

ENSURE® COMPACT

Complete, balanced nutrition in half the size†



INDICATIONS FOR USE

Ensure® Compact is a good source of protein and is calorie- and nutrient-dense. The convenient format may help support patient compliance, and reduce wastage by removing the need to portion^{1,2}.

- For patients:
 - who are unable to consume a full 235-mL serving (of oral nutrition supplement);
 - with a reduced appetite;
 - who have fluid restrictions or require volume-limited feedings;
 - with elevated energy requirements;
 - with or at risk of malnutrition;
 - who want to gain or maintain weight.
- Prescribe in a medication pass program, given as 118 ml, 2 times per day (BID), with or without medications‡
- Not suitable for people with galactosemia.

FEATURES AND BENEFITS

- Complete, balanced nutrition in half the size†
- Calorically dense, with 1.8 Cal/mL.
- Provides 9 g of protein per bottle.
- Provides 26 vitamins and minerals.
- Easy-to-open bottle³
- For oral feeding
- May be used as an interim sole source of nutrition.⁵
- 2 delicious flavours to prevent flavour fatigue: Vanilla and Chocolate.

TECHNICAL DATA

	Ready to use
Caloric density (Cal/mL)	1.8
Protein (% of total energy)	16.5
Fat (% of total energy)	24.8
Carbohydrate (% of total energy)	58.7
Total Cal:g nitrogen ratio	155:1
Non-protein Cal:g nitrogen ratio	129:1
Water (g/L)	721
Osmolality (mOsm/kg water)	1200
Renal solute load (mOsm/L)	615
Viscosity at room temperature/ chilled	Thin/nectar (Vanilla) Nectar/nectar (Chocolate)
Minimum tube size for gravity/ pump feeding (Fr)	N/A
Low residue	Yes
Gluten-free	Yes
Kosher	Yes
Halal	Yes

AVAILABILITY

Ready to use

0S748640	Ensure® Compact, Vanilla	118-mL bottles	4 x 4/case
0S749640	Ensure® Compact, Chocolate	118-mL bottles	4 x 4/case

† Compared to 235-mL Ensure® Regular.

‡ Confirm with pharmacist for drug-nutrient interactions.

§ Additional fluid may be required.

REFERENCES: 1. Jukkola K and MacLennan P. Improving the efficacy of nutritional supplementation in the hospitalized elderly. *Austr J Ageing* 2005;24:119-24. 2. Roberts M, Potter J, McColl J & Reilly J. (2003). Can prescription of sip-feed supplements increase energy intake in hospitalised older people with medical problems? *British Journal of Nutrition*, 90(2), 425-9. 3. Data on file. Abbott Laboratories Ltd., 2007 (796 - Ease of bottle use).

ENERGY

	Per 100 mL	Per 118 mL
ENERGY (Cal [kJ])	185 (779)	220 (919)
PROTEIN (g)	7.63	9.0
% of total energy		16.5
Taurine (mg)	-	-
Carnitine (mg)	-	-
Source	Milk protein concentrate, hydrolyzed sodium caseinate	
FAT (g)	5.09	6.0
% of total energy		24.8
Polyunsaturated fatty acids (g)	2.62	3.09
Linoleic acid (g)	1.8	2.1
Linolenic acid (g)	0.24	0.28
Omega-6:Omega-3 ratio		7.3:1
Monounsaturated fatty acids (g)	1.80	2.12
Saturated fatty acids (g)	0.72	0.85
Cholesterol (mg)	0.0031	0.0037
Source	Soy oil, canola oil, corn oil	
MCT oil (% of total fats)		0.0
CARBOHYDRATE (g)	27	32
% of total energy		58.7
Total dietary fibre (g)	-	-
Short-chain fructooligosaccharides (scFOS) (g)	-	-
Source	Corn syrup, sucrose	
Acésulfame-potassium (mg)	-	-
Sucralose (mg)	-	-

VITAMINS

Vitamin A (RE [IU])	127 (424)	150 (500)
Vitamin D ₃ (mcg [IU])	1.7 (68)	2.0 (80)
Vitamin E (mg [IU])	5.76 (6.4)	6.84 (7.6)
Vitamin K ₁ (mg)	0.017	0.020
Vitamin C (mg)	26	31
Thiamine (mg)	0.32	0.38
Riboflavin (mg)	0.36	0.42
Niacin (mg)	4.24	5.0
Vitamin B ₆ (mg)	0.42	0.50
Folic acid (mg)	0.085	0.10
Vitamin B ₁₂ (mg)	0.00153	0.0018
Pantothenic acid (mg)	2.12	2.5
Biotin (mg)	0.077	0.091
Choline (mg)	70	83
Inositol (mg)	-	-

MINERALS

Sodium (mg [mmol])	145 (6.3)	171 (7.4)
Potassium (mg [mmol])	297 (7.6)	350 (9.0)
Chloride (mg [mmol])	145 (4.1)	171 (4.8)
Calcium (mg)	255	301
Phosphorus (mg)	170	201
Magnesium (mg)	34	40
Iron (mg)	3.9	4.6
Zinc (mg)	3.2	3.8
Iodine (mg)	0.032	0.038
Copper (mg)	0.42	0.50
Manganese (mg)	1.02	1.2
Selenium (mg)	0.015	0.018
Chromium (mg)	0.026	0.031
Molybdenum (mg)	0.029	0.034

Nutritional information for Ensure® Compact, Vanilla, 118-mL bottle.

INGREDIENTS

Ensure® Compact, Vanilla:

Water, corn syrup, milk protein concentrate, VEGETABLE OIL (soy oil, canola oil, corn oil), sucrose, hydrolyzed sodium caseinate, natural and artificial flavours, cellulose, soy lecithin, potassium hydroxide, sodium carboxymethyl cellulose, carrageenan, MINERALS (calcium citrate, potassium phosphate dibasic, calcium carbonate, potassium chloride, magnesium phosphate dibasic, sodium citrate, potassium citrate, magnesium chloride, magnesium sulphate, sodium chloride, calcium phosphate tribasic, ferrous sulphate, zinc sulphate, manganese sulphate, cupric sulphate, chromium chloride, sodium molybdate, potassium iodide, sodium selenate), VITAMINS (choline chloride, ascorbic acid, *dl*- α -tocopheryl acetate, niacinamide, d-calcium pantothenate, pyridoxine hydrochloride, thiamine hydrochloride, riboflavin, vitamin A palmitate, folic acid, biotin, phyloquinone, vitamin D₃, cyanocobalamin).

Contains: Milk, soy.

Ingredients associated with food intolerances and/or sensitivities: Corn, citric acid, natural and artificial flavours, lactose, other soy components.

Additional ingredient for Chocolate: Cocoa powder.

Values listed are subject to change. Please refer to the product label or packaging for the most current ingredient, allergen and nutrient profile information.

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