Nutricia understands that treating patients as individuals is an important part of the care you provide. For this reason, we have developed this interactive document to support you in your decision-making. This document will help you quickly search for and find the most appropriate medical nutrition products for each patient, whatever their nutritional needs and personal preferences. Simply click on the most relevant patient profile story below and navigate your way to a choice of the most appropriate solutions we recommend.
**FOODS FOR SPECIAL MEDICAL PURPOSES (FSMP)**

**FOR PATIENTS DIAGNOSED WITH A NUTRITIONAL NEED**

A wide choice of foods for special medical purposes varying in energy, protein and micronutrient levels, formats and flavours to meet nutritional needs and patient preferences.

### DISEASE-RELATED MALNUTRITION: **WEAKNESS AND LOW ENERGY**

- I’m exhausted and I’ve got no energy and I’m losing weight.
- I feel so tired and do not have the energy to do anything.
- I sleep throughout the day.

### DISEASE-RELATED MALNUTRITION: **GI TOLERANCE**

- I am off my food as I feel uncomfortable and bloated.
- Drinking makes me cough, and I am scared to drink.

### DISEASE-RELATED MALNUTRITION: **DYSPHAGIA/SWALLOWING PROBLEMS**

- I cough when I eat or drink, I have been told to have level 2 fluids.

### patient preferences

<table>
<thead>
<tr>
<th>PROTEIN &amp; ENERGY</th>
<th>ENERGY</th>
<th>FIBRE</th>
<th>TOP-UP</th>
<th>BOWEL FUNCTION</th>
<th>PRE-THICKENED ONS</th>
<th>THICKENER</th>
</tr>
</thead>
<tbody>
<tr>
<td>For patients who need high protein</td>
<td>For patients who need high nutrient density</td>
<td>For patients who need increased fibre intake</td>
<td>For patients who need a top-up</td>
<td>For patients who need help to support their bowel function</td>
<td>For patients who need thickened ONS for safer swallowing</td>
<td>For patients who need to thicken food/fluids for safer swallowing</td>
</tr>
</tbody>
</table>

- Fortimel Compact Protein
- Fortimel Compact Energy
- Fortimel Compact Fibre
- Fortimel Energy
- Fortimel Energy Multi Fibre
- Calogen
- Calogen Extra Shots
- Polycal
- Protifar
- Polycal
- Super Soluble Maxijul
- Fortimel Energy Multi Fibre
- Fortimel Compact Protein
- Sensations flavour
- FortiCrème 2 kcal
- FortiCrème Complete
- FortiCrème Compact Protein
- FortiCrème Yoghurt Style
- FortiCrème Juicy
- Stimulance
- Nutilis Complete Stage 1
- Nutilis Complete Stage 2
- Nutilis Powder
- Nutilis Clear
- Nutilis Complete Fruit Stage 3

FSMP must be used under medical supervision. Not all products are on all markets and some brand names differ from one country to another.
FOODS FOR SPECIAL MEDICAL PURPOSES (FSMP) FOR PATIENTS DIAGNOSED WITH A NUTRITIONAL NEED

A range of foods for special medical purposes with adapted nutrient composition to meet the specialized nutritional needs of patients with specific diseases, disorders or conditions.

### Patient Preferences

- **Muscle**
  - For patients who need muscle mass/function support
  - Fortisip Advanced
  - FortiFit

- **Wound**
  - For patients who need help with wound healing
  - Cubitan

- **Omega-3**
  - For patients with cancer who need nutritional support with omega-3
  - Forticare

- **Low GI**
  - For patients who need lower glycaemic index
  - Diasip

- **Renal**
  - For patients who need lower electrolytes
  - Fortimel DiaCare

- **COPD**
  - For patients who have breathing difficulties
  - Respifor preOp

- **Pre-Surgery**
  - For patients preparing for surgery
  - Souvenaid

- **Early Alzheimer**
  - For patients with Early Alzheimer's Disease
  - Fortimel DiaCare Crème

