

Fortisip Fruit Dessert (available only in NI)

Description

Fortisip Fruit Dessert is a Food for Special Medical Purposes for use under medical supervision. Fortisip Fruit Dessert is a ready-to-eat, high protein, high energy, dessert style nutritional supplement. It contains 10.5g protein and 200kcal per 150g serving, and is enriched with 3.5g fibre per pot. Fortisip Fruit Dessert can be used to supplement the diet of patients unable to meet their requirements from other foods, or used as a single source of nutrition. Fortisip Fruit Dessert is available in a cluster pack of 3 x 150g single serving pots, in Apple and Strawberry flavour.

Indications

For enteral use only. ACBS approved for the following indications: short bowel syndrome; intractable malabsorption; preoperative preparation of undernourished patients; total gastrectomy; dysphagia; disease related malnutrition; continuous ambulatory peritoneal dialysis (CAPD); haemodialysis. The pudding texture of Fortisip Fruit Dessert 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. Not suitable for patients with galactosaemia. Not suitable for patients requiring a fibre free diet.

Precautions

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

Directions for use

Fortisip Fruit Dessert is ready to eat and is best served chilled. Fortisip Fruit Dessert may be eaten directly from the pot.

Storage

Store in a cool, dry place (5 - 25°C) and away from direct sunlight.

Once opened, Fortisip Fruit Dessert should be consumed within 4 hours, or stored in a refrigerator for 24 hours. Discard any unused contents thereafter.

Shelf life

Unopened: 12 months. For best before date see pot lid.

Ingredients (Apple flavour*)

Apple purée (39%), water, milk protein, sucrose, maltodextrin, vegetable oils, dietary fibres (inulin, arabic gum, oligofructose, soy polysaccharides, cellulose, resistant starch), stabilisers (pectin, agar), calcium lactate, agar, potassium hydroxide, flavour (apple), sodium di hydrogen phosphate, magnesium citrate, ascorbic acid, tri sodium citrate, iron sulphate, zinc sulphate, sodium selenite, nicotinamide, DL- α -tocopheryl acetate, tri potassium citrate, retinyl acetate, copper sulphate, cholecalciferol, calcium D-pantothenate, manganese sulphate, sodium fluoride, pyridoxine hydrochloride, riboflavin, phytomenadione, thiamine hydrochloride, D-biotin, cyanocobalamin, folic acid.

*For all other flavours, see individual packaging.

FORTISIP FRUIT DESSERT IS LACTOSE FREE.

Average Contents	Unit	per 100g	per 150g
Energy:	kcal	133	200
	kJ	560	844
Protein:	g	7	10.5
nitrogen	g	1.1	1.7
NPC:N		95:1	95:1
% of total energy	%	21	21
Carbohydrate:	g	17	26
polysaccharides	g	5.5	8.3
sugars	g	11.3	17
lactose	g	<0.025	<0.025
% of total energy	%	51	51
Fat:	g	4	6
saturates	g	0.4	0.6
% of total energy	%	27	27
Dietary fibre:	g	2.6	3.9
soluble	g	1.9	2.9
insoluble	g	0.7	1.0
Minerals:			
sodium	mg (mmol)	55 (2.4)	83 (3.6)
potassium	mg (mmol)	160 (4.1)	240 (6.2)
chloride	mg (mmol)	160 (4.5)	240 (6.8)
calcium	mg (mmol)	59 (1.5)	88.5 (2.3)
phosphorus	mg (mmol)	50 (1.6)	75 (2.4)
magnesium	mg (mmol)	13 (0.5)	20 (0.75)
iron	mg	0.85	1.3
zinc	mg	0.85	1.3
copper	mcg	120	180
manganese	mg	0.09	0.14
fluoride	mg	0.09	0.14
molybdenum	mcg	6	9
selenium	mcg	6	9
chromium	mcg	6	9
iodine	mcg	11	16.5
Vitamins:			
vitamin A	mcg RE	63	95
vitamin D	mcg	0.9	1.4
vitamin E	mg α -TE	0.85	1.3
vitamin K	mcg	7	10.5
thiamin	mg	0.1	0.15
riboflavin	mg	0.14	0.21
niacin	mg NE	1.5	2.3
pantothenic	mg	0.25	0.38
vitamin B6	mg	0.13	0.2
folic acid	mcg	17	25.5
vitamin B12	mcg	0.12	0.18
biotin	mcg	1.3	2
vitamin C	mg	14	21
Others:			
choline	mg	8	12
Water:	g	67	101
potential renal solute load	mOsmol/l	517	517