

Fortisip Multi Fibre

Description

Fortisip Multi Fibre is a Food for Special Medical Purposes for use under medical supervision. Fortisip Multi Fibre is a nutritionally complete, 1.5kcal/ml, ready to drink, milk shake style supplement, enriched with 4.5g fibre per bottle. Fortisip Multi Fibre 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 Multi Fibre contains a blend of six types of dietary fibre in the ratio of 60:40 soluble:insoluble. A mix of fibres may help to maintain normal bowel function. Fortisip Multi Fibre is available in 200ml bottles, with a flexible straw attached, in 5 flavours: Orange, Strawberry, Banana, Vanilla 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; disease related malnutrition.

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.

Precaution

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

Directions for use

Fortisip Multi Fibre is best served chilled. Shake well before opening.

Storage

Store in a cool, dry place (5 - 25°C). Once opened, Fortisip Multi Fibre 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*)

Water, maltodextrin, milk proteins, sucrose, vegetable oils, dietary fibres (soy polysaccharides, inulin, oligofructose, resistant starch, arabic gum, cellulose), tri potassium citrate, emulsifier (soy lecithin), flavour (vanilla), magnesium chloride, acidity regulator (citric acid), tri calcium phosphate, carotenoids (contains soy lecithin) (β -carotene, lutein, lycopene), choline chloride, calcium hydroxide, potassium hydroxide, sodium L-ascorbate, ferrous lactate, zinc sulphate, colour (curcumin), magnesium hydroxide, nicotinamide, retinyl acetate, copper gluconate, DL- α -tocopheryl acetate, sodium selenite, manganese sulphate, calcium D-pantothenate, chromium chloride, D-biotin, cholecalciferol, thiamin hydrochloride, folic acid, pyridoxine hydrochloride, cyanocobalamin, sodium molybdate, riboflavin, sodium fluoride, potassium iodide, phytomenadione.

*For all other flavours, see individual packaging.

FORTISIP MULTI FIBRE IS GLUTEN AND LACTOSE FREE.

Average Contents	Unit	per 100ml	per 100kcal
Energy:	kcal	150	100
	kJ	630	420
Protein:	g	6	4
nitrogen	g	0.9	0.6
NPC:N		134:1	134:1
% of total energy	%	16	16
Carbohydrate:	g	18.4	12.3
sugars	g	7	4.7
lactose	g	<0.025	<0.017
% of total energy	%	49	49
Fat:	g	5.8	3.9
saturates	g	0.6	0.4
% of total energy	%	35	35
Dietary fibre:	g	2.3	1.5
soluble	g	1.4	0.9
insoluble	g	0.9	0.6
Minerals:			
sodium	mg (mmol)	89 (3.9)	59 (2.6)
potassium	mg (mmol)	159 (4)	106 (2.7)
chloride	mg (mmol)	86 (2.4)	57 (1.6)
calcium	mg (mmol)	91 (2.3)	61 (1.5)
phosphorus	mg (mmol)	77 (2.5)	51 (1.6)
magnesium	mg (mmol)	24 (1)	16 (0.7)
iron	mg	2.4	1.6
zinc	mg	1.8	1.2
copper	mcg	270	180
manganese	mg	0.50	0.33
fluoride	mg	0.15	0.10
molybdenum	mcg	15	10
selenium	mcg	8.6	5.7
chromium	mcg	10	6.7
chromium (chocolate)	mcg	15	10
iodine	mcg	20	13.3
Vitamins:			
vitamin A	mcg RE	123	82
– carotenoids	mg	0.30	0.20
vitamin D	mcg	1.1	0.7
vitamin E	mg α -TE	1.9	1.3
vitamin K	mcg	8	5.3
thiamin	mg	0.23	0.15
riboflavin	mg	0.24	0.16
niacin	mg NE	2.7	1.8
pantothenic acid	mg	0.80	0.53
vitamin B6	mg	0.26	0.17
folic acid	mcg	40	27
vitamin B12	mcg	0.32	0.21
biotin	mcg	6	4
vitamin C	mg	15	10
Others:			
choline	mg	55	37
Water:	g	76	50
osmolarity	mOsm/l	455	455
osmolarity (chocolate)	mOsm/l	475	475
osmolality	mOsm/kg H ₂ O	600	600
osmolality (chocolate)	mOsm/kg H ₂ O	620	620
potential renal solute load	mOsm/l	466	466