### Tasteful Solutions for Specific Nutritional Needs

- **I'm feeling weak, I've got no strength in my legs.**
- **I am frustrated at being in bed all the time and my pressure sore isn't healing.**
- **I don't want to eat anything, but I need to eat to not lose weight.**
- **I have diabetes and need to watch my diet.**
- **I have problems with my kidneys and need to watch my diet.**
- **I am struggling to eat because I feel out of breath and I don't feel hungry.**
- **How can I best prepare for my surgery?**
- **Early Alzheimer's Disease (AD), including Mild Cognitive Impairment due to AD.**
Fortimel Compact Protein

High Energy, High Protein

- Neutral, Peach-Mango, Berries, Banana, Mocha, Strawberry, Vanilla

For patients who need high protein
**Fortimel Extra**

**High Energy, High Protein**

<table>
<thead>
<tr>
<th>kcal</th>
<th>Protein</th>
<th>Fibre</th>
</tr>
</thead>
<tbody>
<tr>
<td>320</td>
<td>20g</td>
<td>0g</td>
</tr>
</tbody>
</table>

For patients who need high protein

**Flavours:**
- Vanilla
- Strawberry
- Forest Fruit
- Mocha
- Chocolate

**FOODS FOR SPECIAL MEDICAL PURPOSES (FSMP) FOR PATIENTS DIAGNOSED WITH A NUTRITIONAL NEED**

**DISEASE-RELATED MALNUTRITION: WEAKNESS AND LOW ENERGY**
- I’m exhausted and I’ve got no energy and I’m losing weight.
- I feel so tired and do not have energy to do anything except sit and rest.

**DISEASE-RELATED MALNUTRITION: GI TOLERANCE**
- No desire to eat, food is unappetising and it’s too much energy to prepare any food.
- I am off my food as I feel uncomfortable and bloated.

**DISEASE-RELATED MALNUTRITION: DYSPHAGIA/SWALLOWING PROBLEMS**
- I cough when I eat or drink, I have been told to have level 2 fluids.
- Drinking makes me cough and I am scared to drink.

**PROTEIN & ENERGY**

- Fortimel Compact Protein
- Fortimel Extra
- Fortimel Extra
- Fortimel Powder
- Fortimel Compact Protein

**TASTE/TEXTURE ALTERATIONS**

- Forticol Complete
- Fortimel Creme 2 kcal
- Fortimel Yoghurt Style
- Fortimel Juicy

**THICKENER**

- Nutilis Clear
- Nutilis Powder
- Nutilis Complete Fruit Stage 3
Fortimel Powder
High Energy, High Protein

For patients who need high protein

Flavours:
Neutral, Vanilla, Strawberry, Mocha
Fortimel Compact Protein Sensations flavours
High Energy, High Protein

For patients who need high protein

Flavours:
Cool Red Fruits, Hot Tropical Ginger
Forticrème Complete
High Energy, High Protein

For patients who need high protein

Flavours:
Vanilla, Chocolate, Banana, Forest Fruit
Fortimel Protein
High Energy, High Protein

For patients who need high protein

Kcal Protein

Flavours:
Vanilla, Strawberry, Mocha, Banana, Peach-Mango, Berries, Caramel
Fortimel Crème 2 kcal
High Energy, High Protein

For patients who need high protein

Flavours:
Vanilla, Chocolate, Forest Fruit, Banana and Mocha
FOODS FOR SPECIAL MEDICAL PURPOSES (FSMP) FOR PATIENTS DIAGNOSED WITH A NUTRITIONAL NEED

DISEASE-RELATED MALNUTRITION: WEAKNESS AND LOW ENERGY

I’m exhausted and I’ve got no energy and I’m losing weight.

DISEASE-RELATED MALNUTRITION: GI TOLERANCE

I am off my food as I feel uncomfortable and bloated.

DISEASE-RELATED MALNUTRITION: DYSPHAGIA/SWALLOWING PROBLEMS

I cough when I eat or drink, I have been told to have level 2 fluids.

