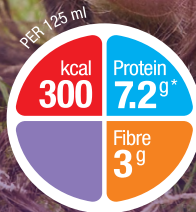


# LITTLE BY LITTLE THEY'LL GROW UP BIG



This information is intended for healthcare professionals only. Fortini Compact Multi Fibre is a Food for Special Medical Purposes for the dietary management of disease related malnutrition and growth failure in children from one year onwards, and must be used under medical supervision.

\*Fortini Compact Multi Fibre Chocolate-Caramel contains 7.1g protein per 125ml

Accurate at time of publication: February 2021

**NUTRICIA**  
**Fortini**  
Compact Multi Fibre



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# ALL THE BENEFITS OF FORTINI MULTI FIBRE IN **38% LESS VOLUME**

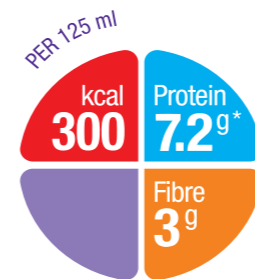
**7.2g protein\***  
per 125ml  
bottle  
(5.7g/100ml)

**Nutritionally  
complete for  
children >1 year  
of age (>8kg)**

**300kcal**  
per 125ml bottle  
(2.4kcal/ml)

**3g fibre**  
per 125ml  
bottle

Available in  
**Strawberry, Neutral  
and Chocolate-  
Caramel Flavours**



## Supported by evidence:



**100% of UK Paediatric Dietitians reported fibre to be important for healthy children and 88% agreed it is important for children with faltering growth<sup>1</sup>.**

Want to learn about the importance of fibre in children? Why not watch our free educational video at <http://youtu.be/oHwc8mY8Y6M>

\* Fortini Compact Multi Fibre Chocolate-Caramel contains 7.1g protein per 125ml

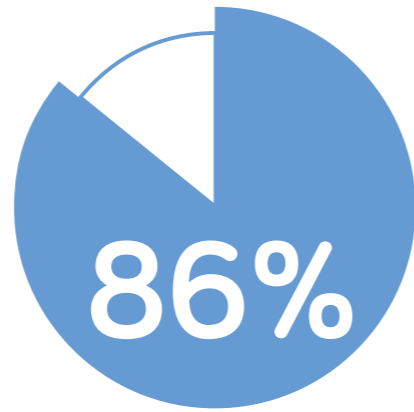
References: 1. UK Paediatric Dietitians Online Survey (n=67), data on file. \*Fortini Compact Multi Fibre Chocolate-Caramel contains 7.1g protein per 125ml

# PAEDIATRIC DIETITIANS REPORT TASTE AND VOLUME

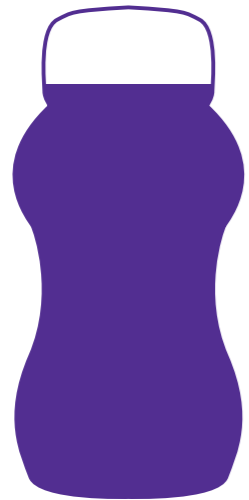
as the most important factors affecting compliance



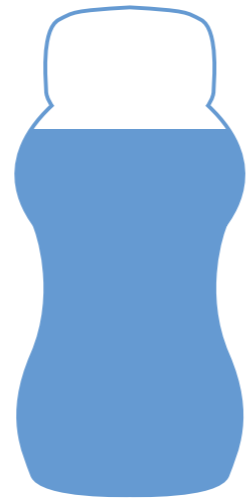
of Paediatric Dietitians rate **taste** as important in aiding compliance<sup>1</sup>.



of Paediatric Dietitians rate manageable **volumes** as important in aiding compliance<sup>1</sup>.



of children like the **taste** of Fortini Compact Multi Fibre<sup>2</sup>.



of paediatric patients liked the **volume** of Fortini Compact Multi Fibre<sup>3</sup>.

