

Product Information: Ensure® High Protein (Retail)

For more information, contact your Abbott Nutrition Representative or visit
www.abbottnutrition.com

Ensure® High Protein (Retail)

Nutrition Shake

- ENSURE HIGH PROTEIN nutrition shakes provide people who lead active lifestyles with a convenient, delicious way to get extra nutrition including protein, vitamins, and minerals. ENSURE HIGH PROTEIN SHAKES are targeted nutrition to help people stay active and strong. Each bottle has 25 g of high quality protein, is low in fat, and has 10% of calories from sugars.
- For oral use.
- Low-residue.
- Excellent source of protein (25 grams/serving); 50% of the DV to help stay active and strong.
- Excellent source of 22 essential vitamins and minerals.
- Suitable for lactose intolerance.
- Kosher.
- Gluten-free.



Safety Precautions

- Not for patients with galactosemia.
- Not for IV use.
- Not for sole-source nutrition.

Ingredients

Homemade Vanilla Ready to Drink:

Water, Milk Protein Concentrate, Corn Maltodextrin. Less than 2% of the Following: Calcium Caseinate, Soy Protein Isolate, Sugar (Sucrose), Short-Chain Fructooligosaccharides, High Oleic Safflower Oil, Natural & Artificial Flavor, Magnesium Phosphate, Potassium Citrate, Cellulose Gum, Sodium Ascorbate, Sodium Chloride, Carrageenan, Cellulose Gel, Gellan Gum, Acesulfame Potassium, Sucralose, Zinc Gluconate, dl-Alpha-Tocopheryl Acetate, Niacinamide, Manganese Gluconate, Calcium Pantothenate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Thiamine Chloride Hydrochloride, Riboflavin, Chromium Chloride, Folic Acid, Beta-Carotene, Vitamin D3, Biotin, Sodium Molybdate, Sodium Selenite, Potassium Iodide, Phytonadione, and Cyanocobalamin.

Allergens: Contains milk and soy ingredients.

Availability

List Number	Item
50459	Ensure High Protein (Retail) Nutrition Shake Homemade Vanilla / 14-fl-oz (414-mL) Bottle / 3 x 4 ct
50515	Ensure High Protein (Retail) Nutrition Shake Cr Milk Chocolate / 14-fl-oz (414-mL) Bottle / 3 x 4 ct

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Nutrition Information - Homemade Vanilla Ready to Drink

	14 fl oz (414 mL)	
	Value	%RDI / %DV*
Calories	210	
Calories from Fat	25	
Fat, g	2.5	4
Saturated Fat, g	0.5	3
Trans Fat, g	0	
Cholesterol, mg	20	7
Sodium, mg	240	10
Potassium, mg	290	8
Carbohydrate, g	23	8
Dietary Fiber, g	3	12
Sugars, g	5	
Protein, g	25	50
Vitamin A		35
Vitamin C		100
Calcium		40
Iron		0
Vitamin D		30
Vitamin E		100
Vitamin K		35
Thiamin		35
Riboflavin		35
Niacin		35
Vitamin B6		35
Folate		80
Vitamin B12		35
Biotin		35
Pantothenic Acid		35
Phosphorus		40
Iodine		35
Magnesium		30
Zinc		35
Selenium		50
Manganese		35
Chromium		90
Molybdenum		60
Chloride		6

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Homemade Vanilla Ready to Drink Footnotes & References

Per 14 fl oz (414 mL)

*Percent Daily Values (%DV) are based on a 2,000 Calorie diet.

Preparation

Instructions for Use

- Shake well.
- Serve cold.
- Refrigerate after opening.

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