Fortimel Extra 2 kcal
High Energy, High Protein

For patients who need high protein

PER 200ml

- kcal 402
- Protein 20.2g
- Fibre 0g

Flavours:
Vanilla, Strawberry, Chocolate Caramel, Apricot, Forest Fruit, Mocha
Fortimel Compact Energy

High Energy

For patients who need high nutrient density

Flavours:
Vanilla, Strawberry, Banana, Mocha, Forest Fruit, Apricot, Chocolate
Fortimel Energy

High Energy

For patients who need high nutrient density

Flavours:
Vanilla, Banana, Strawberry, Chocolate, Neutral, Caramel, Orange, Tropical
Scandishake Mix
High Energy

For patients who need high nutrient density

Flavours:
Unflavoured, Chocolate, Vanilla, Strawberry, Caramel and Banana

PER Serving:
- kcal: 584
- Protein: 12.5g
- Fibre: <0.4g

Scandishake Mix

6 x 85 g = 510 g

*85g powder + 240ml of whole milk
Fortimel Yoghurt Style
High Energy

For patients who need high nutrient density

Flavours:
Vanilla-Lemon, Peach-Orange, Raspberry
Complan Shake
High Energy

For patients who need high nutrient density

PER Serving
kcal 380
Protein 15.5g
Fibre 0.1g

*57g powder + 200ml whole milk

Flavours:
Original, Vanilla, Strawberry, Banana, Chocolate

Complan Shake

DISEASE-RELATED MALNUTRITION: WEAKNESS AND LOW ENERGY

I'm exhausted and I've got no energy and I'm losing weight!

I feel so tired and do not have the energy to do anything. I sleep throughout the day.

No desire to eat, food is unappetising and it's too much energy to prepare any food.

I'm off my food as I feel uncomfortable and bloated.

DISEASE-RELATED MALNUTRITION: GI TOLERANCE

I cough when I eat or drink, I have been told to have level 2 fluids.

Drinking makes me cough, and I am scared to drink.

DISEASE-RELATED MALNUTRITION: DYSPhAGIA/SWALLOWING PROBLEMS

A thickened diet and modified foods to support swallowing problems.

For Healthcare professionals only.

FSMP must be used under medical supervision. Not all products are on all markets and some brand names differ from one country to another.
Fortimel Jucy
High Energy

For patients who need high nutrient density

Flavours:
Strawberry, Apple, Blackcurrant, Forest Fruit, Orange, Tropical, Lemon
Fortimel Compact Fibre

High Energy

For patients who need high nutrient density

Flavours:
Vanilla, Strawberry, Mocha, Banana
Fortimel Energy Multi Fibre

High Energy, Fibre containing

For patients who need increased fibre intake

Flavours:
Vanilla, Strawberry, Chocolate
**Stimulance**

Fibre Enriched

For patients who need increased fibre intake

**Flavours:** Neutral
FOODS FOR SPECIAL MEDICAL PURPOSES (FSMP) FOR PATIENTS DIAGNOSED WITH A NUTRITIONAL NEED

DISEASE-RELATED MALNUTRITION: WEAKNESS AND LOW ENERGY

P 160 kcal 2g Protein

PER 40ml

Flavours:
Neutral, Strawberry

For patients who need a top-up

Calogen Extra Shots
High Energy

Protein & Energy

For patients who need high protein

A wide choice of products to meet nutritional needs

Patient Preferences

DISEASE-RELATED MALNUTRITION: GI TOLERANCE

DISEASE-RELATED MALNUTRITION: DYSPHAGIA/SWALLOWING PROBLEMS

For Healthcare professionals only.

