The reformation of Ensure Pudding is almost here! We've highlighted the features below to give you a sneak peak of what we're doing to help you and your patients...

**Improved Fat Profile**

The new Ensure Pudding will contain zero trans fats. It will also be a great source of plant-based omega-3s (ALA) with 160 mg (20% of the 1 g ALA in every 4-oz serving to help support heart health. Lactose Free

Another key feature will be the change in the protein system, making Ensure Pudding lactose free, so patients who experience lactose intolerance will be able to enjoy Ensure Pudding too. The new milk protein source will provide the dual benefit of becoming lactase free as well as improving the product calorie.

**Good Source of Fiber**

Ensure Pudding will be enriched with 3 g of NutraFlora®* (short-chain fructooligosaccharides), a natural, soluble, prebiotic fiber. Ensure Pudding also has 1 g of FiberMax®, a soluble fiber sourced from cannetillo. All of the fiber used in Ensure Pudding will be fermented in the intestinal tract, keeping a low-residue product.

**New Taste Technology**

As part of our new Ross legacy, and the work we do.

Ross is not visible to other visitors.

See nutrition information for fat content.

For more than 100 years, Ross has been world’s most trusted names in the nutritional market:

5. **Bifid Microflora**

Ross Becomes Abbott Nutrition

As we transition from Ross to Abbott Nutrition, you can remain confident that behind our new name are the same products, same people, same values, and same commitment to being Your Nutrition Partner.

As a division of Abbott, we remain committed to the highest standards of quality, excellence, and innovation. We remain true to the tenets upon which our company was founded—bedrock principles of client, patient, and employee integrity, and a commitment to positive feedback and development. As people age, their ability to absorb calcium declines. The production of SCFAs lowers calcium absorption. Research shows that using 3 g NutraFlora per day.

Immune Benefits

By nourishing the friendly bacteria in the gut, NutraFlora increases the production of long-chain and short-chain fatty acids, which activate both local and systemic white blood cells. These immune benefits are seen using just 1 g of NutraFlora per day. Patients will see newly reformulated Ensure Plus packaging beginning in February 2008.

In this issue:

1. **Ensure Plus Launches with NutraFlora® Prebiotic Fiber.**
2. **Ross Becomes Abbott Nutrition**
3. **Easy and Nutritious Recipes**
4. **Coming Soon...New and Improved Ensure® Pudding!**
5. **Ask an Abbott RD**

ENSPRIRATIONS

Balanced Nutrition News for Professionals from Ensure!

Ensure Plus® Launches with NutraFlora® Prebiotic Fiber.

Most healthy adults only get just over half of their daily fiber requirement. This is likely to be much lower for those with compromised health who rely on oral nutritional supplements for a good portion of their diet. To help satisfy their needs (and the wishes of health care professionals), Abbott Nutrition has added 3 g of fiber in every 4-oz serving of Ensure Plus.

Ensure Plus® enhances water and electrolyte absorption in the colon, critical factors in reducing constipation and diarrhea.*

**Complete Nutrition Plus Essential Multivitamins**

As a good source of fiber, Ensure Plus truly delivers on the complete, balanced nutrition promise while maintaining the familiar taste and great flavor. Because a big factor in compliance demonstrates no difference in overall compliance. Customers will see newly reformulated Ensure Plus at retail and in health settings with no changes in stock code numbers. It will be available in case, bottle (8 oz) and shelf packaging beginning in February 2008.

**In This Issue:**

1. **Ensure Plus Launches with NutraFlora® Prebiotic Fiber.**
2. **NutraFlora and scFOS are not trademarks of Abbott Laboratories.**
3. **Ensures Plus® are the same products, same people, same values, and same commitment to being Your Nutrition Partner.**
4. **Ask an Abbott RD**
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Ask an Abbott RD—Get an Answer Instantly!

With this free instant messenger service, you can chat live with our Abbott Nutrition experts for answers in a flash. If you are looking for quick and reliable information on the Ensure® brand of products, Ensure.com/ask gives you direct access to live, licensed, registered dietitians, who are accredited by the American Dietetic Association and ready to answer your nutrition questions in an instant chat message. Your private text conversation is not visible to other visitors.

**FiberMax®**

For patients who experience lactose intolerance, Abbott Nutrition has added 3 g of fiber in every 4-oz serving of Ensure Plus. For people of all ages. As our name indicates—nutrition is our business.

