

Product Information: Ensure® Muscle Health

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

Ensure® Muscle Health

To help rebuild muscle and strength naturally lost over time

- Targeted nutrition to help rebuild muscle and strength naturally lost over time.
- For oral use only.
- Recommend 2 servings per day.
- Use under medical supervision.
- A source of Complete, Balanced Nutrition®.
- 1.5 g of Revigor (CaHMB, calcium β-hydroxy-β-methylbutyrate) and protein to help maintain and rebuild LBM.
- Excellent source of protein (13 g).
- Excellent source of 24 essential vitamins and minerals.
- 40% DV for vitamin D to help support muscle strength.
- Excellent source (320 mg/serving) of plant-based omega-3 fatty acid ALA (20% of 1.6 g DV) to support heart health.
- Gluten-free.
- Suitable for lactose intolerance.
- Kosher.
- Halal.
- Low-residue.
- Not for IV use.



Safety Precautions

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

Ingredients

Vanilla Ready to Drink:

Water, Sugar, Corn Maltodextrin, Sodium Caseinate, Milk Protein Concentrate, Soy Oil, Soy Protein Isolate, Corn Oil, Potassium Citrate, Calcium Beta-Hydroxy-Beta-Methylbutyrate, Canola Oil. Less than 0.5% of the Following: Whey Protein Concentrate, Magnesium Phosphate, Natural & Artificial Flavor, Cellulose Gel, Soy Lecithin, Sodium Phosphate, Potassium Phosphate, Potassium Chloride, Choline Chloride, Ascorbic Acid, Calcium Carbonate, Cellulose Gum, Carrageenan, Ferrous Sulfate, Salt, dl-Alpha-Tocopheryl Acetate, Gellan Gum, Zinc Sulfate, Niacinamide, Calcium Pantothenate, Manganese Sulfate, Cupric Sulfate, Vitamin A Palmitate, Thiamine Chloride Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Folic Acid, Chromium Chloride, Biotin, Sodium Molybdate, Sodium Selenate, Potassium Iodide, Phylloquinone, Cyanocobalamin, and Vitamin D3.

Allergens: Contains milk and soy ingredients.

Availability

List Number	Item
56476	Ensure Muscle Health Shake Vanilla / 8-fl-oz (237-mL) Bottle / 4 x 4 ct
56479	Ensure Muscle Health Shake Milk Chocolate / 8-fl-oz (237-mL) Bottle / 4 x 4 ct
56482	Ensure Muscle Health Shake Strawberry / 8-fl-oz (237-mL) Bottle / 4 x 4 ct
56485	Ensure Muscle Health Shake Banana Cream / 8-fl-oz (237-mL) Bottle / 4 x 4 ct
56554	Ensure Muscle Health Shake Milk Chocolate / 8-fl-oz (237-mL) Bottle / 24 ct
56556	Ensure Muscle Health Shake Vanilla / 8-fl-oz (237-mL) Bottle / 16 ct
56558	Ensure Muscle Health Shake Vanilla Institutional / 8-fl-oz (237-mL) Bottle / 24 ct
56560	Ensure Muscle Health Shake Milk Chocolate Institutional / 8-fl-oz (237-mL) Bottle / 24 ct
62012	Ensure Muscle Health Shake Strawberry Institutional / 8-fl-oz (237-mL) Bottle / 24 ct

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Nutrition Information - Vanilla Ready to Drink

	8 fl oz (237 mL)	
	Value	%RDI / %DV*
Calories	250	
Calories from Fat	70	
Fat, g	8	12
Saturated Fat, g	1	5
Trans Fat, g	0	
Polyunsaturated Fat, g	4	
Monounsaturated Fat, g	2.5	
Cholesterol, mg	5	2
Sodium, mg	240	10
Potassium, mg	840	24
Carbohydrate, g	32	11
Dietary Fiber, g	0	0
Sugars, g	23	
Protein, g	13	26
Vitamin A		25
Calcium		35
Vitamin D		40
Vitamin K		25
Riboflavin		25
Vitamin B6		25
Vitamin B12		25
Pantothenic Acid		25
Iodine		25
Zinc		25
Copper		25
Chromium		20
Chloride		4
Vitamin C		50
Iron		25
Vitamin E		25
Thiamin		25
Niacin		25
Folate		25
Biotin		25
Phosphorus		35
Magnesium		25
Selenium		25
Manganese		60
Molybdenum		50

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	8 fl oz (237 mL)	
	Value	%RDI / %DV*
Choline		15

Vanilla Ready to Drink Footnotes & References

Per 8 fl oz (237 mL)

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

Storage & Handling

Instructions for Use

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

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