

Fortimel Regular

Description

Fortimel Regular is a Food for Special Medical Purposes for use under medical supervision. Fortimel Regular is a high protein, 1 kcal/ml, ready to drink, nutritional supplement with added vitamins, minerals and trace elements. It contains 20g protein per 200ml bottle and is therefore suitable for those patients with increased protein requirements.

Fortimel Regular is low in fat and is therefore suitable when nutritional supplementation is required for patients on a low fat diet. Fortimel Regular is available in 200ml bottles with a flexible straw attached, in 3 flavours: Forest Fruits, Strawberry and Vanilla.

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.

Precautions

Not suitable as a sole source of nutrition. Only to be used to supplement the normal diet.

Directions for use

Fortimel Regular is best served chilled. Shake well before opening.

Storage

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

Shelf life

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

Ingredients (Vanilla flavour*)

Milk protein concentrate, water, sucrose, maltodextrin, vegetable oils, acidity regulator (citric acid), flavour (vanilla), choline chloride, magnesium hydroxide, tri potassium citrate, emulsifier (soy lecithin), sodium L-ascorbate, potassium hydroxide, tri sodium citrate, colour (curcumin), ferrous lactate, DL- α -tocopheryl acetate, colour (caramel E150d), nicotinamide, zinc sulphate, retinyl acetate, copper gluconate, manganese sulphate, sodium selenite, chromium chloride, calcium D-pantothenate, D-biotin, cholecalciferol, pyridoxine hydrochloride, folic acid, thiamin hydrochloride, sodium fluoride, sodium molybdate, riboflavin, potassium iodide, phytomenadione.

*For all other flavours, see individual packaging.

FORTIMEL REGULAR IS GLUTEN FREE.

| Average Contents | Unit | per 100ml/ 100kcal |
|-----------------------------|----------------------------|-----------------------|
| Energy: | kcal | 100 |
| | kJ | 420 |
| Protein: | g | 10 |
| nitrogen | g | 1.6 |
| NPC: N | | 38:1 |
| % of total energy | % | 40 |
| Carbohydrate: | g | 10.3 |
| sugars | g | 8.1 |
| lactose | g | 3.7 |
| % of total energy | % | 41 |
| Fat: | g | 2.1 |
| saturates | g | 0.3 |
| saturates (chocolate) | g | 0.4 |
| % of total energy | % | 19 |
| Dietary fibre: | g | 0 |
| chocolate | g | 0.3 |
| Minerals: | | |
| sodium | mg (mmol) | 50 (2.2) |
| potassium | mg (mmol) | 200 (5.1) |
| chloride | mg (mmol) | 90 (2.5) |
| calcium | mg (mmol) | 280 (7.0) |
| phosphorus | mg (mmol) | 200 (6.5) |
| magnesium | mg (mmol) | 42 (1.7) |
| iron | mg | 3 |
| zinc | mg | 2.3 |
| copper | mcg | 338 |
| manganese | mg | 0.63 |
| fluoride | mg | 0.19 |
| molybdenum | mcg | 19 |
| selenium | mcg | 11 |
| chromium | mcg | 13 |
| chromium (chocolate) | mcg | 18 |
| iodine | mcg | 25 |
| Vitamins: | | |
| vitamin A | mcg RE | 188 |
| vitamin D | mcg | 1.3 |
| vitamin E | mg α -TE | 2.3 |
| vitamin K | mcg | 10 |
| thiamin | mg | 0.28 |
| riboflavin | mg | 0.31 |
| niacin | mg NE | 3.4 |
| pantothenic acid | mg | 1.0 |
| vitamin B6 | mg | 0.33 |
| folic acid | mcg | 50 |
| vitamin B12 | mcg | 0.70 |
| biotin | mcg | 7.5 |
| vitamin C | mg | 19 |
| Others: | | |
| choline | mg | 69 |
| Water: | g | 83 |
| osmolarity | mOsmol/l | 415 |
| osmolarity (chocolate) | mOsmol/l | 430 |
| osmolality | mOsmol/kg H ₂ O | 490 |
| osmolality (chocolate) | mOsmol/kg H ₂ O | 520 |
| potential renal solute load | mOsmol/l | 723 |