

Fortisip Compact Fibre

Description

Fortisip Compact Fibre is a Food for Special Medical Purposes for use under medical supervision. Fortisip Compact Fibre is a nutritionally complete, 2.4kcal/ml, ready to drink, milk shake style nutritional supplement, containing 4.5g fibre per bottle, for the management of disease related malnutrition. Fortisip Compact Fibre can be used to supplement the diet of patients unable to meet their nutritional requirements from other foods.

Fortisip Compact Fibre is available in 125ml plastic bottles, with a flexible straw attached, in three flavours: vanilla, strawberry, and mocha.

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 for intravenous use. Not suitable for children under 3 years of age. Not suitable for patients with galactosaemia. Not suitable for patients requiring a fibre-free diet.

Precautions

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

Directions for use

Fortisip Compact Fibre is best served chilled. Shake well before opening. Recommended dose is 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 store bottles in a refrigerator for a maximum of 24 hours.

Shelf life

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

Ingredients (Vanilla Flavour*)

Water, glucose syrup, milk proteins, vegetable oils, dietary fibres (oligofructose, galacto-oligosaccharide (from milk sugar), pectin, polyfructose), trehalose, tri potassium citrate, emulsifier (soy lecithin), flavour (vanilla), magnesium hydrogen phosphate, choline chloride, potassium chloride, tri sodium citrate, sodium L-ascorbate, maltodextrin, ferrous lactate, zinc sulphate, nicotinamide, DL- α -tocopheryl-acetate, colouring (curcumin), retinyl acetate, copper gluconate, sodium selenite, manganese sulphate, chromium chloride, calcium D-pantothenate, D-biotin, cholecalciferol, pteroylmonoglutamic acid, thiamin hydrochloride, pyridoxine hydrochloride, sodium molybdate, sodium fluoride, riboflavin, phytomenadione, potassium iodide, cyanocobalamin.

*For all other flavours please see individual packaging.

FORTISIP COMPACT FIBRE IS GLUTEN FREE.

AVERAGE CONTENTS*	UNIT	per 100ml	per 100kcal
Energy:	kcal	240	100
	kJ	1000	420
Protein:	g	9.4	3.9
nitrogen	g	1.5	0.6
NPC:N		134:1	134:1
% of total energy	%	16	16
Carbohydrate:	g	25.2	10.5
polysaccharides	g	11.0	4.6
sugars	g	13.9	5.8
- lactose	g	0.6	0.3
% of total energy	%	42	42
Fat:	g	10.4	4.3
saturates	g	1.1	0.5
- monounsaturates	g	6.3	2.6
- polyunsaturates	g	3.0	1.3
% of total energy	%	39	39
Dietary fibre:	g	3.6	1.5
% of total energy	%	3	3
Minerals:			
sodium	mg (mmol)	83 (3.6)	35 (1.5)
potassium	mg (mmol)	229 (5.9)	96 (2.5)
chloride	mg (mmol)	91 (2.6)	38 (1.1)
calcium	mg (mmol)	174 (4.3)	73 (1.8)
phosphorus	mg (mmol)	174 (5.6)	73 (2.4)
magnesium	mg (mmol)	33 (1.4)	14 (0.6)
iron	mg	3.8	1.6
zinc	mg	2.9	1.2
copper	µg	430	179
manganese	mg	0.80	0.33
fluoride	mg	0.20	0.08
molybdenum	µg	24	10
selenium	µg	14	5.8
chromium	µg	16	6.7
iodine	µg	32	13
Vitamins:			
vitamin A	µg RE	240	100
vitamin D	µg	1.8	0.8
vitamin E	mg α-TE	3.0	1.3
vitamin K	µg	13	5.3
thiamin	mg	0.40	0.17
riboflavin	mg	0.40	0.17
niacin	mg NE	4.3	1.8
pantothenic acid	mg	1.3	0.5
vitamin B6	mg	0.40	0.17
folic acid	µg	64	27
vitamin B12	µg	0.50	0.21
biotin	µg	9.6	4
vitamin C	mg	24	10
Others:			
choline	mg	88	37
Water:	g	63	26
osmolarity	mOsmol/l	790	790
osmolality	mOsmol/kg H ₂ O	1260	1260
potential renal solute load*	mOsmol/l	719	719