

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, high protein, dessert style nutritional supplement. It contains 200kcal and 11.9g protein per 125g serving and contains added vitamins, minerals and trace elements. 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 Fruits, and Chocolate.

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; 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 cool, dry place (5 - 25°C). Once opened, Forticreme Complete should be consumed within 4 hours, or stored in a refrigerator for 24 hours. Discard unused contents thereafter.

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 diglycerides 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- α -tocopheryl acetate, retinyl acetate, nicotinamide, copper gluconate, zinc sulphate, sodium selenite, manganese sulphate, calcium D-pantothenate, chromium chloride, cholecalciferol, folic 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 125g
Energy:	kcal	160	200
	kJ	675	844
Protein:	g	9.5	11.9
nitrogen	g	1.5	1.9
NPC:N		81:1	81:1
% of total energy	%	24	24
Carbohydrate:	g	19.2	24
polysaccharide	g	8.3	10.4
sugars	g	10.6	13.3
lactose	g	0.01	0.13
% of total energy	%	48	48
Fat:	g	5	6.3
saturates	g	0.7	0.9
% of total energy	%	28	28
Dietary fibre:	g	0.1	0.13
Minerals:			
sodium	mg (mmol)	63 (2.7)	79 (3.4)
potassium	mg (mmol)	185 (4.7)	321 (5.9)
chloride	mg (mmol)	64 (1.8)	80 (2.3)
calcium	mg (mmol)	114 (2.9)	143 (3.6)
phosphorus	mg (mmol)	113 (3.6)	141 (4.5)
magnesium	mg (mmol)	23 (0.9)	25 (1.0)
iron	mg	2.6	3.3
zinc	mg	1.6	2
copper	mcg	432	540
manganese	mg	0.64	0.8
fluoride	mg	0.18	0.23
molybdenum	mcg	18	23
selenium	mcg	11	14
chromium	mcg	11	14
iodine	mcg	34	43
Vitamins:			
vitamin A	mcg RE	205	256
– carotenoids	mg	0	0
vitamin D	mcg	1.7	2.1
vitamin E	mg α -TE	2.7	3.4
vitamin K	mcg	13	16
thiamin	mg	0.37	0.46
riboflavin	mg	0.40	0.5
niacin	mg NE	2.8	3.5
pantothenic acid	mg	1.3	1.6
vitamin B6	mg	0.42	0.5
folic acid	mcg	64	80
vitamin B12	mcg	0.51	0.64
biotin	mcg	6.4	8
vitamin C	mg	16	20
Others:			
choline	mg	88	110
Water:	g	65	81
osmolality	mOsm/l	580	580
osmolality	mOsm/kg H ₂ O	820	820
potential renal solute load	mOsm/l	673	673