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**Understanding Prebiotics vs Probiotics**

As a health care professional, you know the importance of maintaining a healthy population of probiotic bacteria in the GI tract. The public is also becoming more aware of the importance of prebiotics to ensure a balanced and healthy gut. There are many who are familiar with probiotics, such as NutraFlora®, and how they can impact the population of 100 trillion bacterial cells in the gut.

• Probiotics are live bacteria in the GI tract. The public is also becoming more aware of the importance of maintaining a healthy population of probiotic bacteria in the gut.

• Prebiotics are non-digestible food fibers. They encourage the onset of illness.

When only the beneficial probiotic bacteria are inoculated, they not only thrive and benefit health, but also crowd out pathogenic bacteria, which can encourage the onset of disease.

**Why the NutraFlora in Ensure® is the Most Effective, Natural Prebiotic Fiber Available**

The probiotic power of NutraFlora can tip the balance in the right direction as it directly supplies the prebiotics needed to support the health of the GI tract.

Derived from a root sugar, NutraFlora is uniquely capable of promoting health by supporting the growth of beneficial (probiotic) bacteria, which in turn produce health benefits such as improved calcium absorption, and strengthened digestive and immune systems.

NutraFlora, which is the highest concentration of pure short-chain fructooligosaccharides (scFOS), is not absorbed in the mouth, stomach, or small intestine.

The innovative ingredient seeds in the colon, which is host to both beneficial (probiotic) and harmful, pathogenic bacteria—a proper balance of these bacteria must be maintained to achieve optimal health.

**Visit NutraFlora.com for more information.**

**RD411.com Announces Development of Kid/Toddler Section.**

RD411.com is pleased to announce another major expansion of its content area, scheduled to launch early 2008. This new content area, dedicated exclusively to the care, feeding, and development of children, will provide comprehensive coverage of information related to the food and nutrition needs of children, from infancy through adolescence. The site will include information on feeding kids and toddlers, the role of nutrition in emotional development and behavior, as well as strategies for healthy eating and nutrition education. The Kid/Toddler section will be a valuable resource for dietitians and other health care professionals who work with children, as well as parents who want to provide the best possible nutrition for their young ones.

**Easy and Nutritious Recipes to Help Manage Flavor Fatigue.**

### Blackberry Slush

**Ingredients:**
1 8-fluid-ounce bottle chilled Ensure®
1 cup frozen whole blackberries, unsweetened
1/4 teaspoon nutmeg
1 tablespoon sugar

**Directions:**
Whip all ingredients in blender until thick. Serve in a glass. Makes 2 servings.

### Homemade Vanilla Ensure®

**Directions:**
Sprinkle of cinnamon
1/4 teaspoon vanilla extract
1 tablespoon sugar (substitute 1-2 packets Truvia® blend)
1 tablespoon decaffeinated coffee crystals

**Nutrition Facts**

<table>
<thead>
<tr>
<th>% DV</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Potassium</th>
<th>Total Carb.</th>
<th>Dietary Fiber</th>
<th>Sugars</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>4%</td>
<td>180</td>
<td>0.5 g</td>
<td>0.1 g</td>
<td>5 mg</td>
<td>100 mg</td>
<td>310 mg</td>
<td>3.5 g</td>
<td>4 g</td>
<td>21 g</td>
<td>6 g</td>
</tr>
</tbody>
</table>

### Creamy Milk Chocolate Ensure®

**Ingredients:**
1 8-fluid-ounce bottle chilled Ensure®
1 tablespoon cocoa powder
1/4 teaspoon salt

**Nutrition Facts**

<table>
<thead>
<tr>
<th>% DV</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Potassium</th>
<th>Total Carb.</th>
<th>Dietary Fiber</th>
<th>Sugars</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>20%</td>
<td>1050</td>
<td>6 g</td>
<td>4 g</td>
<td>5 mg</td>
<td>1180 mg</td>
<td>250 mg</td>
<td>55 g</td>
<td>4 g</td>
<td>31 g</td>
<td>10 g</td>
</tr>
</tbody>
</table>

### Cocoa Diablo

**Nutrition Facts**

<table>
<thead>
<tr>
<th>% DV</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Potassium</th>
<th>Total Carb.</th>
<th>Dietary Fiber</th>
<th>Sugars</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>18%</td>
<td>580</td>
<td>3.3 g</td>
<td>0.5 g</td>
<td>8 mg</td>
<td>1050 mg</td>
<td>250 mg</td>
<td>16 g</td>
<td>4 g</td>
<td>21 g</td>
<td>4 g</td>
</tr>
</tbody>
</table>

This recipe can be prepared with Truvia® blend. Ensure that Ensure® Blend meets the food and nutrient needs of children 1 year of age and older.

