

# Fortijuice

## Description

Fortijuice is a Food for Special Medical Purposes for use under medical supervision. Fortijuice is a high energy (1.5kcal/ml), ready to drink, juice style nutritional supplement for the dietary management of disease related malnutrition. Fortijuice can be used to supplement the diet of patients unable to meet their nutritional requirements from other foods and for those who do not like, or tire of, milk tasting supplements. Fortijuice is fat free and is suitable for patients on a low fat diet. Fortijuice is available in 200ml bottles, with a flexible straw attached, in seven flavours: lemon, apple, orange, strawberry, tropical, forest fruit, and blackcurrant.

## Indications

For enteral use only. ACBS approved, prescribable on form FP10 (GP10 in Scotland) 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

Fortijuice is best served chilled. Shake well before opening.

## Storage

Store in a dry, cool place (5-25°C). Shake well before use. Once opened store bottles in a refrigerator for a maximum of 24 hours.

## Shelf life

9 months. Best before date: see side of bottle.

## Ingredients (Lemon flavour\*)

Water, glucose syrup, maltodextrin, milk protein, sucrose, flavour (lemon), acidity regulator (citric acid), choline chloride, calcium chloride, L-ascorbic acid, emulsifier (polysorbate 80), potassium chloride, ferrous lactate, sodium chloride, magnesium chloride, zinc sulphate, DL- $\alpha$ -tocopheryl acetate, colour (curcumin), nicotinamide, copper gluconate, sodium selenite, manganese sulphate, calcium D-pantothenate, chromium chloride, pteroylmonoglutamic acid, D-biotin, pyridoxine hydrochloride, thiamin hydrochloride, retinyl palmitate, sodium molybdate, riboflavin, sodium fluoride, potassium iodide, cholecalciferol, phytomenadione, cyanocobalamin.

\*For all other flavours please see individual packaging.

**FORTIJUICE IS GLUTEN AND LACTOSE FREE.**

AVERAGE CONTENTS*	UNIT	per 100ml	per 100kcal
<b>Energy:</b>	kcal	150	100
	kJ	640	420
<b>Protein:</b>	g	4.0	2.7
nitrogen	g	0.6	0.4
NPC:N		212:1	212:1
% of total energy	%	11	11
<b>Carbohydrate:</b>	g	33.5	22.3
polysaccharides	g	20.3	13.5
sugars	g	13.1	8.8
lactose	g	<0.025	<0.025
% of total energy	%	89	89
<b>Fat:</b>	g	0	0
% of total energy	%	0	0
<b>Dietary fibre:</b>	g	0	0
<b>Minerals:</b>			
sodium	mg (mmol)	9.7 (0.4)	6.5 (0.3)
potassium	mg (mmol)	9.3 (0.2)	6.2 (0.2)
chloride	mg (mmol)	178 (5.0)	119 (3.4)
calcium	mg (mmol)	30 (0.8)	20 (0.5)
phosphorus	mg (mmol)	12 (0.4)	8 (0.3)
magnesium	mg (mmol)	2.0 (0.1)	1.3 (0.1)
iron	mg	3.0	2.0
zinc	mg	2.3	1.5
copper	µg	338	225
manganese	mg	0.63	0.42
fluoride	mg	0.19	0.13
molybdenum	µg	19	13
selenium	µg	11	7
chromium	µg	13	8
iodine	µg	25	17
<b>Vitamins:</b>			
vitamin A	µg RE	188	125
vitamin D	µg	1.3	0.9
vitamin E	mg α-TE	2.3	1.6
vitamin K	µg	10.0	6.7
thiamin	mg	0.29	0.19
riboflavin	mg	0.32	0.21
niacin	mg NE	3.4	2.3
pantothenic acid	mg	1.00	0.67
vitamin B6	mg	0.33	0.22
folic acid	µg	50	33
vitamin B12	µg	0.39	0.26
biotin	µg	7.5	5.0
vitamin C	mg	19	13
<b>Others:</b>			
choline	mg	69	46
<b>Water:</b>	g	76	50
osmolarity	mOsmol/l	750	750
osmolality	mOsmol/kg H <sub>2</sub> O	955	955
potential renal solute load	mOsmol/l	285	285