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Calogen
Energy dense supplement

For patients who need a top-up

- Flavours: Neutral, Banana, Strawberry
## Foods for Special Medical Purposes (FSMP) for Patients Diagnosed with a Nutritional Need

<table>
<thead>
<tr>
<th>Protein</th>
<th>Fibre</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.2 g</td>
<td>2.2 g</td>
</tr>
</tbody>
</table>

**For patients who need a top-up**

### Protifar
**Protein Enriched**

- **Flavours:** Neutral

- **PER 2.5g**
  - **kcal:** 9.2
  - **Protein:** 2.2 g
  - **Fibre:** 0 g

**For Healthcare professionals only.** Not all products are on all markets and some brand names differ from country to country.

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**Disease-Related Malnutrition: Weakness and Low Energy**

- I'm exhausted and I've got no energy and I'm losing weight.

- I feel so tired and do not have the energy to do anything. I sleep throughout the day.

**Disease-Related Malnutrition: GI Tolerance**

- No desire to eat, food is unappealing and it's too much energy to prepare any food.

- I am off my food as I feel uncomfortable and bloated.

**Disease-Related Malnutrition: Dysphagia/Swallowing Problems**

- I cough when I eat or drink; I have been told to have level 2 fluids.

- Drinking makes me cough and I am scared to drink.

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**Protifar Flavours:**
- Neutral
Polycal High Energy

For patients who need a top-up

Flavours:
Neutral, Orange

PER 200ml:
- kcal: 494
- Protein: 0g
- Fibre: 0g

DISEASE-RELATED MALNUTRITION:
- WEAKNESS AND LOW ENERGY
  - No desire to eat, food is unappetising and it’s too much energy to prepare any food
  - I’m exhausted and I’ve got no energy and I’m losing weight

DISEASE-RELATED MALNUTRITION:
- GI TOLERANCE
  - I’m off my food as I feel uncomfortable and bloated
  - I cough when I eat or drink, I have been told to have level 2 fluids
  - Drinking makes me cough and I am scared to drink

DISEASE-RELATED MALNUTRITION:
- DYSPHAGIA/SWALLOWING PROBLEMS
  - I’m so tired and do not have the energy to do anything about the day

Patient Preferences:
- A wide choice of foods
- For patients who need high protein
Polycal
High Energy

For patients who need a top-up

Polycal
Kcal
19

For patients who need a top-up

Polycal
Kcal
19

Neutral

Flavours:
Neutral
Super Soluble Maxijul

High Energy

For patients who need a top-up

Flavours:
Unflavoured
Fortimel Energy Multi Fibre
High Energy, Fibre containing

For patients who need help to support their bowel function

Flavours:
Neutral, Vanilla, Strawberry, Banana, Chocolate
Stimulance
Fibre Enriched

For patients who need increased fibre intake

Flavours:
Neutral

Stimulance
Fibre Enriched

For patients who need increased fibre intake

Flavours: Neutral
For patients who need thickened ONS for safer swallowing

Nutilis Complete Stage 1
High Energy, pre-thickened

Flavours:
Vanilla, Strawberry, Chocolate, Lemon Tea, Mango Passion Fruit
### Nutilis Complete Stage 2

**High Energy, pre-thickened**

For patients who need thickened ONS for safer swallowing

- **Flavours:**
  - Vanilla
  - Strawberry
  - Chocolate

<table>
<thead>
<tr>
<th>Nutritional Information</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein (g)</td>
<td>12g</td>
</tr>
<tr>
<td>Fibre (g)</td>
<td>4g</td>
</tr>
<tr>
<td>kcal</td>
<td>306</td>
</tr>
</tbody>
</table>

**For patients who need high energy and pre-thickened ONS for safer swallowing.**

**Disease-related malnutrition:**
- Weakness and low energy
- No desire to eat, food is unappealing and it’s too much energy to prepare any food
- Am off my food as I feel uncomfortable and bloated
- Coughing when I eat or drink, I have been told to have level 2 fluids
- Drinking makes me cough and I am scared to drink

**Thickeners and textured textures to support safer swallowing problems.**
Nutilis Complete Fruit Stage 3
High Energy, pre-thickened

