

ENSURE® PROTEIN MAX

Advanced nutrition with 20 g of protein and HMB



INDICATIONS FOR USE

Ensure® Protein Max is our most advanced adult nutrition formulation, providing complete, balanced nutrition and high-quality protein to help build strong muscles.

- For hospitalized or community-based patients with increased protein requirements due to:
 - muscle mass loss or involuntary weight loss;
 - presence or risk of malnutrition;
 - preparing for and recovering from surgery;
 - recovering from illness or injury;
 - with increased energy requirements.
- Prescribe in a medication pass program, given as 60-90 ml, between 3 times per day (TID) and 4 times per day (QID), with or without medications.†
- Not suitable for people with galactosemia.

FEATURES AND BENEFITS

- In a clinical study, Ensure® Protein Max significantly improved nutritional status within 90 days.1‡
- Excellent source of high-quality protein, with 20 g per bottle.
- Provides 1.5 g of CaHMB, a dietary source of HMB.
 - HMB supplementation may positively impact muscle mass.2§
 - HMB is a metabolite of the essential amino acid leucine and works to reduce muscle protein breakdown.2
- Provides 3 g of scFOS fibre per bottle, which may help promote the growth of beneficial bacteria in the large bowel.3
- Calorically dense, with 1.5 Cal/mL.
- Source of Omega-3 polyunsaturated fats.
- Provides 26 vitamins and minerals.
- For oral feeding.
- 2 delicious flavours to prevent flavour fatigue: Vanilla and Chocolate.

TECHNICAL DATA

	Ready to use
Caloric density (Cal/mL)	1.5
Protein (% of total energy)	22.8
Fat (% of total energy)	28.4
Carbohydrate (% of total energy)	47.4
Total Cal:g nitrogen ratio	111:1
Non-protein Cal:g nitrogen ratio	86.7:1
Water (g/L)	681
Osmolality (mOsm/kg water)	890
Renal solute load (mOsm/L)	600
Viscosity at room temperature/ chilled	Thin/nectar
Minimum tube size for gravity/ pump feeding (Fr)	N/A
Low residue	Yes
Gluten-free	Yes
Kosher	Yes
Halal	No (Vanilla) Yes (Chocolate)

AVAILABILITY

Ready to use

(Institutional/Hospital)

66311825 Ensure® Protein Max, Vanilla 235-mL bottles 24/case

66312825 Ensure® Protein Max, Chocolate 235-mL bottles 24/case

(Retail)

66310899 Ensure® Protein Max, Vanilla 235-mL bottles 4 x 4/case

66309899 Ensure® Protein Max, Chocolate 235-mL bottles 4 x 4/case

HMB: β -hydroxy- β -methylbutyrate.

† Confirm with pharmacist for drug-nutrient interactions. ‡ In a clinical trial with over 600 undernourished people (Subjective Global Assessment [SGA] B or C) aged 65 and older with heart or lung disease, those using Ensure® Protein Max twice daily significantly improved their nutritional status over placebo within 90 days of hospital discharge. § When used in conjunction with exercise.

REFERENCES:

1. Deutz NE et al. Readmission and mortality in malnourished, older, hospitalized adults treated with a specialized oral nutritional supplement: A randomized clinical trial. *Clin Nutr* 2016;35:18-26. 2. Wilson et al. Effects of beta-hydroxy-beta-methylbutyrate (HMB) on exercise performance and body composition across varying levels of age, sex, and training experience: a review. *Nutr Metab* 2008;5:1. 3. Bouhnik Y et al. The capacity of short-chain fructo-oligosaccharides to stimulate faecal bifidobacteria: a dose-response relationship study in healthy humans. *Nutr J* 2006;5(8):1-6.

