

ENSURE® HIGH PROTEIN

Complete, balanced nutrition

Protein to help build muscle



INDICATIONS FOR USE

Ensure® High Protein is complete, balanced nutrition with 28% more protein per bottle† to help patients build muscle mass. It can be used as a supplement between or with meals, or, in appropriate amounts, as a meal replacement.

- For patients:
 - with or at risk of malnutrition;
 - with involuntary weight loss;
 - with increased protein requirements;
 - recovering from illness or injury.
- Not suitable for people with galactosemia.

FEATURES AND BENEFITS

- Complete, balanced nutrition.
- Provides 12 g of protein per bottle.
- Provides 26 vitamins and minerals.
- For oral feeding.
- 3 delicious flavours to help prevent flavour fatigue: Vanilla, Chocolate, and Strawberry.

TECHNICAL DATA

	Ready to use
Caloric density (Cal/mL)	0.96
Protein (% of total energy)	21.0
Fat (% of total energy)	24.0
Carbohydrate (% of total energy)	55.0
Total Cal:g nitrogen ratio	122:1
Non-protein Cal:g nitrogen ratio	96.1:1
Water (g/L)	837
Osmolality (mOsm/kg water)	546
Renal solute load (mOsm/L)	417
Viscosity at room temperature/ chilled	-
Minimum tube size for gravity/ pump feeding (Fr)	N/A
Low residue	Yes
Gluten-free	Yes
Kosher	Yes
Halal	Yes

AVAILABILITY

Ready to use

57250848	Ensure® High Protein, Vanilla	235-mL bottles	4 x 6/case
57253848	Ensure® High Protein, Chocolate	235-mL bottles	4 x 6/case
59422848	Ensure® High Protein, Strawberry	235-mL bottles	4 x 6/case

† Compared to Ensure® Regular.

ENERGY

	Per 100 mL	Per 235 mL
ENERGY (Cal [kJ])	96 (402)	225 (945)
PROTEIN (g)	5.0	12
% of total energy		21
Taurine (mg)	-	-
Carnitine (mg)	-	-
Source	Sodium and calcium caseinate, soy protein isolate	
FAT (g)	2.6	6
% of total energy		24
Polyunsaturated fatty acids (g)	0.5	1.2
Linoleic acid (g)	0.43	1.0
Linolenic acid (g)	0.08	0.2
Omega-6:Omega-3 ratio		7.4:1
Monounsaturated fatty acids (g)	1.0	2.3
Saturated fatty acids (g)	0.2	0.5
Cholesterol (mg)	0.6	1.4
Source	High oleic safflower oil, canola oil, corn oil	
MCT oil (% of total fats)	0.0	
CARBOHYDRATE (g)	13.2	31
% of total energy		55
Total dietary fibre (g)	-	-
Short-chain fructooligosaccharides (scFOS) (g)	-	-
Source	Sugar, corn maltodextrin	
Aciesulfame-potassium (mg)	-	-
Sucralose (mg)	-	-

VITAMINS

Vitamin A (RE [IU])	149 (496)	350 (1166)
Vitamin D ₃ (mcg [IU])	0.53 (21.3)	1.25 (50)
Vitamin E (mg [IU])	1.07 (1.45)	2.5 (3.38)
Vitamin K ₁ (mg)	-	-
Vitamin C (mg)	6.4	15.0
Thiamine (mg)	0.138	0.325
Riboflavin (mg)	0.184	0.432
Niacin (mg)	2.55	6.00
Vitamin B ₆ (mg)	0.20	0.47
Folic acid (mg)	0.026	0.060
Vitamin B ₁₂ (mg)	0.00021	0.00050
Pantothenic acid (mg)	0.74	1.75
Biotin (mg)	0.0149	0.035
Choline (mg)	-	-
Inositol (mg)	-	-

MINERALS

Sodium (mg [mmol])	123 (5.3)	290 (12.6)
Potassium (mg [mmol])	182 (4.7)	428 (11)
Chloride (mg [mmol])	107 (3.0)	251 (7.1)
Calcium (mg)	117	275
Phosphorus (mg)	117	275
Magnesium (mg)	27.7	65.0
Iron (mg)	1.49	3.50
Zinc (mg)	1.70	4.00
Iodide (mg)	0.0170	0.0400
Copper (mg)	0.21	0.5
Manganese (mg)	0.55	1.3
Selenium (mg)	0.0051	0.012
Chromium (mg)	0.0043	0.010
Molybdenum (mg)	0.0119	0.028

Nutritional information for Ensure® High Protein, Vanilla, 235-mL bottle.

INGREDIENTS

Ensure® High Protein, Vanilla:

Water, sugar, sodium and calcium caseinate, corn maltodextrin, high oleic safflower oil, canola oil, soy protein isolate, corn oil, natural and artificial flavours, soy lecithin, carrageenan, MINERALS (potassium citrate, sodium citrate, calcium phosphate, magnesium phosphate, magnesium chloride, salt, potassium phosphate, zinc sulphate, ferrous sulphate, manganese sulphate, cupric sulphate, potassium iodide, sodium molybdate, sodium selenate, chromium chloride), VITAMINS (ascorbic acid, niacinamide, *dl*- α -tocopheryl acetate, calcium D-pantothenate, vitamin A palmitate, pyridoxine hydrochloride, thiamine chloride hydrochloride, riboflavin, folic acid, biotin, vitamin D₃, cyanocobalamin).

Contains: Milk, soy.

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

Additional ingredients for Chocolate: Cocoa powder, colour.

Additional ingredient for Strawberry: Colour.

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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