

Fortisip Multi Fibre Savoury

Description

Fortisip Multi Fibre Savoury is a Food for Special Medical Purposes for use under medical supervision. Fortisip Multi Fibre Savoury is a nutritionally complete, 1.5kcal/ml, ready to use, soup style nutritional supplement. It contains 15g protein and is enriched with 4.6g fibre per cup. Fortisip Savoury 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 Savoury 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 Savoury is available in 200ml microwavable cups in 2 flavours: Chicken and Tomato.

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.

Precautions

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

Directions for use

Fortisip Multi Fibre Savoury is ready to use and is best served warm. Shake well before use. Remove aluminium lid. Heat in the microwave as indicated on package. Alternatively pour into a pan and heat gently. Do not boil. Stir well before serving. Always check temperature before use.

Storage

Store in a cool, dry place (5 - 25°C). Once opened but unheated, Fortisip Multi Fibre Savoury can be stored in a refrigerator for 24 hours. Discard unused contents thereafter. Once heated, Fortisip Multi Fibre Savoury should be consumed within 4 hours. Discard unused contents thereafter. Do not reheat. UHT sterilised. Packed in a protective atmosphere.

Shelf life

9 months. Best before date: see lid of cup.

Ingredients (Chicken flavour*)

Water, maltodextrin, vegetable oils, milk protein isolate, dietary fibres (soy polysaccharides, insulin, oligofructose, resistant starch, arabic gum, cellulose), milk proteins, starch, chicken powder, flavour (chicken), stabiliser, emulsifier (soy lecithin), monosodium glutamate, potassium hydroxide, magnesium citrate, choline chloride, potassium dihydrogen phosphate, sodium L-ascorbate, β -carotene, potassium chloride, ascorbic acid, tri sodium citrate, zinc sulphate, iron sulphate, nicotinamide, retinyl acetate, sodium selenite, DL- α -tocopheryl acetate, manganese sulphate monohydrate, calcium-D-pantothenate, D-biotin, copper sulphate, cholecalciferol, thiamin hydrochloride, folic acid, pyridoxin hydrochloride, cyanocobalamin, riboflavin, potassium iodide, sodium fluoride, phytomenadione, chromium chloride, sodium molybdate.

*For all other flavours, see individual packaging.

FORTISIP SAVOURY IS LACTOSE AND GLUTEN FREE.

Average Contents	Unit	per 100ml	per 100kcal
Energy:	kcal	150	100
	kJ	630	420
Protein:	g	7.5	5
nitrogen	g	1.2	0.8
NPC:N		100:1	100:1
% of total energy	%	20	20
Carbohydrate:	g	14.3	9.5
sugars	g	0.9	0.6
% of total energy	%	37	38
Fat:	g	7	4.7
saturates	g	0.7	0.5
% of total energy	%	42	42
Dietary fibre:	g	2.3	1.6
soluble	g	1.4	1.0
insoluble	g	0.9	0.6
Minerals:			
sodium	mg (mmol)	170 (7.4)	113 (4.9)
potassium	mg (mmol)	160 (4.1)	107 (2.7)
chloride	mg (mmol)	200 (5.6)	133 (3.8)
calcium	mg (mmol)	105 (2.6)	70 (1.8)
phosphorus	mg (mmol)	105 (3.4)	70 (2.3)
magnesium	mg (mmol)	20 (0.8)	13.4 (0.6)
iron	mg	1.0	0.7
zinc	mg	1.8	1.2
copper	mcg	145	97
manganese	mg	0.50	0.33
fluoride	mg	0.15	0.10
molybdenum	mcg	15	10
selenium	mcg	9	6
chromium	mcg	10	6.7
iodine	mcg	20	13.3
Vitamins:			
vitamin A	mcg RE	150	100
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	350	350
osmolarity	mOsm/kg H ₂ O	465	465
potential renal solute load	mOsm/l	637	637