

# Ensure Diabetes Care

Scientifically formulated to help manage blood sugar, support weight management

## Product Information

- Ensure Diabetes care is a diabetes specific nutrition.
- It is scientifically formulated with slow release energy system to help manage blood glucose levels and support weight management.
- Helps build muscle mass and supports heart and digestive health.
- High quality protein & contains sucralose (an artificial sweetener).
- Lactose free, trans fat free and by nature it is free of gluten.

## When to consume Ensure Diabetes care

- As a partial meal replacement- 1 serving of Ensure can be used before a major meal (eg. lunch/ dinner).
- As a breakfast replacement.
- Evening/ bedtime snack.
- As directed by Physician/ Dietician.

## Safety Precautions

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

## Ingredients

Maltodextrin, Calcium Caseinate, Edible Vegetable Oils (High Oleic Sunflower Oil, Soy Oil), Fructose, Cocoa Powder, Minerals\*\*\*, Fructooligosaccharide (FOS), Soy Polysaccharide, Flavoring, M- Inositol, Vitamins\*\*, Antioxidants (Soy Lecithin, Mixed Tocopherols) Taurine, L-Carnitine and Sucralose.

## Preparation

To prepare a glass of approximately 237ml, combine 6scoops (52g) of powder with 200ml of water.

## 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). Reconstituted Ensure Diabetes care should be used promptly or covered, refrigerated and used within 24hours.

## Nutrition Information

NUTRIENT	UNIT	Powder (per 100 g)	Standard dilution (per 100 ml)
Energy	kcal	435	96
Protein	g	20.1	4.42
Fat	g	14.61	3.21
Saturated Fatty Acids	g	0.73	0.16
Monounsaturated Fatty Acids	g	8.92	1.96
Polyunsaturated Fatty Acids	g	1.14	0.25
Trans Fatty Acids	g	0	0
Cholesterol	mg	< 10	< 2
Carbohydrate	g	59.79	13.14
Sugar (sucrose)	g	0	0
Dietary Fiber	g	5.19	1.14
FOS	g	3	0.66
Taurine	mg	30.6	6.7
Carnitine	mg	26.2	5.8
Inositol	mg	305.7	67.2
Vitamins**			
Vitamin A (from Palmitate)	mcg RE	255	56
Vitamin A (from Beta-Carotene)	mcg RE	109	24
Vitamin D2	mcg	4	0.88
Vitamin E	mg alpha TE	10	2.2
Vitamin K1	mcg	30.6	6.7
Vitamin C	mg	33.1	7.3
Folic Acid	mcg	127	28
Thiamine (Vitamin B1)	mcg	582	128
Riboflavin (Vitamin B2)	mcg	655	144
Vitamin B6	mcg	1529	336
Vitamin B12	mcg	1.48	0.33
Niacin	mg NE	5.11	1.12
Pantothenic Acid	mg	2.91	0.64
Biotin	mcg	13.8	3
Choline	mg	152.9	33.6
Minerals***			
Sodium	mg	324	71
Potassium	mg	568	125
Chloride	mg	480	106
Calcium	mg	258	57
Phosphorus	mg	258	57
Magnesium	mg	91	20
Iron	mg	4.73	1.04

Zinc	mg	2.5	0.55
Manganese	mg	1.16	0.26
Copper	mcg	764	168
Iodine	mcg	58.2	12.8
Selenium	mcg	16.4	3.6
Chromium	mcg	25.5	5.6
Molybdenum	mcg	35.3	7.8