For patients who need thickened ONS for safer swallowing

Flavours:
Apple, Strawberry
For patients who need to thicken food/fluids for safer swallowing

Nutilis Clear

a food and fluid thickener that preserves clear appearance

For patients who need to thicken food/fluids for safer swallowing
For patients who need to thicken food/fluids for safer swallowing

**Nutilis Powder**
A food and fluid thickener

For patients who need to thicken food/fluids for safer swallowing
For patients who need muscle mass/function support

Fortisip Advanced
High energy, High protein with whey, leucine and vitamin D

For patients who need muscle mass/function support

Flavours:
Strawberry, Vanilla, Peach-Mango
For patients who need muscle mass/function support

**FortiFit**

High protein with whey, leucine and vitamin D

Flavours: Strawberry, Vanilla

For patients who need muscle mass/function support

3g leucine, 20µg Vitamin D
For patients who need help with wound healing, **Cubitan** is a high protein, high energy, Arginine Enriched product. It contains 256 kcal and 18g protein per 200ml. The product is available in flavors like Vanilla, Strawberry, and Chocolate. For patients with Early Alzheimer's Disease (AD), including Mild Cognitive Impairment due to AD, Cubitan can provide support. Flavours: Vanilla, Strawberry, Chocolate.
For patients who need omega 3 and nutritional support during cancer.

FortiCare
High Energy, High Protein, EPA Enriched

For patients who need omega 3 and nutritional support during cancer.

Flavours:
Peach & Ginger, Orange & Lemon, Cappuccino

*751 mg EPA
For patients who need lower glycaemic index

**Diasip**
Low GI, Protein Enriched

**Flavours:**
Vanilla, Chocolate, Strawberry, Cappuccino
For patients who need lower glycaemic index

**Fortimel DiaCare Crème**

Low GI, High Energy, High Protein

For patients who need lower glycaemic index

**Flavours:**
Vanilla, Chocolate

**PER 200g**

<table>
<thead>
<tr>
<th>kcal</th>
<th>Protein</th>
<th>Fibre</th>
</tr>
</thead>
<tbody>
<tr>
<td>300</td>
<td>20g</td>
<td>4g</td>
</tr>
</tbody>
</table>

**MUSCLE**

For patients who need muscle mass/function support
For patients who need lower glycaemic index

Fortimel DiaCare
Low GI, High Energy, High Protein

For patients who need lower glycaemic index

Flavours:
Vanilla, Chocolate, Strawberry

PER 200g
kcal 302
Protein 20g
Fibre 1.4g
For patients who need lower electrolytes

**Renilon 7.5**

High energy, low electrolytes

**Flavours:**
- Apricot
- Caramel

**PER 125ml**
- kcal: 249
- Protein: 9.1g
- Fibre: 0g

For patients who need lower electrolytes
Renilon 4.0
High energy, low electrolytes

For patients who need lower electrolytes

Flavours:
Apricot

PER 125ml
- kcal: 250
- Protein: 5g
- Fibre: 0g

For patients who need lower electrolytes
For patients who need an increased energy intake due to breathing difficulties

**Respifor**
High Energy, High Protein

**Flavours:**
Vanilla, Strawberry, Chocolate
For patients preparing for surgery

**preOp**
Clear Carbohydrate Drink

- **PER 200ml**
  - kcal: 100
  - Protein: 0g
  - Fibre: 0g

**Flavours:**
Lemon

For patients preparing for surgery

**TAILORED SOLUTIONS FOR SPECIFIC NUTRITIONAL NEEDS**

**FOODS FOR SPECIAL MEDICAL PURPOSES (FSMP) FOR PATIENTS DIAGNOSED WITH A NUTRITIONAL NEED**

FSMP must be used under medical supervision. Not all products are on all markets and some brand names differ from one country to another.
Souvenaid

With a patented combination of nutrients (Fortasyn Connect)

For patients with Early Alzheimer's Disease

Flavours:
Vanilla, Strawberry, Cappuccino