

Fortisip Extra (available only in NI)

Description

Fortisip Extra is a Food for Special Medical Purposes for use under medical supervision. Fortisip Extra is a high energy (1.6kcal/ml) and high protein (20g protein/200ml bottle) milkshake style, ready to drink, nutritional supplement for use in patients with increased nutritional requirements. Fortisip Extra contains 50% of the RNI for vitamins and minerals in one bottle*. Fortisip Extra is available in 200ml bottles with a flexible straw attached, in 5 flavours: Vanilla, Strawberry, Forest Fruits, Chocolate and Mocha.

Indications

For enteral use only. 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 as a sole source of nutrition. Only to be used as a supplement to the normal diet.

Directions for use

Fortisip Extra is best served chilled. Shake well before opening.

Storage

Store in a cool, dry place (5 - 25°C). Once opened, Fortisip Extra should be consumed within 4 hours or stored in the refrigerator (<5°C) 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, maltodextrin, vegetable oils (canola oil, sunflower oil), sucrose, glucose syrup, tri potassium citrate, emulsifier, (soy lecithin), acidity regulator (citric acid), flavour (vanilla), choline chloride, magnesium hydroxide, sodium L-ascorbate, potassium hydroxide, tri sodium citrate, colour (curcumin), ferrous lactate, colour (E150d) DL- α -tocopheryl acetate, nicotinamide, zinc sulphate, sodium selenite, retinyl acetate, copper gluconate, manganese sulphate, chromium chloride, cholecalciferol, calcium D-pantothenate, D-biotin, pyridoxine hydrochloride, folic acid, thiamin hydrochloride, potassium iodide, sodium molybdate, sodium fluoride, riboflavin, phytomenadione.

*Excluding sodium, potassium, chloride and magnesium (and iron in females aged 19 - 50 years).

**For all other flavours please see individual packaging.

FORTISIP EXTRA IS GLUTEN FREE.

Average Contents	Unit	per 100ml	per 100kcal
Energy:	kcal	160	100
	kJ	675	420
Protein:	g	10	6.3
nitrogen	g	1.6	1
NPC:N		75:1	75:1
% of total energy	%	25	25
Carbohydrate:	g	18.1	11.3
sugars	g	9	5.6
lactose	g	3.1	1.9
% of total energy	%	45	45
Fat:	g	5.3	3.3
saturates	g	0.6	0.4
% of total energy	%	30	30
Dietary fibre:	g	0	0
Minerals:			
sodium	mg (mmol)	50 (2.2)	31 (1.3)
potassium	mg (mmol)	220 (5.5)	138 (3.4)
chloride	mg (mmol)	81 (2.3)	50 (1.4)
calcium	mg (mmol)	280 (7.0)	175 (4.4)
phosphorus	mg (mmol)	197 (6.3)	123.1 (4.0)
magnesium	mg (mmol)	40 (1.6)	25 (1.0)
iron	mg	2.2	1.4
zinc	mg	2.4	1.5
copper	mcg	338	211
manganese	mg	0.63	0.39
fluoride	mg	0.19	0.12
molybdenum	mcg	19	12
selenium	mcg	19	12
chromium	mcg	13	8
iodine	mcg	35	22
Vitamins:			
vitamin A	mcg RE	188	118
vitamin D	mcg	2.5	1.6
vitamin E	mg α -TE	2.3	1.5
vitamin K	mcg	10	6.3
thiamin	mg	0.28	0.18
riboflavin	mg	0.33	0.20
niacin	mg NE	4	2.5
pantothenic acid	mg	1.0	0.63
vitamin B6	mg	0.35	0.22
folic acid	mcg	50	31
vitamin B12	mcg	0.70	0.44
biotin	mcg	7.5	4.7
vitamin C	mg	19	12
Others:			
choline	mg	69	43
Water:	g	75	47
osmolality	mOsm/l	470	470
osmolality	mOsm/kg H ₂ O	625	625
potential renal solute load	mOsm/l	724	724