**References:**

1. Paediatric Dietetic Survey 2016 (n=106), data on file
2. Healthy Children Taste Testing 2016 (n=122), data on file
3. Hubbard, G.P., Fry, C., Sorensen, K. et al. Energy-dense, low-volume paediatric oral nutritional supplements improve total nutrient intake and increase growth in paediatric patients requiring nutritional support: results of a randomised controlled pilot trial. Eur J Pediatr 179, 1421-1430 (2020)



“ He was having a minimal diet and not able to comply with the volume of over-the-counter food supplements. Following a change to Fortini Compact Multi Fibre (2x125mls/day) he was able to consume nearer to his nutritional requirements as it is a much more nutrient dense supplement in a small volume. ”

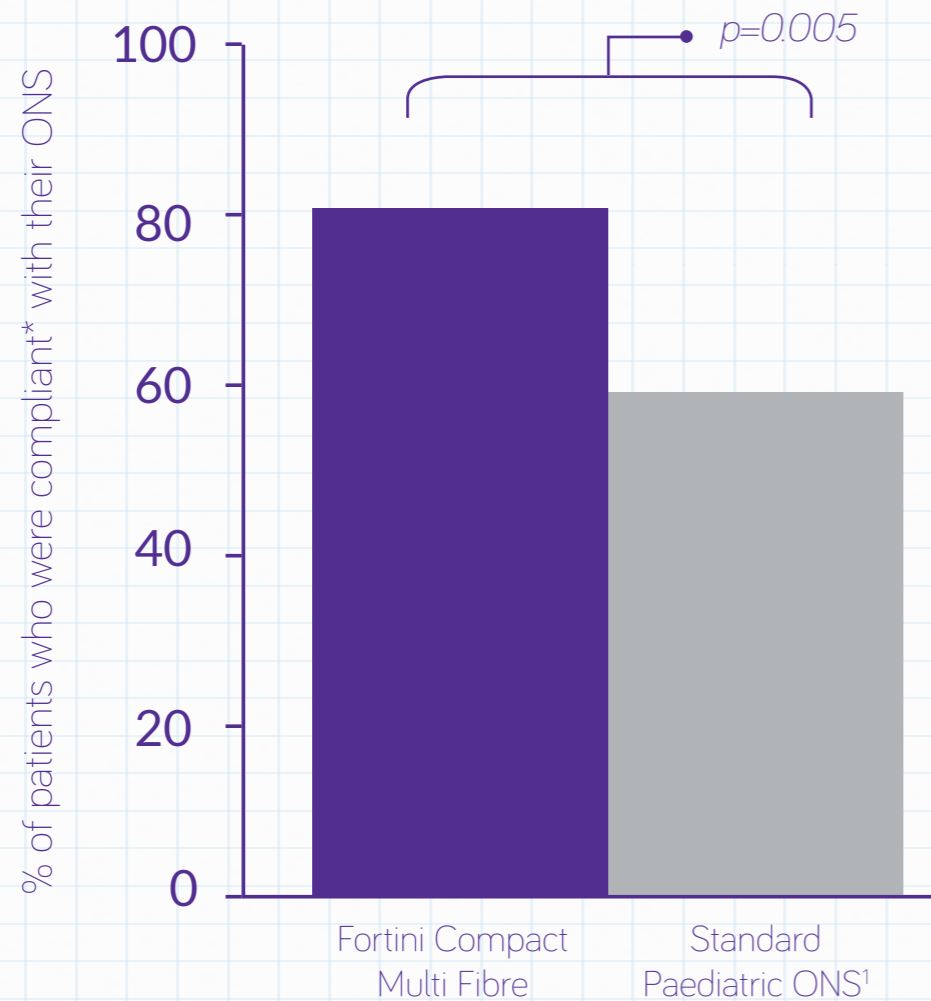
“ EASY TO TAKE AND TASTES VERY GOOD ”

“ EASY VOLUME TO MANAGE ”

“ The availability of neutral Fortini Compact Multi Fibre was useful as Jack could then use it on breakfast cereals ”



# SIGNIFICANTLY MORE PATIENTS WERE COMPLIANT WITH FORTINI COMPACT MULTI FIBRE THAN WITH STANDARD PAEDIATRIC ONS<sup>1</sup> (81% VS 59%)<sup>2</sup>

