FruitiVits®

FruitiVits® is a vitamin, mineral and trace element supplement which easily dissolves in water to make a low volume, **orange flavour drink.** Suitable for use from 3 years of age.

How much FruitiVits® should you take?

Speak to your Dietitian/Doctor about how much FruitiVits® you should take.
A typical intake is one 6g sachet per day.

Name _____

Take _____ sachet FruitiVits® per day made up with _____ ml of allowed fluid.

Or _____ g FruitiVits® per day made up with _____ ml of allowed fluid.

See overleaf for ideas of how to make it up.

Fluids allowed

_____

Fluids not allowed

_____

Dietitian/Doctor name & contact details

_____

_____

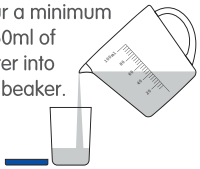
FruitiVits® is a food for special medical purposes.
For the dietary management of restricted therapeutic diets.
Use under medical supervision.
For enteral use only.

With water

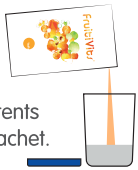
How to take FruitiVits®

Simply add water for a low volume orange flavour drink.
Dissolve each sachet of FruitiVits® into a minimum of 60ml water.

1. Pour a minimum of 60ml of water into the beaker.



2. Add contents of sachet.



3. Secure lid and shake well for 10 seconds.



4. Consume immediately.



DON'T FORGET:
For each additional 1g of FruitiVits® you'll need an extra 10ml of fluid



With other drinks

If you prefer, FruitiVits® can be added to other **suitable** drinks, just replace the water with one of the following:

I like FruitiVits® with:

◯ Fruit juices ◯ Squashes ◯ Milk ◯ Flavoured still water

◯ Carbonated drinks *(remember not to shake me!)*

Check with your Dietitian or Doctor regarding which drinks are suitable.

Storage

If your Dietitian/Doctor prescribes less than one sachet of FruitiVits® per day, any unused powder in a sachet must be tightly sealed, and used within 24 hours.

Tube Feeding

To administer FruitiVits® for tube feeding

Step 1 flush the tube with _____ ml water

Step 2 make up FruitiVits® as per preparation guidelines and immediately give as a bolus

Step 3 flush the tube with _____ ml water

Do not mix FruitiVits® with your prescribed feeds.

Vitaflo®

Innovation in Nutrition
A Nestlé Health Science Company

Pack size: 30 x 6g ℮ sachets.

For more information please contact your Dietitian/Doctor.

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www.vitafloweb.com

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