

# FORTISIP PLANTBASED

A ready-to-drink, high energy (1.5kcal/ml), nutritionally complete, plant-based oral nutritional supplement.

## FEATURES

- Suitable as a sole source of nutrition<sup>^</sup>
- **300kcal/bottle (1.5kcal/ml):** energy dense to increase energy intake and improve body weight.<sup>1</sup>
- **High Compliance:** Patients were 94% compliant to their prescription of Fortisip PlantBased over the 4 week intervention.<sup>2</sup>
- **Minimal residue** for patients requiring residue restricted diets.
- **Two delicious flavours:** available in Mango Passionfruit and Mocha for patient choice.
- **User-friendly bottle:** ergonomic plastic bottle, with resealable easy to open cap.
- Suitable for a vegan diet.
- Cow's milk protein free.

## Indications

For use in the dietary management of:

- Disease-related malnutrition.
- Patients with high energy requirements.
- Patients with the above indications, who prefer a plant based oral nutritional supplement.

## Precautions

- Must be used under medical supervision.
- Not for parenteral use.
- Not suitable for children under 3 years.
- Use with caution in children over 3 years of age and older and monitor by a dietitian or clinician

## Directions for Use

- Shake well before use.
- Best served chilled.
- Usage to be determined by a healthcare professional.

## Storage

- Store in a cool, dry place.
- Once opened, store in the refrigerator.
- Discard unused content after 24 hours.

## Ordering Information

To order contact Nutricia Customer Care **1800 889 480**.

Fortisip PlantBased	Presentation	Product code	Units per carton
Mocha	200ml bottle	183072	24
Mango Passionfruit	200ml bottle	183068	24

## Ingredients\*

**Fortisip PlantBased:** Water, maltodextrin, glucose syrup, isomaltulose, pea protein isolate, vegetable oils (rapeseed oil, high oleic sunflower oil, sunflower oil), soy protein isolate, calcium citrate, flavourings, emulsifier (soy lecithin), potassium citrate, potassium chloride, magnesium hydrogen phosphate, sodium chloride, choline chloride, potassium hydroxide, acidity regulator (citric acid), calcium hydroxide, colour (E 150d), L-ascorbic acid, ferrous lactate, zinc sulphate, DL- $\alpha$ -tocopheryl acetate, nicotinamide, calcium D-pantothenate, calcium hydrogen phosphate, copper gluconate, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, sodium fluoride, retinyl acetate, manganese sulphate, pteroylmonoglutamic acid, sodium selenite, chromium chloride, D-biotin, potassium iodide, phytomenadione, cholecalciferol, cyanocobalamin

## Allergen & Cultural Information

- Contains: soy
- Does not contain: milk, fish, egg, nuts\*\*, lupins, wheat
- Halal certified
- No Kosher forbidden ingredients
- No gluten containing ingredients



# FORTISIP PLANTBASED

NUTRITION INFORMATION*		Per 100ml	Per 200ml
Energy	Kcal (kJ)	150 (630)	300 (1260)
Protein	g	6.0	12.0
Soy	g	1.9	3.8
Pea	g	4.1	8.2
Carbohydrate	g	18.6	37.2
Sugars	g	9.4	18.8
as Lactose	g	0	0
Fat	g	5.8	11.6
Saturates	g	0.61	1.22
Monounsaturates	g	3.2	6.4
Polyunsaturates	g	1.9	3.8
DHA	mg	1.28	2.56
$\omega 6 / \omega 3$ ratio		5.1:1	5.1:1
Fibre	g	0.05	0.10
Water	ml	78	156
Minerals		Per 100ml	Per 200ml
Sodium	mg	102	204
	mmol	4.48	8.96
Potassium	mg	211	422
	mmol	5.39	10.78
Calcium	mg	125	250
Phosphorus	mg	77.2	154.4
Magnesium	mg	17.5	35.0
Chloride	mg	155	310
Ca:P ratio		1.6:1	1.6:1

\*Please note that the ingredients list and nutritional information is for Mocha flavour only. There are minor variations in the ingredients list and nutritional information between different flavours. For the full ingredients list, please contact the Nutricia Careline Team on 1800 438 500.

\*\* Peanut (*Arachis hypogaea*), Almond (*Amygdalus communis* L), Hazelnut (*Corylus avellana*), Walnut (*Juglans regia*), Cashew (*Anacardium occidentale*), Pecan nut (*Carya illinoensis* (Wangenh.) K. Koch), Brazil nut (*Bertholletia excelsa*), Pistachio nut (*Pistacia vera*), Macadamia nut and Queensland nut (*Macadamia ternifolia*) and products thereof, except those used for alcohol distillates.

^ In accordance with Australia New Zealand Food Standards Code – Standard 2.9.5

## REFERENCES

1. Milne AC, et al. Protein and energy supplementation in elderly people at risk from malnutrition. Cochrane Database Syst Rev. 2009, 2
2. Nutricia UK ACBS trial, data on file 2022.

Vitamins		Per 100ml	Per 200ml
Vitamin A	$\mu\text{g-RE}$	93.8	187.6
Vitamin D	$\mu\text{g}$	2.69	5.38
Vitamin E	$\text{mg } \alpha\text{-TE}$	2.45	4.90
Vitamin K	$\mu\text{g}$	8.75	17.50
Vitamin C	mg	13.8	27.6
Thiamin	mg	0.15	0.30
Riboflavin	mg	0.20	0.40
Niacin	mg NE	2.13	4.26
Vitamin B6	mg	0.21	0.42
Vitamin B12	$\mu\text{g}$	0.50	1.00
Folic Acid	$\mu\text{g}$	41.3	82.6
Pantothenic Acid	mg	0.95	1.90
Biotin	$\mu\text{g}$	6.40	12.8
Trace Elements		Per 100ml	Per 200ml
Iron	mg	2.07	4.14
Zinc	mg	1.43	2.86
Manganese	mg	0.15	0.30
Copper	mg	0.20	0.40
Iodine	$\mu\text{g}$	18.7	37.4
Molybdenum	$\mu\text{g}$	15.8	31.6
Selenium	$\mu\text{g}$	8.75	17.5
Chromium	$\mu\text{g}$	4.38	8.76
Fluoride	mg	0.17	0.34
Other		Per 100ml	Per 200ml
Choline	mg	50.0	100.0
Osmolality	mOsmol/ kgH <sub>2</sub> O	800	800

**A food for special medical purposes;  
to be used under strict medical supervision.**

**For more information call the  
Nutricia Careline 1800 438 500  
[NutriciaCareline@danone.com](https://www.nutricia.com.au/danone.com)**

**NUTRICIA**  
LIFE-TRANSFORMING NUTRITION

Nutricia Australia Pty Ltd.  
The Zenith, Level 12, Tower B  
821 Pacific Hwy  
Chatswood, NSW 2067  
[www.nutricia.com.au/adult](https://www.nutricia.com.au/adult)

NC5014-Aug23