

Your nutrition recommendation to help you feel more strength and energy*

Drink _____ serving(s) _____ time(s) per day.

Morning

Afternoon

Night

With medication†

Other: _____



NEW NAME*

**Ensure®
Advance**

20 g of protein
350 Calories



**Ensure®
Plus
Calories**

13 g of protein
350 Calories



**Ensure®
Regular**

9 g of protein
240 Calories



**Ensure®
Compact**

9 g of protein
218 Calories



**Ensure®
High
Protein 12 g**

12 g of protein
225 Calories



Glucerna®

11 g of protein
5.6 g of fibre
225 Calories

For people
with diabetes



**Ensure®
Protein
Max 30 g***

30 g of protein
150 Calories



**Ensure®
High
Protein 16 g**

16 g of protein
160 Calories

This will give you an extra _____ grams of protein and _____ Calories.

Personalized nutrition advice:



life. to the fullest.®

Abbott

Oral nutritional supplements

What are oral nutritional supplements (ONS)?

- ONS provide extra calories and nutrients (including protein, vitamins and minerals) for people who are not getting what they need from food.
- ONS help people with a small appetite or higher nutrition needs.
- ONS come in liquid format and in great-tasting flavours.
- After a hospital stay, people who drink ONS are more likely to meet their protein and calorie needs.¹



What benefits will I get from drinking ONS?

- 1** ONS provide the extra nutrition you need while you are recovering.¹
- 2** ONS help to prevent and treat malnutrition.¹⁻⁴

What should I ask my dietitian or health care professional?

- How much and how often should I drink ONS?
- Which ONS product is right for me?
- Am I getting all the nutrients I need?

When can I drink my ONS?

- With a meal, for more protein and nutrients
- As a dessert
- Between meals, as a nutritious snack
- In small amounts with medication[‡]

How can I enjoy my ONS?



Serve cold



Try different flavours for variety



Add a pinch of salt if you don't have a sweet tooth



Visit the manufacturer's websites for more tips and recipes

[†]In a survey of 321 independent-living adults aged 50-80 years old who reported a lack of energy or appetite and added 1-2 servings of Ensure[®] daily to their regular diet for a period of 2 weeks, improvements in strength, energy and activity were self-reported. Canadian formulation is similar to the one used in the survey.

[‡]Speak to your pharmacist or health care professional about drug-nutrient interactions.

[§]Formerly Ensure[®] Protein Max 20 g.

[¶]One serving of Ensure[®] Protein Max 30 g provides ≥50% of Health Canada's recommended daily value for niacin, vitamin B and vitamin D. As stated on the product label, a maximum of one serving per day is indicated for this product.

Visit www.abbottnutrition.ca for full product information.



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