

# Fortisip Yoghurt Style

## Description

Fortisip Yoghurt Style is a Food for Special Medical Purposes for use under medical supervision. Fortisip Yoghurt Style is a nutritionally complete, 1.5kcal/ml, ready to drink, yoghurt style nutritional supplement for the management of disease related malnutrition. Fortisip Yoghurt Style can be used to supplement the diet of patients unable to meet their nutritional requirements from other foods, or used as a sole source of nutrition. Fortisip Yoghurt Style is available in 200ml bottles with a flexible straw attached, in 3 flavours: Raspberry, Peach/Orange and Vanilla/Lemon.

## Indications

For enteral use only. GMS listed. ACBS approved 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.

## Precautions

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

## Directions for use

Fortisip Yoghurt Style is best served chilled. Shake well before use.

## Storage

Store in a cool, dry place (5 - 25°C). Once opened, Fortisip Yoghurt Style should be consumed within 4 hours or stored in a refrigerator for up to 24 hours. Discard unused contents thereafter.

## Shelf life

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

## Ingredients (Raspberry flavour\*)

Skimmed yoghurt, water, glucose syrup, sucrose, whey protein concentrate (from milk), vegetable oils, acidity regulator (citric acid), stabiliser (pectin), tri sodium citrate, potassium di hydrogen phosphate, flavour (raspberry), tri potassium citrate, choline chloride, carotenoids ( $\beta$ -carotene, lutein, lycopene), sodium chloride, magnesium hydroxide, colour (carminic acid), sodium L-ascorbate, calcium hydroxide, ferrous lactate, zinc sulphate, nicotinamide, retinyl acetate, copper gluconate, manganese sulphate, DL- $\alpha$ -tocopheryl acetate, calcium D-pantothenate, D-biotin, pyridoxine hydrochloride, folic acid, cholecalciferol, thiamin hydrochloride, sodium fluoride, potassium iodide, riboflavin, sodium selenite, phytomenadione, chromium chloride, sodium molybdate.

\*For all other flavours, see individual packaging.

**FORTISIP YOGHURT STYLE IS GLUTEN FREE.**

Average Contents	Unit	per 100ml	per 100kcal
<b>Energy:</b>	kcal	150	100
	kJ	630	420
<b>Protein:</b>	g	6	4
nitrogen	g	0.9	0.6
NPC:N		134:1	134:1
% of total energy	%	16	16
<b>Carbohydrate:</b>	g	18.7	12.5
sugars	g	10.8	7.2
lactose	g	2.6	1.8
% of total energy	%	49	49
<b>Fat:</b>	g	5.8	3.9
saturates	g	0.8	0.5
% of total energy	%	35	35
<b>Dietary fibre:</b>	g	0.2	0.1
<b>Minerals:</b>			
sodium	mg (mmol)	105 (4.6)	70 (3.0)
potassium	mg (mmol)	201 (5.2)	134 (3.4)
chloride	mg (mmol)	130 (3.7)	87 (2.5)
calcium	mg (mmol)	108 (2.7)	72 (1.8)
phosphorus	mg (mmol)	108 (3.5)	72 (2.3)
magnesium	mg (mmol)	34 (1.4)	23 (0.9)
iron	mg	2.4	1.6
zinc	mg	1.8	1.2
copper	mcg	270	180
manganese	mg	0.49	0.33
fluoride	mg	0.15	0.10
molybdenum	mcg	15	10
selenium	mcg	8.5	5.7
chromium	mcg	10	6.7
iodine	mcg	20	13
<b>Vitamins:</b>			
vitamin A	mcg RE	122	82
– carotenoids	mg	0.3	0.2
vitamin D	mcg	1.0	0.7
vitamin E	mg $\alpha$ -TE	1.9	1.3
vitamin K	mcg	7.9	5.3
thiamin	mg	0.22	0.15
riboflavin	mg	0.24	0.16
niacin	mg NE	2.7	1.8
pantothenic acid	mg	0.79	0.53
vitamin B6	mg	0.25	0.17
folic acid	mcg	40	27
vitamin B12	mcg	0.31	0.21
biotin	mcg	6	4
vitamin C	mg	15	10
<b>Others:</b>			
choline	mg	55	37
<b>Water:</b>	g	77	51
osmolarity	mOsm/l	740	740
osmolality	mOsm/kg H <sub>2</sub> O	965	965
potential renal solute load	mOsm/l	504	504