

Fortisip 2kcal

Description

Fortisip 2kcal is a Food for Special Medical Purposes for use under medical supervision. Fortisip 2kcal is a high energy (2kcal/ml), high protein (20g protein/200ml bottle), ready to drink, milkshake style nutritional supplement, for the dietary management of disease related malnutrition. Fortisip 2kcal can be used to supplement the diet of patients unable to meet their nutritional requirements from other foods, or as a sole source of nutrition. Fortisip 2kcal contains 50% of the RNI for vitamins and minerals in one bottle*.

Available in 200ml bottles in two flavours: vanilla and strawberry.

Indications

GMS listed.

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 in children under 6 years of age.

Directions for use

Fortisip 2kcal is ready to drink and is best served chilled.

Shake well before opening.

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, glucose syrup, cow's **milk** proteins, sugar, vegetable oils (rapeseed oil, sunflower oil), potassium citrate, flavouring, emulsifier (**soy** lecithin), potassium chloride, choline chloride, magnesium hydrogen phosphate, sodium citrate, sodium L-ascorbate, acidity regulator (citric acid), ferrous lactate, colouring (curcumin), sodium selenite, DL- α -tocopheryl acetate, zinc sulphate, retinyl acetate, copper gluconate, nicotinamide, cholecalciferol, manganese sulphate, chromium chloride, calcium D-pantothenate, D-biotin, pyridoxine hydrochloride, thiamin hydrochloride, pteroylmonoglutamic acid, potassium iodide, sodium molybdate, sodium fluoride, riboflavin, cyanocobalamin, phytomenadione.

FORTISIP 2KCAL IS GLUTEN FREE.

*RNI for males 50yrs + excluding sodium, potassium, chloride and magnesium.

**For strawberry flavour please see individual packaging.

AVERAGE CONTENTS** UNIT

per 100ml per 200ml
bottle

Energy:	kcal	200	400
	kJ	840	1680
Protein:	g	10.0	20.0
nitrogen	g	1.6	3.2
% of total energy	%	20	20
Carbohydrate:	g	20.8	41.6
polysaccharides	g	5.0	10.0
sugars	g	15.5	31.0
- lactose	g	0.3	0.6
% of total energy	%	42	42
Fat:	g	8.5	17.0
saturates	g	0.9	1.8
- monounsaturates	g	5.1	10.2
- polyunsaturates	g	2.5	5.0
% of total energy	%	38	38
Dietary fibre:	g	0	0
% of total energy	%	0	0
Minerals:			
sodium	mg (mmol)	96 (4.2)	192 (8.3)
potassium	mg (mmol)	200 (5.1)	400 (10.3)
chloride	mg (mmol)	89 (2.5)	178 (5.0)
calcium	mg (mmol)	176 (4.4)	352 (8.8)
phosphorus	mg (mmol)	147 (4.7)	294 (9.5)
magnesium	mg (mmol)	18 (0.7)	36 (1.5)
iron	mg	3.2	6.4
zinc	mg	2.4	4.8
copper	mg	0.36	0.72
manganese	mg	0.70	1.40
fluoride	mg	0.20	0.40
molybdenum	µg	20	40
selenium	µg	19	38
chromium	µg	14	28
iodine	µg	35	70
Vitamins:			
vitamin A	µg RE	175	350
vitamin D	µg	5.0	10.0
vitamin E	mg α -TE	2.6	5.2
vitamin K	µg	11	22
thiamin	mg	0.30	0.60
riboflavin	mg	0.33	0.66
niacin	mg (mg NE)	2.1 (4.3)	4.2 (8.6)
pantothenic acid	mg	1.1	2.2
vitamin B6	mg	0.4	0.8
folic acid	µg	54	108
vitamin B12	µg	0.50	1.00
biotin	µg	8.0	16.0
vitamin C	mg	20	40
Others:			
choline	mg	74	148
Water:	g	71	142
osmolarity	mOsmol/l	730	730
potential renal solute load	mOsmol/l	737	737