NutraFlora is a registered trademark of Abbott Laboratories.
**NutraFlora®—A Natural, Prebiotic Approach to Supporting Probiotic Bacteria.**

**Understanding Prebiotics vs Probiotics**

As a health care professional, you know the importance of maintaining a healthy population of probiotic bacteria in the GI tract. The public is also becoming more aware of the importance of prebiotics to ensure a wide range of beneficial bacteria can thrive and benefit health, but not all are familiar with prebiotics, such as NutraFlora, and how they can improve the population of 100 trillion bacterial cells in the gut.

- **Prebiotics** are non-digestible food ingredients that stimulate the growth of beneficial bacteria, such as **Bifidobacteria** and **Lactobacilli**.
- **Probiotics** are live bacteria in the GI tract. The public is also becoming more aware of the importance of probiotics to function, especially in the GI tract itself.

**Fewer are familiar with prebiotics, such as NutraFlora, and how they can impact the population of probiotic bacteria in the GI tract.**

**Why the NutraFlora in Ensure**

RD411.com is pleased to announce yet another major expansion to the development of its Kid/Toddler section. This new content area, scheduled to launch early 2008, will provide nutrition professionals with a multitude of resources to address many of the challenges in feeding kids and toddlers. Free materials will include handouts for parents, assessment tools, materials for health care facilities, and much more.

For any health care professional who has not already logged onto RD411.com, now is the time! RD411.com is a centralized, comprehensive, and user-friendly resource for health and nutrition professionals, offering FREE downloadable and customizable patient education materials, and structured, organized, and user-friendly practice tools, in-services, policies and procedures, educational materials, and customizable information is a unique feature of the site.

Visit www.RD411.com today and sign up for a free newsletter that will provide you with updates as new materials are added.

**Easy and Nutritious Recipes to Help Manage Flavor Fatigue.**

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Nutritional Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Creamy Milk Chocolate Ensure®§</strong></td>
<td>Calories: 240, Total Fat: 15 g, Saturated Fat: 3 g, Cholesterol: 5 mg, Sodium: 510 mg, Total Sugars: 12 g, Protein: 10 g</td>
</tr>
<tr>
<td><strong>Blackberry Muffin</strong></td>
<td>Calories: 210, Total Fat: 10 g, Saturated Fat: 3 g, Cholesterol: 5 mg, Sodium: 310 mg, Total Sugars: 12 g, Protein: 3 g</td>
</tr>
</tbody>
</table>

RD411.com serves the health care community with the mission of helping empower professionals to do their jobs more efficiently and, ultimately, improve patient care. Access to free, customizable information is a feature that allows for easy access and use of the site.

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Understanding Prebiotics vs Probiotics
As a health care professional, you know the importance of maintaining a healthy populace of probiotic bacteria in the GI tract. The public is also becoming more aware of the importance of prebiotics to improve overall health and general wellbeing.

- Prebiotics are live bacteria in the GI tract which have a healthy effect on body functions, especially in the GI tract itself.
- Prebiotics are non-digestible food ingredients that stimulate the growth of beneficial (probiotic) bacteria, which in turn provide health benefits via various mechanisms.

NutraFlora® in Ensure® is the Most Effective, Natural Prebiotic Fiber Available
- The prebiotic power of NutraFlora can tip the balance in the right direction as it fosters the only live probiotic bacteria, such as Bifidobacterium and Lactobacillus.
- Derived from a brewer’s spent grain, NutraFlora is uniquely capable of promoting health by supporting the growth of beneficial (probiotic) bacteria, which in turn provide health benefits such as improved calcium absorption, and strengthened digestive and immune systems.
- NutraFlora, which is the highest concentration of pure, short-chain, fructooligosaccharides (FOS®), is not absorbed in the mouth, stomach, or small intestine.

- The innovative ingredient seeks out the colon, which is host to both beneficial (probiotic) and harmful, pathogenic bacteria—a proper balance of these bacteria must be maintained to achieve optimal health.

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Information is added and updated frequently, and users are encouraged to contribute and share their best practices. RD411.com offers dedicated areas of resources for diabetes management in the Diabetes Center and on wound healing in the Wound Resource Center. Many of the diabetes materials are also available in Spanish.

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Easy and Nutritious Recipes to Help Manage Flavor Fatigue.

