

ENSURE® HIGH PROTEIN

Complete, balanced nutrition

Protein to help build muscle



New look,
same formulation

INDICATIONS FOR USE

Ensure® High Protein is complete, balanced nutrition. It provides additional protein 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;
 - requiring additional protein in their diet;
 - pre-/post-surgery;
 - recovering from general surgery, including oral surgery;
 - recovering from fractures;
 - with or at risk of pressure ulcers.
- Not suitable for people with galactosemia.

FEATURES AND BENEFITS

- Complete, balanced nutrition.
- 28% more protein per bottle than Ensure® Regular.
- 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 |

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 | |
| Acésulfame-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: Priority food allergens: Milk, soy. **Ingredients associated with food intolerances and/or sensitivities:** Corn, coconut oil, natural and artificial flavours, lactose and 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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Protein to help build muscle

