

ENSURE® COMPACT

Complete, balanced nutrition in half the size†



INDICATIONS FOR USE

Ensure® Compact provides complete nutrition in half the size†. Ensure® Compact is a good source of protein and is high in calories to help people gain or maintain weight. It can be used with or between meals or, in appropriate amounts, as a meal replacement.

- For patients:
 - who are unable to consume a full 235-mL serving/bottle (of oral nutrition supplement);
 - 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.
- Not suitable for people with galactosemia.

FEATURES AND BENEFITS

- Calorically dense, with 1.8 Cal/mL.
- Provides 9 g of protein in a smaller volume (118 mL).†
- Provides 26 vitamins and minerals.
- Convenient, compact size.
- For oral feeding only.
- 2 delicious flavours to prevent flavour fatigue: vanilla and chocolate.
- Could be given along with medications to enhance nutrition.

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.

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

Additional ingredients 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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