

Product Information: Ensure® Clear

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Ensure® Clear

Clear liquid oral nutritional supplement

Usage

- 1 Ensure® Clear is a great-tasting clear liquid oral nutritional supplement. It is a suitable choice for patients on a clear-liquid, pre- and postsurgical, bowel prep, fat-malabsorptive, or fat-restrictive diet.
- 1 For oral feeding.

Features

- 240 Calories (1 cal/mL) and 8 g of protein per 237-mL serving.
- 0 g of fat.
- Provides 22 vitamins and minerals.
- 2 delicious flavours: Apple and Mixed Berry.
- Gluten-free.
- Kosher.
- Halal (Apple only).



Ingredients

Liquid Apple:

Water, Sugars (sugar, corn syrup solids), Whey Protein Isolate, Citric Acid, Phosphoric Acid, Natural and Artificial Flavour, MINERALS (ferrous sulphate, Zinc Sulphate, Manganese Sulphate, Copper Sulphate, Potassium Iodide, Chromium Chloride, Sodium Selenate, Sodium Molybdate), VITAMINS (Ascorbic Acid, DL-Alpha-Tocopheryl Acetate, Calcium D-Pantothenate, Niacinamide, Pyridoxine Hydrochloride, Vitamin A Palmitate, Thiamine Chloride Hydrochloride, Riboflavin, Folic Acid, Phylloquinone, Vitamin D3, D-Biotin, and Cyanocobalamin).

Allergens: Contains milk.

Availability

List Number	Item
6490013	Ensure® Clear, Mixed Berry; 237-mL carton; 24 cartons/case
6490313	Ensure® Clear, Apple; 237- mL cartons; 24 cartons/case

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Nutrition Information - Liquid Apple

	237 mL	100 mL
	Value	Value
Energy, Cal (kJ)	240	101
Fat, g	0	0
Saturates, g	0	0
Trans, g	0	0
Carbohydrate, g	52	21.94
Fibre, g	0	0
Sugars, g	30	12.66
Protein, g	8	3.38
Cholesterol, mg	5	2
Sodium, mg	70	30
Potassium, mg	30	12.7
Calcium, mg	40	14.8
Iron, mg	2.5	1.14
Vitamin A, mcg	250	95
Vitamin C, mg	27	11.4
Vitamin D, mcg	4	1.69
Vitamin E, mg	2.25	0.9
Vitamin K, mcg	18	7.6
Thiamine, mg	0.35	0.14
Riboflavin, mg	0.45	0.18
Niacin, mg	4	1.69
Vitamin B6, mg	0.4	0.18
Folate, mcg DFE	100	42
Vitamin B12, mcg	0.6	0.25
Biotin, mcg	4.5	1.9
Pantothenate, mg	0.8	0.32
Phosphorus, mg	225	90
Iodine, mcg	45	19
Zinc, mg	3.5	1.39
Selenium, mcg	10	4
Copper, mg	0.14	0.06
Manganese, mg	0.225	0.1
Chromium, mcg	3.5	1.5
Molybdenum, mcg	4.5	1.9
Magnesium, mg	8	3.6

Product Characteristics

	Value

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Product Characteristics

	Value
Caloric Density (Cal/mL)	1.0
Protein (% of total energy)	13.3
Protein Source	Whey protein isolate
Fat (% of total energy)	0
MCT oil (% of total fats)	0
Omega-6:Omega-3 Ratio	N/A
Fat Source	N/A
Carbohydrate (% of total energy)	86.7
Carbohydrate Source	Sugar, corn syrup solids
Total Cal:g Nitrogen Ratio	187:1
Nonprotein Cal:g Nitrogen Ratio	162:1
Renal Solute Load (mOsm/L)	205
Water (g/L)	827
Osmolality (mOsm/kg H ₂ O)	920
Recommended Tube Size for Gravity/Pump Feeding (Fr)	NA
Fibre	No

Liquid Apple Footnotes & References

Per 237 mL

*5% or less is a little, 15% or more is a lot.

Preparation

Shake well. Serve cold. Once opened, reclose, refrigerate and use within 48 hours. Store unopened at room temperature. For adults only. Consult a health care professional prior to use if you are taking blood thinners or for recommended servings. Not for sole-source nutrition. Not intended to replace a meal.