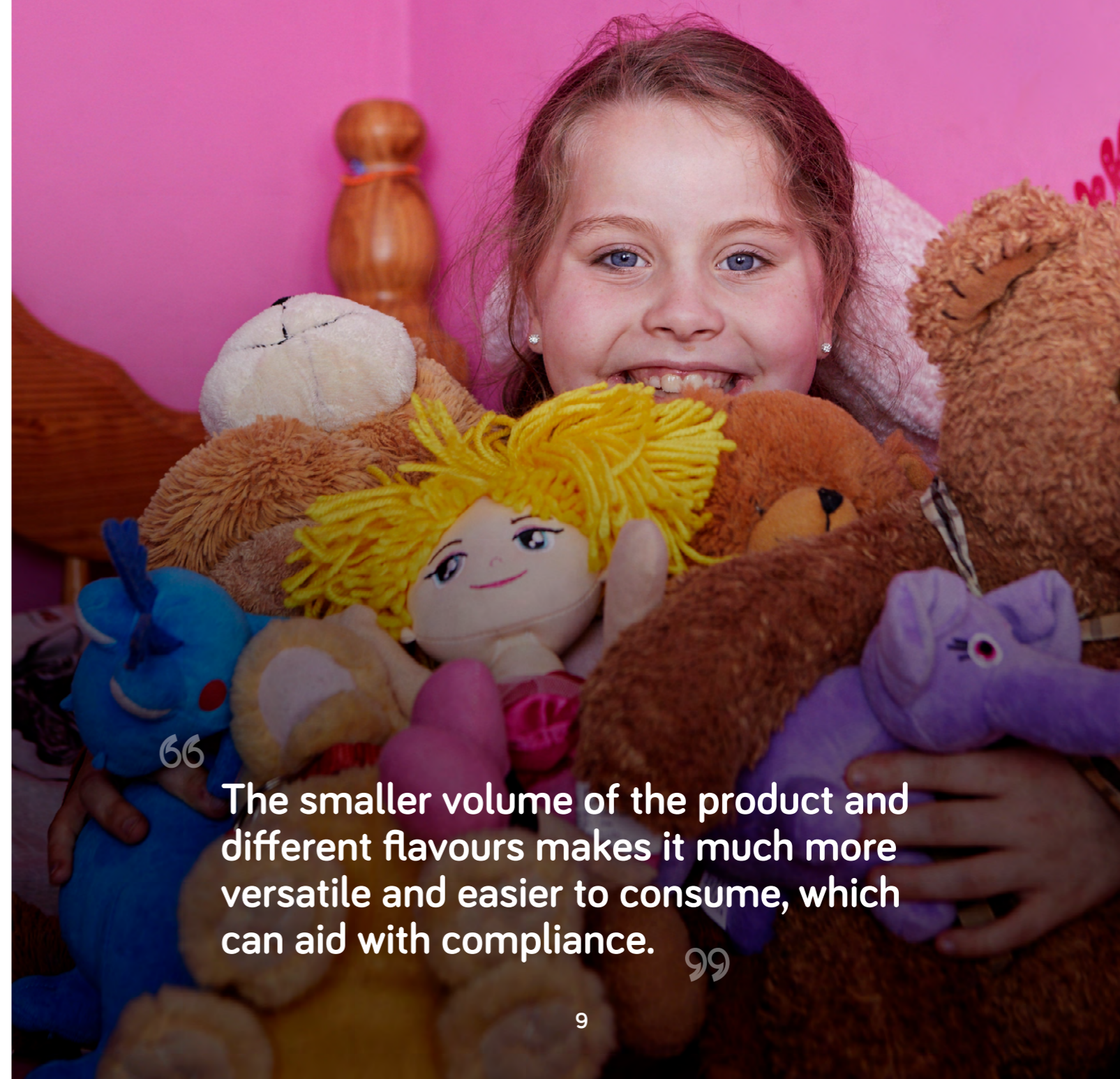


\*Compliance is defined as  $\geq 75\%$  of prescribed ONS volume consumed

Reference: 1. Various 15kcal/ml paediatric ONS (Oral Nutritional Supplement).  
2. Hubbard, G.P., Fry, C., Sorensen, K. et al. Energy-dense, low-volume paediatric oral nutritional supplements improve total nutrient intake and increase growth in paediatric patients requiring nutritional support: results of a randomised controlled pilot trial. Eur J Pediatr 179, 1421-1430 (2020)

