

# NUTRICIA Fortimel<sup>®</sup> Advanced Range

For Healthcare Professionals only


FortiFit<sup>®</sup>



Fortimel<sup>®</sup>  
Advanced



Per serving

Volume	150mL (40 g powder + 125mL water)	200mL
Protein	21 g protein	
ActiSyn <sup>™</sup> 	100% whey protein	
	3 g leucine in total	
Energy	150 kcal/serving	300 kcal/serving
Indication	Food for special medical purposes for the dietary management of diseases associated with protein malnutrition with a loss of muscle mass	Food for special medical purposes for the dietary management of disease-related malnutrition with muscle loss

## Fortimel Advanced (Muscle-Targeted ONS) Range contains ActiSyn<sup>™</sup>:

A unique combination of specific nutrients (100% whey protein, leucine, vitamin D) designed to stimulate muscle protein synthesis (MPS)<sup>1-4</sup>



**NUTRICIA**  
LIFE TRANSFORMING NUTRITION

*Specific nutrients to support muscle building*

Watch to learn how ActiSyn<sup>™</sup> can stimulate MPS

WATCH VIDEO



**SPEEDING UP THE ROAD TO RECOVERY**  
Statistically significant improvements demonstrated in intervention vs control group

Inpatient individualized rehabilitation program → Muscle-targeted nutritional intervention → Iso-caloric control → Discharge home

10.5 days earlier discharge from rehabilitation (p<0.001)

Learn how Muscle-Targeted-ONS containing ActiSyn<sup>™</sup> combined with exercise can speed up recovery

DOWNLOAD



**CLINICAL EVIDENCE**

Download an overview of the latest evidence on Muscle-Targeted-ONS containing ActiSyn<sup>™</sup>

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Food for special medical purposes. It must be used under medical supervision only.

1. Kramer IF, et al. J Clin Endocrinol Metab. 2015;100:4124-32. 2. Kramer IF, et al. Clin Nutr. 2017;36:1440-9. 3. Chanet A, et al. J Nutr Biochem. 2017;46:30-8. 4. Luiking YC, et al. Nutr J. 2014;13:9.