

ENSURE® REGULAR

Complete, balanced nutrition
Nutrition to stay active and energetic



New look,
same formulation

INDICATIONS FOR USE

Ensure® Regular is complete, balanced nutrition. 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;
 - recovering from illness or surgery;
 - with anorexia (loss of appetite);
 - requiring a low-residue diet;
 - on consistency-modified diets.
- Not suitable for people with galactosemia.

FEATURES AND BENEFITS

- Complete, balanced nutrition.
- Provides 26 vitamins and minerals.
- For oral feeding.
- 6 delicious flavours to prevent flavour fatigue: vanilla, chocolate, strawberry, butter pecan, mixed berry, and orange cream.

TECHNICAL DATA

	Ready to use
Caloric density (Cal/mL)	1.0
Protein (% of total energy)	15.7
Fat (% of total energy)	25.7
Carbohydrate (% of total energy)	58.6
Total Cal:g nitrogen ratio	200:1
Non-protein Cal:g nitrogen ratio	168:1
Water (g/L)	840
Osmolality (mOsm/kg water)	573
Renal solute load (mOsm/L)	385
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

57243848	Ensure® Regular, Vanilla	235-mL bottles	4 x 6/case
57231848	Ensure® Regular, Chocolate	235-mL bottles	4 x 6/case
57234848	Ensure® Regular, Strawberry	235-mL bottles	4 x 6/case
50746848	Ensure® Regular, Butter Pecan	235-mL bottles	4 x 6/case
50747848	Ensure® Regular, Mixed Berry	235-mL bottles	4 x 6/case
50749848	Ensure® Regular, Orange Cream	235-mL bottles	4 x 6/case

ENERGY

	Per 100 mL	Per 235 mL
ENERGY (Cal [kJ])	100 (418)	235 (983)
PROTEIN (g)	4.0	9.4
% of total energy		15.7
Taurine (mg)	-	-
Carnitine (mg)	-	-
Source	Milk protein concentrate, soy protein isolate	
FAT (g)	2.9	6.7
% of total energy		25.7
Polyunsaturated fatty acids (g)	1.4	3.3
Linoleic acid (g)	1.1	2.6
Linolenic acid (g)	0.2	0.4
Omega-6:Omega-3 ratio		6.5:1
Monounsaturated fatty acids (g)	0.9	2.0
Saturated fatty acids (g)	0.4	1.0
Cholesterol (mg)	2	5
Source	Soy oil, canola oil, corn oil	
MCT oil (% of total fats)		0.0
CARBOHYDRATE (g)	14.9	35.0
% of total energy		58.6
Total dietary fibre (g)	-	-
Short-chain fructooligosaccharides (scFOS) (g)	-	-
Source	Sugar, corn maltodextrin	
Aciesulfame-potassium (mg)	-	-
Sucralose (mg)	-	-

VITAMINS

Vitamin A (RE [IU])	160 (532)	375 (1250)
Vitamin D ₃ (mcg [IU])	0.64 (26)	1.50 (60)
Vitamin E (mg [IU])	1.2 (1.7)	2.8 (4.1)
Vitamin K ₁ (mg)	-	-
Vitamin C (mg)	6.4	15.0
Thiamine (mg)	0.138	0.325
Riboflavin (mg)	0.181	0.425
Niacin (mg)	2.55	6.00
Vitamin B ₆ (mg)	0.21	0.50
Folic acid (mg)	0.026	0.060
Vitamin B ₁₂ (mg)	0.00021	0.00050
Pantothenic acid (mg)	0.75	1.75
Biotin (mg)	0.0149	0.035
Choline (mg)	-	-
Inositol (mg)	-	-

MINERALS

Sodium (mg [mmol])	106 (4.6)	250 (10.9)
Potassium (mg [mmol])	160 (4.1)	375 (9.6)
Chloride (mg [mmol])	106 (3.0)	250 (7.0)
Calcium (mg)	128	300
Phosphorus (mg)	117	275
Magnesium (mg)	27.6	64.9
Iron (mg)	1.62	3.80
Zinc (mg)	1.70	4.00
Iodide (mg)	0.017	0.040
Copper (mg)	0.21	0.50
Manganese (mg)	0.55	1.30
Selenium (mg)	0.006	0.013
Chromium (mg)	0.005	0.011
Molybdenum (mg)	0.012	0.028

Nutritional information for Ensure® Regular, Vanilla, 235-mL bottle.

INGREDIENTS

Ensure® Regular, Vanilla:

Water, sugar, corn maltodextrin, milk protein concentrate, soy oil, soy protein isolate, canola oil, corn oil, natural and artificial flavours, soy lecithin, carrageenan, MINERALS (potassium citrate, magnesium phosphate, sodium citrate, calcium phosphate, salt, potassium chloride, calcium carbonate, potassium hydroxide, zinc sulphate, ferrous sulphate, manganese sulphate, cupric sulphate, sodium molybdate, chromium chloride, potassium iodide, sodium selenate), 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 protein. **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, annatto, colour.

Additional ingredient for strawberry: Colour.

Additional ingredient for butter pecan: (None).

Additional ingredient for mixed berry: Colour.

Additional ingredients for orange cream: Annatto, 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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