66

It has just completely changed her as a child, she is more confident, she is doing more stuff, she has got more energy... she is just a completely different child. 99



66

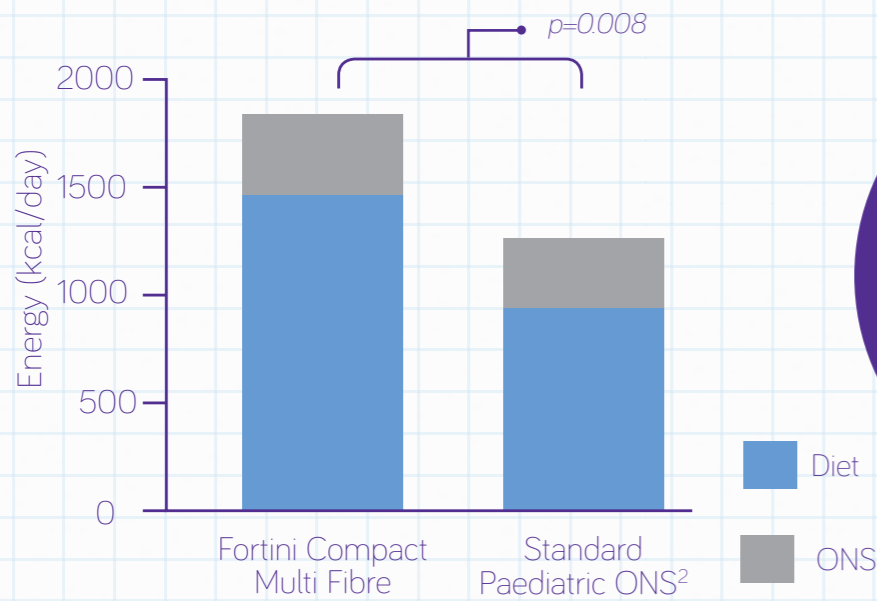
The smaller volume of the product and different flavours makes it much more versatile and easier to consume, which can aid with compliance. 99

# NUTRIENT INTAKES AND ACHIEVEMENT OF PRIMARY DIETETIC GOALS WITH FORTINI COMPACT MULTI FIBRE



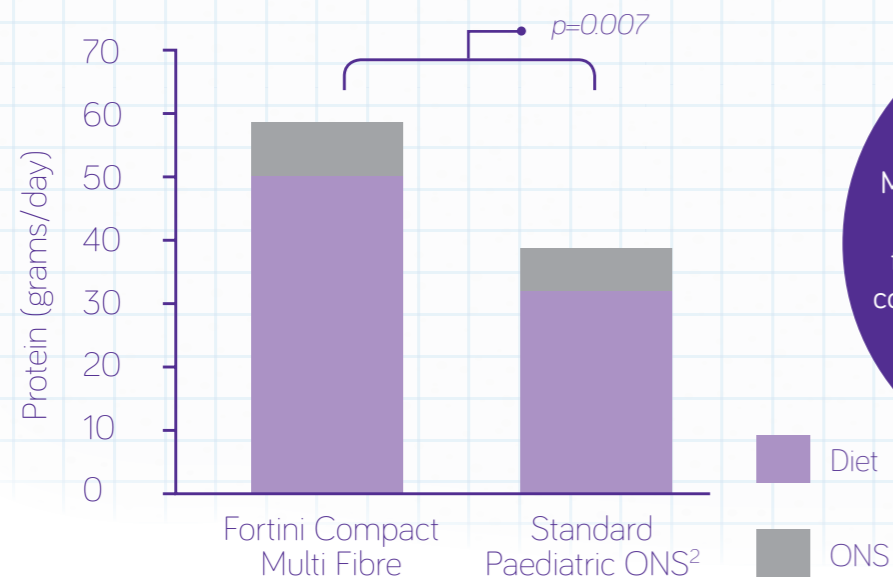
Excellent compliance with Fortini Compact Multi Fibre was associated with improved energy and protein intakes<sup>1</sup>.

