**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.‡
- 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**

<table>
<thead>
<tr>
<th>Component</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caloric density (Cal/mL)</td>
<td>1.5</td>
</tr>
<tr>
<td>Protein (% of total energy)</td>
<td>22.8</td>
</tr>
<tr>
<td>Fat (% of total energy)</td>
<td>28.4</td>
</tr>
<tr>
<td>Carbohydrate (% of total energy)</td>
<td>47.4</td>
</tr>
<tr>
<td>Total Cal g nitrogen ratio</td>
<td>111.1</td>
</tr>
<tr>
<td>Non-protein Cal g nitrogen ratio</td>
<td>86.7:1</td>
</tr>
<tr>
<td>Water (g/L)</td>
<td>681</td>
</tr>
<tr>
<td>Osmolality (mOsm/kg water)</td>
<td>890</td>
</tr>
<tr>
<td>Viscosity at room temperature/ chilled</td>
<td>Thin/nectar</td>
</tr>
<tr>
<td>Minimum tube size for gravity/pump feeding (Fr)</td>
<td>N/A</td>
</tr>
</tbody>
</table>

- Low residue: Yes
- Gluten-free: Yes
- Kosher: Yes
- Halal: No (Vanilla) Yes (Chocolate)

**AVAILABILITY**

**Ready to use**

- **Institutional/Hospital:**
  - Ensure® Protein Max, Vanilla: 235-mL bottles 24/case
  - Ensure® Protein Max, Chocolate: 235-mL bottles 24/case

- **Retail:**
  - Ensure® Protein Max, Vanilla: 235-mL bottles 4 x 4/case
  - Ensure® Protein Max, Chocolate: 235-mL bottles 4 x 4/case

**REFERENCES:**


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.
NUTRITIONAL INFORMATION

ENERGY

<table>
<thead>
<tr>
<th></th>
<th>Per 100 mL</th>
<th>Per 235 mL</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENERGY (Cal [kJ])</td>
<td>149 (620)</td>
<td>350 (1440)</td>
</tr>
<tr>
<td>PROTEIN (g)</td>
<td>8.5</td>
<td>20</td>
</tr>
</tbody>
</table>

% of total energy

- Carbohydrate (g) 44.2
- Protein (g) 22.8
- Total energy 94.4

VITAMINS

- Vitamin A (RE [IU]) 160 (532) 376 (1250)
- Vitamin D (mcg [IU]) 0.6 (26) 1.5 (60)
- Vitamin E (mg [IU]) 1.2 (1.7) 2.8 (4.1)
- Vitamin K (mg) 0
- Thiamine (mg) 0.14
- Riboflavin (mg) 0.17
- Vitamin B (mg) 0.18
- Folic acid (mg) 0.026
- Vitamin B (mg) 0.00012
- Pantothenic acid (mg) 0.55
- Choline (mg) 34.9
- Iodine (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
- Phosphorus (mg) 107
- Magnesium (mg) 28
- Iron (mg) 1.11
- Zinc (mg) 1.58
- Iodine (mg) 0.018
- Copper (mg) 0.21
- Manganese (mg) 0.49
- Selenium (mg) 0.005
- Chromium (mg) 0.011
- Molybdenum (mg) 0.011

CaHMB is approximately 1.4% of total energy and providing 3.2 Cal/g.

INGREDIENTS

Ensure® Protein Max, Vanilla:

- Water, corn syrup, sodium caseinate, sucrose, canola oil, soy protein isolate, short-chain fructoooligosaccharides (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 selenite), 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.