

Fortimel Compact Protein

Nutricia's recommended first-line choice for patients with DRM

Fortimel Compact Protein is a high protein, high energy, low volume oral nutritional supplement for the dietary management of DRM

✓ High protein content

18g per serving, 24% energy from protein

✓ High energy

300kcal per serving (2.4kcal/ml)

✓ High quality protein¹⁴

100% cow's milk protein

Available in
12 flavours

✓ Low volume

125ml per serving



Backed by direct evidence base demonstrating efficacy on key clinical and health economic outcomes



High acceptability (96%)¹⁵
and adherence (90%)¹⁵



Improves protein intake¹⁶⁻¹⁸



Improves energy intake¹⁶⁻¹⁸



Increases body weight^{17,19}



Improves nutritional status^{15,20}



Improves muscle mass²¹ and
supports improvement in
strength and function^{**19}

ONS does not impact negatively on food intake¹¹



**Improves health
economic outcomes**

**>1000 Euro net saving per
high-risk patient over 6 months^{***15}**



Hospital admissions reduced by 62% (P=.005)¹⁵



Length of stay reduced by 67% (P=.004)¹⁵



GP visits reduced by 25% (P=.006)¹⁵



Antibiotic prescriptions reduced by 39% (P=.04)¹⁵

^{**}Primary intervention was not met in full intervention group¹⁵. Sub-group analysis of those with higher adherence to the intervention (>40% compliance to the combined intervention of ONS plus exercise) increased their fat free mass (Δ2.12 kg, vs control [CG] P 0.007). Logistic regression analyses indicated that the odds ratio for maintained/improved 30-second Chair Stand Test was 3.5 (P 0.034) among the participants with higher adherence compared with the CG.
^{***}Calculation based on Brown et al.¹⁵ Implementation of the UK malnutrition pathway²² including 2 Fortisip Compact Protein per day for patients at high risk of malnutrition. GBP converted to Euro and rounded down, £997.02 = approx.1000 Euro.

Nutricia as your partner of choice for pioneering innovative patient-centric medical nutrition



Fortimel Compact Protein (125ml) is a Nutricia original innovation which was 'first of its kind' launched in the DRM medical nutrition market in 2012****.



Proudly developed to answer the demands for a high protein, high energy formula in a low volume, specially developed for patients suffering from DRM, in particular patients with poor appetite alongside high protein needs.



Nutricia support continuous investment in Fortimel Compact Protein evidence base, demonstrating efficacy in key clinical and health economic outcomes¹⁵⁻²¹.



Including 5 sensory adapted and tailored flavours, designed specifically for oncology patients with taste alterations, Fortimel Compact Protein range now offers one of the most extensive flavours ranges on the market**** (12 flavours in total).

THE POWER OF PROTEIN



Available flavours: Vanilla, Peach-Mango, Banana, Berries, Strawberry, Mocha, Caramel, Hot Tropical Ginger, Cool Cucumber Lime, Cool Red Berries, Cool Coconut, Neutral

Fortimel Compact Protein is a food for special medical purposes (FSMP), for the dietary management of disease related malnutrition. It must be used under medical supervision only.

**** for patients at risk of, or malnourished who require products registered as FSMP in the EU.

References

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AN INNOVATIVE, EVIDENCE-BASED, ORAL NUTRITIONAL SUPPLEMENT DESIGNED TO MEET HIGH PROTEIN DEMANDS IN PATIENTS WITH DISEASE-RELATED MALNUTRITION

Are you overlooking simple solutions to address the challenging protein gaps?




Understanding the importance of early and assertive high protein intervention...


The prevalence of disease related malnutrition (DRM) is consistently high across the patient journey;¹




1/4 hospital patients¹



1/3 oncology patients¹




1/3 community older patients¹




1/3 care home patients¹

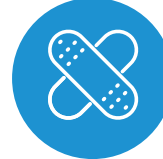
Left unmanaged, DRM can lead to serious consequences which impact on a patient's recovery, independence and quality of life^{2,3}




Loss of muscle mass, strength and function⁴



Reduced mobility and independence⁴




Increased complications; infections and delayed wound healing^{3,5}



Increased length of hospital stay (LoS) and cost of care³⁻⁵

Early and assertive provision of high-quality protein is an essential component of successful DRM intervention strategies^{4,6};




Daily Guideline Recommendations: (e.g. Polymorbid, Oncology, Geriatrics, Surgery)⁴⁻⁸
1-1.5g/kg/day

“High protein formulae contain 20% or more of total energy from protein”
ESPEN^{5,9}

Latest guidelines recommend significantly more protein compared to healthy populations⁴⁻⁸

Let's take a closer look at just how big the protein gap can be...

Case example*:



Patient X

Admitted to hospital with suspected infection and fall at home

Age: **72 years***

Weight: **70kg***

BMI: **25kg/m^{2*}**

Screened for malnutrition:

High risk (NRS ≥3, or MUST ≥2)

Requirements (ESPEN ⁴⁻⁸)	Average intake ^{*10}
Protein (1-1.5g/kg/day): 70-105g protein/day	Protein intake: 47g/day
Energy: (25-30kcal/kg/day): 1750-2100kcal/day	Energy intake: 1211 kcal/day

Nutritional gap


Up to 60g protein per day and up to 890 kcal per day
(Values rounded off to nearest 10)

- Dietitian referral is indicated for full assessment and individualized dietary intervention
- Ensure assertive use of high protein oral nutritional supplements (ONS) to optimise clinical outcome

*Data taken from Effort trial - average baseline values for patients at high risk of malnutrition in hospital¹⁰

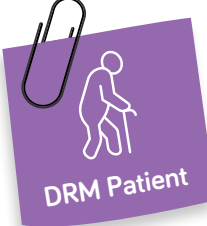
Before deciding on a suitable ONS prescription, first consider the common adherence barriers faced by patients with DRM²

Patients with DRM often struggle to finish a standard 200ml ONS¹¹⁻¹³ due to multiple barriers^{5,11};



- Poor appetite and early satiety
- Fatigue and shortness of breath

- Taste changes and nausea
- Limited variety of ONS flavours



DRM Patient

Evidenced-based ONS specially designed to help meet the nutritional gap and overcome adherence barriers will lead to improved patient outcomes....

Don't forget... Not all ONS are the same!

A high protein, high energy, low volume ONS can drive better adherence, and ultimately, better patient outcomes

