

## Product Information: Ensure® Advance

For more information, contact your Abbott Nutrition sales representative or visit  
[www.abbottnutrition.ca](http://www.abbottnutrition.ca)

## Usage

- 1 Ensure® Advance is our most innovative formula with protein to support strong muscles, and HMB\*.
- 1 For patients with increased calorie and protein requirements due to:
  - muscle mass loss or involuntary weight loss;
  - presence or risk of malnutrition;
  - preparing for and recovering from surgery;
  - recovering from illness or injury.
- 1 Prescribe in a med pass program, given as 60-90 mL, between 3 times per day (TID) and 4 times per day (QID), with or without medications.†
- 1 For oral feeding.

## Features

- 1 In a clinical study, Ensure® Advance significantly improved nutritional status within 90 days.<sup>1,‡</sup>
- 1 Excellent source of high-quality protein, with 20 g per bottle.
- 1 Provides 1.5 g of CaHMB, a dietary source of HMB.
  - HMB supplementation may positively impact muscle mass.<sup>2,§</sup>
  - HMB is a metabolite of the essential amino acid leucine and works to reduce muscle protein breakdown.<sup>2</sup>
- 1 Provides 3 g of scFOS fibre per bottle, which may help promote the growth of beneficial bacteria in the large bowel.<sup>3</sup>
- 1 Calorically dense, with 1.5 Cal/mL.
- 1 Provides 26 vitamins and minerals.
- 1 2 delicious flavours: Vanilla and Chocolate.
- 1 Gluten-free.
- 1 Kosher.
- 1 Halal.

\*  $\beta$ -hydroxy- $\beta$ -methylbutyrate.

† Confirm with pharmacist for drug-nutrient interactions.

‡ In a clinical trial with over 600 undernourished people (Subjective Global Assessment [SGA] B or C) aged 65 and older with heart or lung disease, those using Ensure® Advance twice daily significantly improved their nutritional status over placebo within 90 days of hospital discharge.

§ When used in conjunction with exercise.

<sup>1</sup> Deutz NE, et al. *Clin Nutr.* 2016;35:18-26.

<sup>2</sup> Wilson GJ, et al. *Nutr Metab (Lond.)* 2008;5:1.

<sup>3</sup> Bouhnik Y, et al. *Nutr J.* 2006;5(8):1-6.

## Ingredients

### Liquid Vanilla:

Water, Sugars (corn syrup, sucrose), Sodium Caseinate, Canola Oil, Soy Protein, Short-Chain Fructooligosaccharides (scFOS), Corn Oil, Milk Protein Concentrate, Calcium Beta-Hydroxy-Beta-Methylbutyrate (CaHMB), Whey Protein Concentrate, Natural and Artificial Flavour, Cellulose Gel, Monoglycerides, Soy Lecithin, Cellulose Gum, MINERALS (Potassium Hydroxide, Potassium Citrate, Magnesium Phosphate Dibasic, Potassium Phosphate Dibasic, Salt, Potassium Chloride, Zinc Sulphate, Ferrous Sulphate, Manganese Sulphate, Copper Sulphate, Potassium Iodide, Calcium Carbonate, Chromium Chloride, Sodium Molybdate, Sodium Selenate), VITAMINS (Ascorbic Acid, Choline Chloride, Niacinamide, DL-Alpha-Tocopheryl Acetate, Calcium D-Pantothenate, Vitamin A Palmitate, Thiamine Chloride Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Cyanocobalamin, Folic Acid, D-Biotin, and Vitamin D3).

**Allergens:** Contains: Milk, Soy.



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# Ensure® Advance

New name! Formerly Ensure® Protein Max 20 g

## Availability

List Number	Item
6630913	Ensure® Advance, Chocolate; 235-mL bottles; 4 x 4/case
6631013	Ensure® Advance, Vanilla; 235-mL bottles; 4 x 4/case
6631113	Ensure® Advance, Vanilla; 235-mL bottles; 24/case
6631213	Ensure® Advance, Chocolate; 235-mL bottles; 24/case

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## Nutrition Information - Liquid Vanilla

	235 mL	100 mL
	Value	Value
ENERGY, Cal (kJ)	350 (1460)*	149 (620)*
Protein, g	20	8.5
Fat, g	11	4.7
Polyunsaturates, g	4.1	1.75
Linoleic Acid, g	3.5	1.5
n-3 Linolenic Acid, g	0.6	
Monounsaturates, g	5.6	2.4
Saturates, g	1.3	0.55
Carbohydrate, g	44	18.8
Fibre, g	3	1.3
Short-chain fructooligosaccharides (scFOS), g	3	1.3
CaHMB, g	1.5	0.64
Choline, mg	82	34.9
Sodium, mg	259	110
Potassium, mg	470	200
Chloride, mg	155	66
Copper, mg	0.5	0.21
Manganese, mg	1.1	0.47
Selenium, mcg	12	5.1
Chromium, mcg	11	4.7
Molybdenum, mcg	26	11.1
Biotin, mcg	35	14.9
Vitamin A, mcg RE	375	160
Vitamin D, mcg	1.5	0.64
Vitamin E, mg TE	2.8	1.19
Vitamin C, mg	15	6.4
Thiamine, mg	0.33	0.14
Riboflavin, mg	0.41	0.17
Niacin, mg NE	10	4.3
Vitamin B6, mg	0.41	0.17
Folate, mcg DFE	102	43
Vitamin B12, mcg	0.28	0.12
Pantothenic Acid, mg	1.3	0.55
Calcium, mg	249	106
Phosphorus, mg	251	107
Magnesium, mg	66	28.1
Iron, mg	2.6	1.11
Zinc, mg	3.7	1.58
Iodide, mcg	42	18

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## Product Characteristics

	Value
Caloric Density (Cal/mL)	1.5
Protein (% of total energy)	22.8
Protein Source	Sodium caseinate, soy protein, milk protein concentrate, whey protein concentrate
Fat (% of total energy)	28.4
MCT oil (% of total fats)	0.0
Omega-6:Omega-3 Ratio	5.15:1
Fat Source	Canola oil, corn oil
Carbohydrate (% of total energy)	48.8
Carbohydrate Source	Corn syrup, sucrose, scFOS
Total Cal:g Nitrogen Ratio	111.3:1
Nonprotein Cal:g Nitrogen Ratio	85.9:1
Water (g/L)	681
Osmolality (mOsm/kg water)	890
Renal Solute Load (mOsm/L)	600
Recommended Tube Size for Gravity/Pump Feeding (Fr)	N/A
Fibre	Yes

## Liquid Vanilla Footnotes & References

### Per 235 mL

\* CaHMB is approximately 1.4% of total energy and providing 3.2 Cal/g.

### Per 100 mL

\* CaHMB is approximately 1.4% of total energy and providing 3.2 Cal/g.

## Preparation

### Directions for Use:

- 1 Shake well. Serve cold.
- 1 Once opened, refrigerate and use within 24 hours.