



# FORTINI COMPACT MULTI FIBRE (MF) RANDOMISED CONTROLLED PILOT TRIAL<sup>1</sup>

## SIGNIFICANTLY INCREASED TOTAL NUTRIENT INTAKES

Greater mean total daily energy (+531 kcal/day), protein (+10.1 g/day,  $p=0.05$ ) and key micronutrient intakes in the compact ONS group at day 28 compared to those who received the standard ONS



1

## HIGH COMPLIANCE

Greater compliance in the compact ONS group (81% consumed  $\geq 75\%$ ) compared to the standard ONS group (59% consumed  $\geq 75\%$ )



3

**86% of paediatric dietitians  
rate manageable volumes as  
important in aiding  
compliance with ONS<sup>2</sup>**

## NUTRICIA Fortini Compact Multi Fibre

The provision of Fortini Compact Multi Fibre in addition to appropriate nutrition support for 28 days led to these results

2



## GREATER NUTRIENT INTAKES FROM DIET ALONE

Compared to the standard ONS group, mean daily intakes of energy, protein and micronutrients from diet alone were significantly greater in patients who consumed the compact ONS at day 28

4



## SIGNIFICANT INCREASES IN GROWTH

Significant increases in weight ( $p=0.007$ ), height ( $p<0.001$ ) and height z-score ( $p=0.006$ ) were observed in the compact ONS group compared to the standard ONS group at day 28

5



## IMPROVED APPETITE

In the compact ONS group, a significantly greater proportion of patients reported their appetite had improved over time (48%), compared with the standard ONS group (12%), ( $p=0.018$ )

Patients ( $n=38$ ) randomised to receive either:

Fortini Compact  
Multi Fibre  
**2.4**  
kcal/ml ( $n=21$ )

Standard paediatric  
ONS (ANY BRAND)  
**1.5**  
kcal/ml ( $n=17$ )



## KEY LEARNINGS

*This study shows that the use of an energy-dense (2.4 kcal/ml) compact paediatric ONS leads to improved nutrient intakes, compliance, growth and appetite in paediatric patients requiring oral nutrition support compared with standard paediatric ONS.*

The study did not assess the long-term effects of ONS usage beyond 4 weeks. Longer-term studies are warranted to assess the continuing effects of energy-dense, low-volume ONS.

This information is intended for healthcare professionals only.

Fortini Compact Multi Fibre is a Food for Special Medical Purposes for the dietary management of disease related malnutrition and growth failure in children from one year onwards, and must be used under medical supervision.

1. Hubbard, Gary P., et al. Eur J Pediatr (2020) 1-10. 2. Paediatric Dietetic Survey 2016 ( $n=106$ ), data on file.

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