Ingredients (Vanilla flavour\*)

Water, sucrose, maltodextrin, milk protein isolate (from milk), vegetable oils, sodium caseinate (from milk), whey protein concentrate (from milk), calcium caseinate (from milk), modified starch, flavour (vanilla), tri potassium citrate, emulsifier (mono- and di- glycerides of fatty acids), stabiliser (carrageenan), choline chloride, di potassium hydrogen phosphate, acidity regulator (citric acid), sodium L-ascorbate, magnesium hydroxide, sodium chloride, colour (curcumin), ferrous lactate, sodium hydroxide, potassium hydroxide, DL- $\alpha$ -tocopheryl acetate, retinyl acetate, nicotinamide, copper gluconate, zinc sulphate, sodium selenite, manganese sulphate, calcium D-pantothenate, chromium chloride, cholecalciferol, pteroylmonoglutamic acid, D-biotin, thiamin hydrochloride, pyridoxine hydrochloride, sodium molybdate, riboflavin, sodium fluoride, potassium iodide, cyanocobalamin, phytomenadione.

\*For all other flavours see individual packaging.

**FORTICREME COMPLETE IS GLUTEN FREE.**

## AVERAGE CONTENTS

	UNIT	per 100g	per 100kcal
<b>Energy:</b>	kcal	160	100
	kJ	675	420
<b>Protein:</b>	g	9.5	6.0
nitrogen	g	1.5	1.0
NPC:N		80:1	80:1
% of total energy	%	24	24
<b>Carbohydrate:</b>	g	19.2	12.0
polysaccharide	g	8.3	5.2
sugars	g	10.6	6.7
lactose	g	0.10	0.06
% of total energy	%	48	48
<b>Fat:</b>	g	5	3.1
saturates	g	0.7	0.4
saturates, chocolate	g	0.7	0.04
% of total energy	%	28	28
<b>Dietary fibre:</b>	g	0.1	0.1
<b>Dietary fibre, chocolate:</b>	g	0.3	0.2
<b>Minerals:</b>			
sodium	mg (mmol)	63 (2.7)	39.5 (1.7)
potassium	mg (mmol)	185 (4.7)	116 (3.0)
chloride	mg (mmol)	64 (1.8)	40 (1.1)
calcium	mg (mmol)	114 (2.9)	71 (1.8)
phosphorus	mg (mmol)	113 (3.6)	71 (2.3)
magnesium	mg (mmol)	20 (0.8)	12 (0.5)
iron	mg	2.6	1.6
zinc	mg	1.6	1.0
copper	mcg	432	271
manganese	mg	0.64	0.40
fluoride	mg	0.18	0.12
molybdenum	mcg	18	12
selenium	mcg	11.0	6.7
chromium	mcg	11	6.9
iodine	mcg	34	21
<b>Vitamins:</b>			
vitamin A	mcg RE	205	128
vitamin D	mcg	1.7	1.1
vitamin E	mg $\alpha$ TE	2.7	1.7
vitamin K	mcg	13	8.2
thiamin	mg	0.37	0.23
riboflavin	mg	0.40	0.25
niacin	mg NE	2.8	1.8
pantothenic acid	mg	1.3	0.8
vitamin B6	mg	0.42	0.26
folic acid	mcg	64	40
vitamin B12	mcg	0.51	0.32
biotin	mcg	6.4	4.0
vitamin C	mg	16	10
<b>Others:</b>			
choline	mg	88	55
<b>Water:</b>	g	64	40
osmolality	mOsmol	580	580
osmolality	mOsmol/kg H <sub>2</sub> O	820	820
potential renal solute load	mOsmol/l	673	673

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