## Mean Total Energy Intake at Week 4



Fortini Compact Multi Fibre led to significantly higher mean energy intakes from diet and ONS combined, compared to standard paediatric ONS<sup>2</sup> and diet at week 4<sup>1</sup>.

## Mean Total Protein Intake at Week 4



Fortini Compact Multi Fibre leads to significantly higher mean protein intakes from diet and ONS combined, compared to standard paediatric ONS<sup>2</sup> and diet at week 4<sup>1</sup>.

References:  
1. Hubbard, G.P, Fry, C., Sorensen, K. et al. Energy-dense, low-volume paediatric oral nutritional supplements improve total nutrient intake and increase growth in paediatric patients requiring nutritional support: results of a randomised controlled pilot trial. Eur J Pediatr 179,1421-1430 (2020)



# ACHIEVEMENT OF PRIMARY DIETETIC GOALS



More patients achieved their primary dietetic goal with Fortini Compact Multi Fibre than with standard paediatric ONS<sup>1</sup> (86% vs 65%)<sup>2</sup>.

## WEIGHT

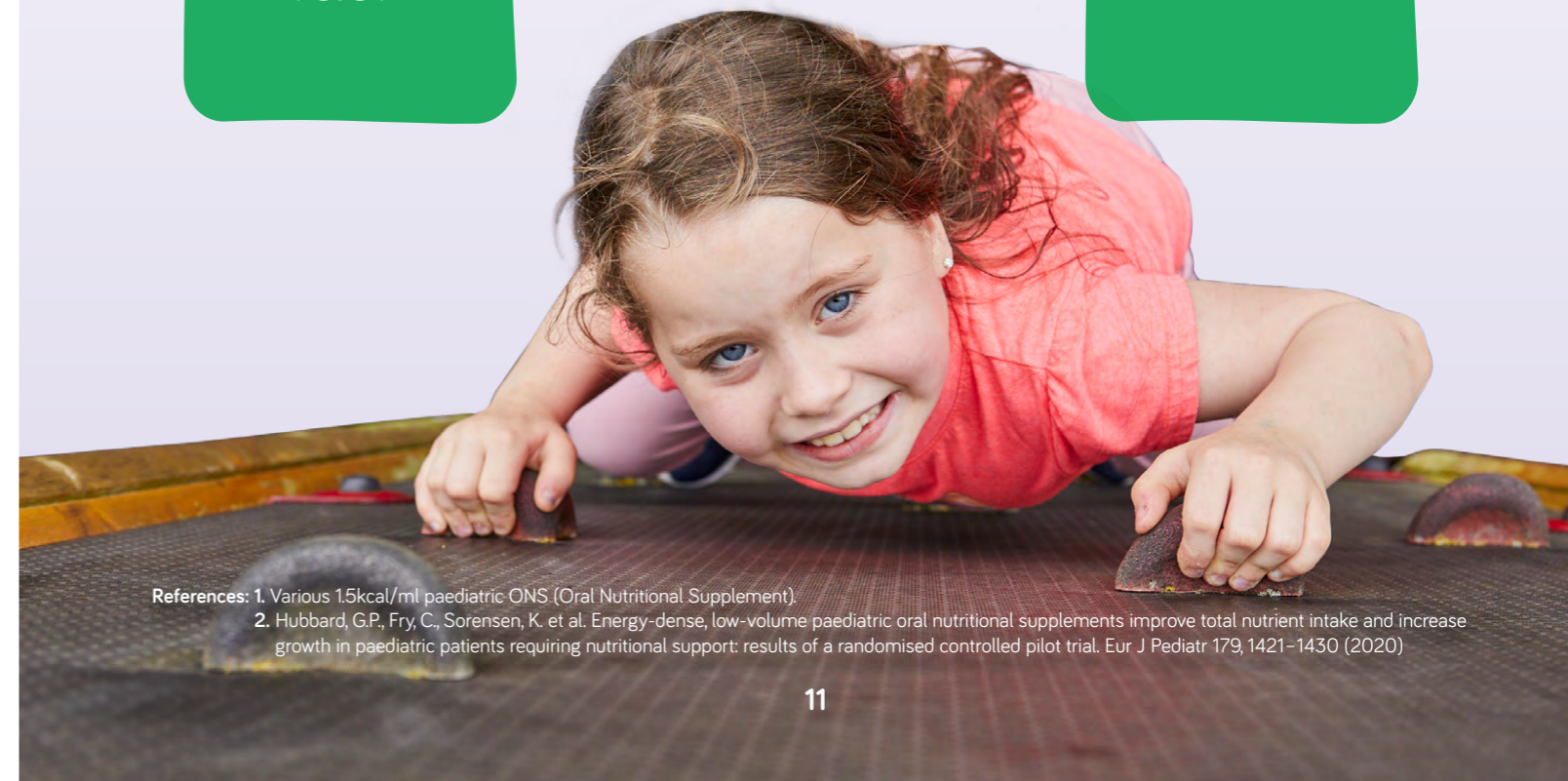


+0.28kg over 4 weeks (p=0.007)<sup>2</sup>  
Associated increase in z-score of +0.07<sup>2</sup>

## HEIGHT



+0.87cm over 4 weeks (p<0.0001)<sup>2</sup>  
Associated increase in z-score of +0.10<sup>2</sup>



References: 1. Various 1.5kcal/ml paediatric ONS (Oral Nutritional Supplement).  
2. Hubbard, G.P, Fry, C., Sorensen, K. et al. Energy-dense, low-volume paediatric oral nutritional supplements improve total nutrient intake and increase growth in paediatric patients requiring nutritional support: results of a randomised controlled pilot trial. Eur J Pediatr 179,1421-1430 (2020)

# KEY DIFFERENCES BETWEEN FORTINI COMPACT MULTI FIBRE AND PAEDIASURE COMPACT

Lower Saturated Fat<sup>1</sup>

Higher in Fibre<sup>1</sup>



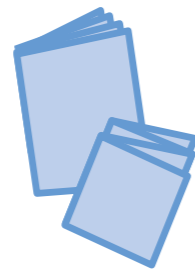
Lower Viscosity<sup>1</sup>

Higher Micro Nutrients<sup>1</sup>; Ca, Vit. D, Fe, Vit. C

