



## DESCRIPTION

### MEDICAL FOOD INTENDED FOR USE UNDER MEDICAL SUPERVISION

Fruitivits is a powdered mixture of vitamins, minerals and trace elements.  
Orange flavor. Artificially flavored.

## INDICATIONS

For use in the dietary management of restrictive therapeutic diets,  
such as the ketogenic diet and inborn errors of metabolism.  
Suitable for individuals from 4 years of age.

## NUTRITION INFORMATION

|                  |            | per 100g   | per 6g<br>(1 packet) |                       |      | per 100g | per 6g<br>(1 packet) |
|------------------|------------|------------|----------------------|-----------------------|------|----------|----------------------|
| Calories         | kcal       | 46         | 3                    | <b>Minerals</b>       |      |          |                      |
| Protein          | g          | 0          | 0                    | Sodium                | mg   | 78       | 4.7                  |
| Carbohydrate     | g          | 8.3        | 0.5                  |                       | mmol | 3.3      | 0.2                  |
| Sugars           | g          | 0.4        | 0.02                 | Potassium             | mg   | 67       | 4.0                  |
| Fat              | g          | 0          | 0                    |                       | mmol | 1.7      | 0.1                  |
| Fiber            | g          | 3.3        | 0.2                  | Chloride              | mg   | 0        | 0                    |
|                  |            |            |                      |                       | mmol | 0        | 0                    |
| <b>Vitamins</b>  |            |            |                      | Calcium               | mg   | 13400    | 804                  |
| Vitamin A        | IU/μg RE   | 27750/8333 | 1665/500             |                       | mmol | 335      | 20                   |
| Vitamin D        | IU/μg      | 10000/250  | 600/15               | Phosphorus            | mg   | 8367     | 502                  |
| Vitamin E        | IU/mg α TE | 231/155    | 13.9/9.3             |                       | mmol | 268      | 16                   |
| Vitamin C        | mg         | 667        | 40                   | Magnesium             | mg   | 3350     | 201                  |
| Vitamin K        | μg         | 1000       | 60                   |                       | mmol | 137      | 8.2                  |
| Thiamine         | mg         | 20         | 1.2                  | <b>Trace Elements</b> |      |          |                      |
| Riboflavin       | mg         | 23.3       | 1.4                  | Iron                  | mg   | 167      | 10                   |
| Niacin           | mg         | 250        | 15                   | Copper                | mg   | 16.7     | 1.0                  |
| Vitamin B6       | mg         | 28.3       | 1.7                  | Zinc                  | mg   | 167      | 10                   |
| Folic acid       | μg         | 4000       | 240                  | Manganese             | mg   | 25       | 1.5                  |
| Vitamin B12      | μg         | 46.7       | 2.8                  | Iodine                | μg   | 2817     | 169                  |
| Biotin           | μg         | 1867       | 112                  | Molybdenum            | μg   | 1133     | 68                   |
| Pantothenic acid | mg         | 78.3       | 4.7                  | Selenium              | μg   | 683      | 41                   |
| Choline          | mg         | 4167       | 250                  | Chromium              | μg   | 683      | 41                   |
| Inositol         | g          | 0          | 0                    |                       |      |          |                      |

Osmolality: 1 packet (6g) + 60ml (2fl oz) water = 275 mOsmol/kg

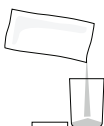
## DOSAGE AND ADMINISTRATION

To be determined by the clinician or dietitian and is dependent on the age, body weight and medical condition of the patient.

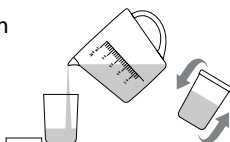
## PREPARATION GUIDELINES

Dissolve each 6g packet of FruitiVits in a minimum of 60ml of water.

1. Empty the contents of the packet into a cup with a lid.



2. Add a minimum of 60ml (2fl oz) of cold water. Secure the lid and shake well for 10 seconds or until powder dissolves.



3. Drink immediately.



## IMPORTANT NOTICE

Must only be used under strict medical supervision.

Suitable for individuals from 4 years of age.

Not for use as a sole source of nutrition.

Not for intravenous use.

## STORAGE

Store in a cool dry place.

Packets are designed for single use and it is recommended that contents are used immediately once opened.

If a smaller dose size is required any unused powder in an open packet should be stored in an airtight container or re-sealed with a clip and used within 24 hours.

## PACK SIZE

30 x 6g (0.2 oz) packets

## NET WEIGHT

180g (6.4 oz)

## SHELF LIFE

12 months



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