

Product Information: Ensure® Powder

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

Ensure® Powder

Complete, Balanced Nutrition®

- ENSURE POWDER is a source of Complete, Balanced Nutrition® for supplemental use with or between meals. It may benefit patients who have malnutrition, are at nutritional risk, experiencing involuntary weight loss, or on modified or low-residue diets.
- For oral use.
- For interim sole-source nutrition.
- Good source of 24 essential vitamins and minerals.
- Good source of protein (9 g/serving).
- Kosher.
- Halal.
- Gluten free.
- Suitable for lactose intolerance.

Safety Precautions

- Not for patients with galactosemia.
- Not for IV use.



Ingredients

Vanilla Powder:

Corn Syrup, Corn Maltodextrin, Sugar (Sucrose), Corn Oil, Sodium & Calcium Caseinates, Soy Protein Isolate, Artificial Flavor, Potassium Citrate, Magnesium Chloride, Calcium Phosphate, Sodium Citrate, Potassium Chloride, Soy Lecithin, Ascorbic Acid, Choline Chloride, Zinc Sulfate, dl-Alpha-Tocopheryl Acetate, Niacinamide, Ferrous Sulfate, Calcium Pantothenate, Manganese Sulfate, Cupric Sulfate, Thiamine Chloride Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Folic Acid, Biotin, Chromium Chloride, Sodium Molybdate, Potassium Iodide, Sodium Selenate, Phylloquinone, Cyanocobalamin, and Vitamin D3.

Allergens: Contains milk and soy ingredients.

Availability

List Number	Item
00750	Ensure Powder Vanilla / 14-oz (397-g) Can / 6 ct

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Nutrition Information - Vanilla Powder

	1/2 cup powder (57 g)	
	Value	%RDI / %DV*
Nutrient Density, Cal/mL	1.06	
Protein, % Cal	14	
Carbohydrate, % Cal	54	
Fat, % Cal	32	
Cal to Meet 100% RDIs	2000	
mL to Meet 100% RDIs	1896	
Total Cal:g Nitrogen	174:1	
Nonprotein Cal:g Nitrogen	151:1	
Osmolality, mOsm/kg H ₂ O	470	
Renal Solute Load, mOsm/L	321	
Viscosity	Thin (Room Temperature and Chilled)	
Calories	250	
Calories from Fat	80	
Fat, g	9	14
Saturated Fat, g	1.5	8
Trans Fat, g	0	
Cholesterol, mg	<5	<2
Sodium, mg	190	8
Potassium, mg	350	10
Carbohydrate, g	34	11
Dietary Fiber, g	0	0
Sugars, g	13	
Protein, g	9	18
Vitamin A		15
Vitamin C		60
Calcium		15
Iron		15
Vitamin D		15
Vitamin E		20
Vitamin K		15
Thiamin		25
Riboflavin		25
Niacin		25
Vitamin B6		25
Folate		25
Vitamin B12		25
Biotin		25
Pantothenic Acid		25

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Nutrition Information - Vanilla Powder

	1/2 cup powder (57 g)	
	Value	%RDI / %DV*
Phosphorus		10
Iodine		15
Magnesium		10
Zinc		20
Selenium		15
Copper		15
Manganese		30
Chromium		15
Molybdenum		25
Chloride		8

Vanilla Powder Footnotes & References

Per 1/2 cup powder (57 g)

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

Preparation

Instructions for Use

- To prepare an 8 fl oz drink pour 3/4 cup cold water into glass.
- Gradually stir in 1/2 cup Ensure Powder and mix until dissolved.
- For flavor variety, you may add 3 tablespoons chocolate syrup, strawberry syrup, etc.

Storage & Handling

Instructions for Use

- Reconstituted ENSURE POWDER should be used promptly or covered, refrigerated, **and used within 24 hours.**
- Opened can should be covered with overcap and stored in a cool, dry place, but not refrigerated.
- Once opened, use contents of can **within 3 weeks.**