References: 1. Fortini Compact Multi Fibre data card vs Paediasure Compact data card 2019

Nutrients	Fortini Compact Multi Fibre (per 100ml)	Paediasure Compact (per 100ml)	Key Differences in Fortini Compact Multi Fibre vs Paediasure Compact <sup>1</sup>	Benefits of Fortini Compact Multi Fibre
<b>FIBRE</b>				
Fibre (g)	2.4	0.73	↑ 3.3 X more Fibre	Sip feeds enriched with fibres provide an important source of fibre for sick children with normal gut function requiring nutritional support <sup>2</sup> . Fibre containing ONS should be standard practice to help relieve constipation and promote a healthy bowel in children <sup>2,3</sup> . 100% of UK Paediatric Dietitians reported fibre to be important for healthy children and 88% agreed it is important for children with faltering growth <sup>4</sup> .
<b>FAT</b>				
Fat (g)	10.9	11.9	↓ 9% less Fat	The disadvantages of saturated fats on general health is widely documented. WHO recommends to reduce the consumption of saturated fat and to shift the fat consumption away from saturated fats to unsaturated fats <sup>5</sup> .
Fat (% Energy)	41%	45%		
Saturated Fat (g)	1.1	3.3	↓ 67% less Saturated	
<b>NUTRIENTS</b>				
Calcium (mg)	168	140	↑ 20% more Calcium	Calcium and Vitamin D are needed for normal growth and development of bone in children <sup>6</sup> . Fortini Compact Multi Fibre meets the revised EFSA guidelines for recommended intake of Calcium and Vitamin D <sup>6</sup> .
Vit D3 (mg)	3.1	2	↑ 55% more Vit D3	
Vit C (mg)	24	15	↑ 60% more Vit C	Higher level of Vitamin C ensures a better iron absorption <sup>7</sup> .
Iron (mg)	2.4	2.2	↑ 9% more Fe	46% of children (girls) have low Fe intakes <sup>8</sup> .
Viscosity (mPa.S)	50	60	↓ Lower Viscosity	The higher viscosity of Paediasure Compact is due to the 9% higher fat content and 70% lower fibre content <sup>1</sup> . This means that Paediasure Compact has a thicker texture.