ENERGY

	Per 100 mL	Per 235 mL
ENERGY (Cal [kJ])	149 (620)	350 (1460)
PROTEIN (g)	8.5	20
% of total energy		22.8
Taurine (mg)	0	0
Carnitine (mg)	0	0
Source	Sodium caseinate, soy protein, milk protein concentrate, whey protein concentrate	
FAT (g)	4.7	11
% of total energy		28.4
Polyunsaturated fatty acids (g)	1.75	4.11
Linoleic acid (g)	1.5	3.5
Linolenic acid (g)	0.25	0.59
Omega-6:Omega-3 ratio		5.3:1
Monounsaturated fatty acids (g)	2.4	5.6
Saturated fatty acids (g)	0.55	1.3
Cholesterol (mg)	2.8	6.6
Source	Canola oil, corn oil	
MCT oil (% of total fats)		0.0
CARBOHYDRATE (g)	18.8	44.2
% of total energy		47.4
Total dietary fibre (g)	1.3	3
Short-chain fructooligosaccharides (scFOS) (g)	1.3	3
Source	Corn syrup, sucrose, scFOS	
CaHMB (g)	0.64	1.5
Acesulfame-potassium (mg)	-	-
Sucralose (mg)	-	-

VITAMINS

Vitamin A (RE [IU])	160 (532)	376 (1250)
Vitamin D ₃ (mcg [IU])	0.6 (26)	1.5 (60)
Vitamin E (mg [IU])	1.2 (1.7)	2.8 (4.1)
Vitamin K ₁ (mg)	0	0
Vitamin C (mg)	6.4	15.0
Thiamine (mg)	0.14	0.32
Riboflavin (mg)	0.17	0.41
Niacin (mg)	2.5	5.9
Vitamin B ₆ (mg)	0.18	0.41
Folic acid (mg)	0.026	0.061
Vitamin B ₁₂ (mg)	0.00012	0.00028
Pantothenic acid (mg)	0.55	1.30
Biotin (mg)	0.015	0.035
Choline (mg)	34.9	82
Inositol (mg)	-	-

MINERALS

Sodium (mg [mmol])	110 (4.8)	259 (11.3)
Potassium (mg [mmol])	200 (5.1)	470 (12.1)
Chloride (mg [mmol])	60 (1.7)	155 (4.4)
Calcium (mg)	106	250
Phosphorus (mg)	107	251
Magnesium (mg)	28	65
Iron (mg)	1.11	2.6
Zinc (mg)	1.58	3.7
Iodine (mg)	0.018	0.042
Copper (mg)	0.21	0.50
Manganese (mg)	0.49	1.1
Selenium (mg)	0.005	0.012
Chromium (mg)	0.005	0.011
Molybdenum (mg)	0.011	0.026

CaHMB is approximately 1.4% of total energy and providing 3.2 Cal/g.
Nutritional information for Ensure® Protein Max, Vanilla, 235-mL bottle.

INGREDIENTS

Ensure® Protein Max, Vanilla:

Water, corn syrup, sodium caseinate, sucrose, canola oil, soy protein isolate, short-chain fructooligosaccharides (scFOS), corn oil, milk protein concentrate, calcium β-hydroxy-β-methylbutyrate (CaHMB), whey protein concentrate, natural and artificial flavours, cellulose gel, monoglycerides, soy lecithin, choline chloride, cellulose gum, MINERALS (potassium citrate, magnesium phosphate, potassium phosphate, salt (sodium chloride), potassium chloride, zinc sulphate, ferrous sulphate, manganese sulphate, cupric sulphate, potassium iodide, calcium carbonate, chromium chloride, sodium molybdate, sodium selenate), VITAMINS (ascorbic acid, niacinamide, *dl*-α-tocopheryl acetate, calcium d-pantothenate, vitamin A palmitate, thiamine hydrochloride, pyridoxine hydrochloride, riboflavin, folic acid, biotin, vitamin D₃, cyanocobalamin).

Contains: Milk, soy.

Ingredients associated with food intolerances and/or sensitivities: Corn, coconut oil, 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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and HMB

