

# Ensure Plus

Nutrition to help support recovery

## Product Information

- Ensure Plus is a complete, balanced nutrition with extra proteins (as compared to Ensure) to help support recovery.
- Ensure Plus has balanced macronutrient ratio for optimum utilization of proteins.
- May be used either as tube feed or as oral feed.
- When mixed with water can be used as a meal replacement or as a supplement to diet, to increase both the caloric and protein intake.
- 28 vitamins and minerals including immune supporting micronutrients.
- Scientifically designed to help malnourished adults to improve their nutritional status and body weight.
- High quality protein.
- Contains fructooligosaccharides (FOS) a prebiotic fibre.
- Lactose and Gluten free.

## Safety Precautions

- Not for Parenteral or IV use.
- Not for people with galactosemia.
- Not intended for use in children unless recommended by physician or a qualified healthcare professional.

## Ingredients

Maltodextrin, sodium and calcium caseinates, sucrose, Edible vegetable oil (high oleic sunflower oil, soy oil, and coconut oil), soy protein isolate, fructooligosaccharides, MINERALS\*\*\*, flavoring and VITAMINS\*\*.

## Preparation

To prepare Ensure plus feeds, refer below table

Total feed volume (ml)	Powder/ scoops	Water
230 (1 serving)	53.4g/ 6scoops	190ml
100	23g/ 2.5 scoops	85ml
500	116g/ 13 scoops	413ml

- When mixed as directed, Ensure Plus provides 0.96kcal/ ml.
- Reconstituted Ensure Plus should be used promptly or covered, refrigerated and used within 24hours.

## Storage instructions

This jar contains a sealed foil pouch. Once foil pouch has been opened, contents should be used within 3 weeks. Please do not empty the contents of the foil into the container. For extra protection, continue to keep the foil pouch inside the jar. After use, close the lid of the jar. Store in cool, dry place (not in refrigerator).

## Nutrition Information

NUTRIENT	UNIT	POWDER(per 100 g)	STANDARD DILUTION (per 100 ml)^
Energy INT	kcal	413	96
Protein	g	19	4.41
Fat	g	13.5	3.13
Saturated fatty acids	g	3.99	0.93
Monounsaturated fatty acids	g	6.35	1.47
Polyunsaturated fatty acids	g	2.7	0.63
Linoleic acid (Omega 6)	g	2.2	0.51
Trans fatty acids	g	0	0
Cholesterol	mg	3	0.7
Carbohydrate	g	52.1	12.08
Sugar (sucrose)	g	14.7	3.43
FOS	g	3.4	0.79
VITAMINS**			
Vitamin A (palmitate)	IU (mcg RE)	1170 (351)	271 (81)
Vitamin D2	IU (mcg)	86 (2.2)	20 (0.50)
Vitamin E	IU (mg -TE)	16 (11)	3.7 (2.5)
Vitamin K1	mcg	18	4.2
Vitamin C	mg	54	13
Folic acid	mcg	160	37
Vitamin B1	mg	0.7	0.16
Vitamin B2	mg	0.78	0.18
Vitamin B6	mg	0.8	0.19
Vitamin B12	mcg	2.6	0.6
Niacin	mg NE (mg)	11 (9.0)	2.6 (2.1)
Pantothenic acid	mg	4	0.93
Biotin	mcg	130	30
Choline	mg	108	25
MINERALS***			

Sodium	mg	288	67
Potassium	mg	536	124
Chloride	mg	488	113
Calcium	mg	224	52
Phosphorus	mg	184	43
Magnesium	mg	72	17
Iron	mg	3.5	0.81
Zinc	mg	3.5	0.81
Manganese	mg	1	0.23
Copper	mcg	410	95
Iodine	mcg	26	6
Selenium	mcg	15	3.5
Chromium	mcg	15	3.5
Molybdenum	mcg	30	7