References: 1. Fortini Compact Multi Fibre data card vs Paediasure Compact data card 2019 2. Daly A et al (2004). Is fibre supplementation in paediatric sip feeds beneficial? JHND; 17(4): 365-370. 3. Evans S, et al. (2009). Fibre content of enteral feeds for the older child. Journal of Human Nutrition and Dietetics; 22: 414-421. 4. UK Paediatric Dietitians Online Survey (n=67), data on file 5. <http://www.who.int/mediacentre/factsheets/fs394/en> 6. European Food Safety Authority (EFSA) Journal 2013;11(10):3408 7. Hallberg L et al (1989). Int J Vitam Nutr Res Suppl.;30:103-8. 8. National Diet and Nutrition Survey UK, May 2014, (n=500 children).



## Extensive Range of Support Materials for You

Nutricia creates a range of materials to help you in your practice on a daily basis, including support literature such as compendiums and prescription pads.



## Extensive Range of Patient Support Materials

Nutricia creates a range of resources for patients and parents including recipe booklets to help aid compliance and parent guides.



## Nutricia Dietetic App

View the full Nutricia product range on the Nutricia Dietetic App

- Contains product compendiums
- Nutritional requirements calculator
- Filter to identify allergens as well as Kosher, Halal, Vegan and Vegetarian suitability
- Quickly and easily order a sample to be sent directly to patients

It's simple to use, needing no sign on or registration, is optimised for phones and tablets and a desktop version is available too. Download the Nutricia Dietetic App today: [dieteticapp.nutricia.co.uk](http://dieteticapp.nutricia.co.uk)



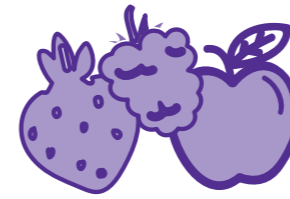
## Sampling Service

Nutricia created its sample service to provide a fast, reliable and hassle free service for samples to be delivered directly to a patient.



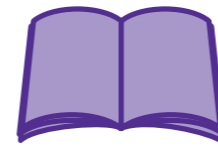
## Expert Partner in Education

At Nutricia, we value the importance of education and strive to be your expert partner, by hosting national symposiums across the country and webinars to provide a great platform for discussing current trends and hot topics in paediatrics.



## Real Fruit Options

Fortini Smoothie Multi Fibre and Fortini Creamy Fruit offers patients an oral nutritional supplement containing real fruit\*.



## Recipe Books and Parent Guides to Help Aid Compliance

Nutricia creates a range of recipes to support patients and parents.



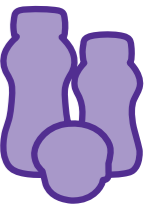
## Unflavoured Options to Encourage Food First and Healthy Taste Preferences

Nutricia offers unflavoured options across the Fortini range including Unflavoured Fortini Multi Fibre and Fortini Compact Multi Fibre Neutral, which can be added to foods and drinks to help increase nutritional intake.



## Committed to Innovation in Paediatric Category

Nutricia continues to provide innovation within the paediatric space.



## Variety of Formats, Flexibility of Offering

Fortini offers a variety of flavours, textures and formats to suit patient needs across the range.



## Reward Scheme

The reward scheme was set up to help parents at home tackle the issue of compliance. Not only does this scheme help parents, but for each child registered on the Reward Scheme, Nutricia donates £10 to the Wallace & Gromit Children's Charity.

\* Fortini Smoothie Multi Fibre contains 15% real fruit and Fortini Creamy Fruit contains 5% real fruit

# SAMPLING SERVICE



Samples can be provided to patients upon the request of a Healthcare Professional. They are intended for the purpose of professional evaluation only.

The Nutricia sample service offers **six sample packs** within the Fortini range, each pack contains **four samples and patient support materials**.

If you would like to order a product sample to be delivered directly to a patient, please visit [www.nutriciaproducts.com/paediatrics/](http://www.nutriciaproducts.com/paediatrics/)



Fortini Compact Multi Fibre



Fortini Smoothie Multi Fibre



Fortini Creamy Fruit



Fortini



Fortini Multi Fibre



Fortini 1.0 Multi Fibre