Blackberry Slush
Ingredients:
- 1 8-fluid-ounce bottle chilled Ensure
- 1 cup frozen whole blackberries, unsweetened
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- Sprinkle of cinnamon (if prepared with Ensure)

Whip all ingredients in blender until thick. Serve immediately or freeze for 10 to 15 minutes.

Makes 2 servings.

Amount Per Serving
Calories 3.5 g
Total Fat 70
Calories from Fat 5%
Saturated Fat 2%
Cholesterol 0.5 g
Sodium 5 mg
Total Carb. 10 g
Dietary Fiber 4 g
Sugars 21 g
Protein 3.5 g

Nutrition Facts
Serving Size: 1 cup. Heat on stove or in microwave to serving temperature. DO NOT BOIL. Stir well before serving.

Nutrition Facts Table: 1 cup of blackberries
-makes 1 (275 g)

Nutrients
Calcium
Polyunsaturated
Sodium

10 g 20%
0.5 g 2%
200 mg 8%

10 g 20%
0.5 g 2%
200 mg 8%

10 g 20%
0.5 g 2%
200 mg 8%

Prepared with Ensure
Prepared with Ensure Plus

10 g 20%
0.5 g 2%
200 mg 8%

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**Improved Fat Profile**

The new Ensure Pudding will contain zero trans fat. It will also be a good source of plant-based omega-3s (ALA) with 160 mg (50% of the 1 g D V in every 4-oz serving to help support heart health.

**Lactose Free**

Another key feature will be the change in the protein system, making Ensure Pudding lactose-free, so patients who experience lactose intolerance will be able to enjoy Ensure Pudding too. The new milk protein source will provide the dual benefit of becoming lactose free as well as improving the product calorie.

**Good Source of Fiber**

Ensure Pudding will be enhanced with 5 g of NutraFlora® Prebiotic Fiber providing all of the great probiotic fiber benefits now seen in Ensure Plus. Just as ensuring Ensure Pudding will also provide all of the calcium absorption benefits of NutraFlora along with the additional benefits of supporting the immune system and promoting digestive tract health and helping maintain regularity.

**New Taste Technology**

As the inventory of current Ensure Pudding diminishes in July, the new formulation will replace it. It will use the same product codes as the existing formulation to minimize any administrative changes.

NutraFlora and scFOS are not trademarks of Abbott Laboratories.

For more than 100 years, Ross has been well recognized as one of the world’s most expected names for nutritional products. Health care professionals and their patients look to us for nutritional products and partnerships—that encompass every stage of life for essential growth, development, and well-being. We are proud of our Ross legacy, and we’re equally proud of our new name—Abbott Nutrition. Our new identity clearly spells out what we are and the work we do.

As a division of Abbott, we remain committed to the highest standards of quality, excellence, and innovation. We remain true to the tenets upon which our company was founded—providing balanced nutrition for people of all ages. As our name indicates—nutrition is our business.

As people age, their ability to absorb calcium declines. The production of SCFAs lowers the pH in the colon, allowing calcium to remain soluble and improving conditions for calcium absorption. As people age, we provide 1 g of NutraFlora® Prebiotic Fiber per day.

**Quick Fact:** Adding fiber to the diet increases the volume and reduces the transit time of stool to improve regularity. NutraFlora enhances water and electrolyte absorption in the colon, critical factors in reducing constipation and diarrhea.  

**REFERENCES:**


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Ensuring your patients receive the best nourishment they need is easier than ever. As Abbott Nutrition evolves into Abbott Nutrition, we bring you Even More Abbott Nutrition! From the trusted protein source of Ensure® formula, to the benefits of NutraFlora® and scFOS fibers, we continue to expand our product line. Whether you’re addressing lactose intolerance with Ensure® Pudding, or heart health with Ensure® Plus, you’re getting the best for your patients. Ask an Abbott RD—Get an Answer Instantly!

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- NutraFlora® in Abbott product family
- Prebiotic Approach to Nutrition

Quick Fact:
Seven percent of the body’s immune system is found in the gastrointestinal tract.

Ensuring your patients receive the best nourishment they need is easier than ever. As Abbott Nutrition evolves into Abbott Nutrition, we bring you Even More Abbott Nutrition! From the trusted protein source of Ensure® formula, to the benefits of NutraFlora® and scFOS fibers, we continue to expand our product line. Whether you’re addressing lactose intolerance with Ensure® Pudding, or heart health with Ensure® Plus, you’re getting the best for your patients. Ask an Abbott RD—Get an Answer Instantly!

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