

Product Information: Ensure® Compact

For more information, contact your Abbott Nutrition sales representative or visit
www.abbottnutrition.ca

Usage

- 1 Ensure® Compact is a good source of protein and is calorie- and nutrient-dense. The convenient format may help support patient compliance, and reduce wastage by removing the need to portion.^{1,2}
- 1 For patients:
 - who are unable to consume a full 235-mL serving (of oral nutritional supplement);
 - with a reduced appetite;
 - who have fluid restrictions or require volume-limited feedings;
 - with elevated energy requirements;
 - with or at risk of malnutrition;
 - who want to gain or maintain weight.
- 1 Prescribe in a medication pass program, given as 118 mL, 2 times per day (BID), with or without medications.*
- 1 For oral use only.
- 1 May be used as an interim sole source of nutrition.†



Features

- 1 Complete, balanced nutrition in half the size.‡
- 1 Calorically dense, with 1.8 Cal/mL.
- 1 Provides 9 g of protein per bottle.
- 1 Provides 26 vitamins and minerals.
- 1 Easy-to-open bottle.³
- 1 2 delicious flavours: Vanilla and Chocolate.
- 1 Gluten-free.
- 1 Kosher.
- 1 Halal.

* Confirm with pharmacist for drug-nutrient interactions.

† Additional fluid may be required.

‡ Compared to 235-mL Ensure® Regular.

¹ Jukkola K, McLennan P. *Austr J Ageing*. 2005;24:119-24.

² Roberts M, et al. *Br J Nutr*. 2003;90(2):425-9.

³ Data on file. Abbott Laboratories Co., 2007 (796 - Ease of bottle use).

Ingredients

Liquid Vanilla:

Water, Corn Syrup, Milk Protein Concentrate, Sugar, Soy Oil, Hydrolyzed Sodium Caseinate, Canola Oil, Corn Oil, Natural and Artificial Flavours, Cellulose Gel, Soy Lecithin, Cellulose Gum, Carrageenan, MINERALS (Calcium Citrate, Potassium Phosphate Dibasic, Calcium Carbonate, Magnesium Phosphate Dibasic, Potassium Chloride, Potassium Hydroxide, Magnesium Chloride, Sodium Citrate, Potassium Citrate, Salt, Calcium Phosphate Tribasic, Ferrous Sulphate, Magnesium Sulphate, Zinc Sulphate, Manganese Sulphate, Copper Sulphate, Potassium Iodide, Sodium Molybdate, Chromium Chloride, Sodium Selenate), VITAMINS (Choline Chloride, Ascorbic Acid, DL-Alpha-Tocopheryl Acetate, Niacinamide, Calcium D-Pantothenate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Riboflavin, Vitamin A Palmitate, Folic Acid, Phylloquinone, Biotin, Vitamin D3, and Cyanocobalamin).

Allergens: Contains: Milk, Soy.

Availability

List Number	Item
0S748A40	Ensure® Compact, Vanilla; 118-mL bottles; 4 x 4/case
0S749A40	Ensure® Compact, Chocolate; 118-mL bottles; 4 x 4/case

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Nutrition Information - Liquid Vanilla

	100 mL	118 mL
	Value	Value
ENERGY, Cal (kJ)	185 (780)	218 (920)
Protein, g	7.6	9.0
Fat, g	5.1	6.0
Linoleic Acid, g	1.8	2.1
Linolenic Acid, g	0.22	0.26
Carbohydrate, g	27	32
Vitamin A, IU	420	497
Vitamin D, IU	68	80
Vitamin E, IU	9.5	11
Vitamin K, mg	0.015	0.018
Vitamin C, mg	39	46
Thiamine, mg	0.32	0.38
Riboflavin, mg	0.40	0.47
Niacin, mg NE	2.2	2.6
Vitamin B6, mg	0.46	0.54
Folic Acid, mg	0.055	0.065
Vitamin B12, mg	0.0006	0.00071
Pantothenic Acid, mg	1.5	1.8
Biotin, mg	0.01	0.012
Choline, mg	101	119
Sodium, mg	137	162
Potassium, mg	279	330
Chloride, mg	156	185
Calcium, mg	276	326
Phosphorus, mg	159	188
Magnesium, mg	36	43
Iron, mg	3.8	4.5
Zinc, mg	2.2	2.6
Iodine, mg	0.032	0.038
Copper, mg	0.27	0.32
Manganese, mg	0.64	0.76
Selenium, mg	0.012	0.014
Chromium, mg	0.009	0.011
Molybdenum, mg	0.016	0.019

Product Characteristics

	Value
Caloric Density (Cal/mL)	1.8

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Product Characteristics

	Value
Protein (% of total energy)	16.5
Protein Source	Milk protein concentrate, hydrolyzed sodium caseinate
Fat (% of total energy)	24.8
MCT oil (% of total fats)	0.0
Omega-6:Omega-3 Ratio	7.4:1
Fat Source	Soy oil, canola oil, corn oil
Carbohydrate (% of total energy)	58.7
Carbohydrate Source	Corn syrup, sugar
Total Cal:g Nitrogen Ratio	154:1
Nonprotein Cal:g Nitrogen Ratio	129:1
Water (g/L)	721
Osmolality (mOsm/kg water)	1270
Renal Solute Load (mOsm/L)	610
Recommended Tube Size for Gravity/Pump Feeding (Fr)	N/A
Fibre	No

Preparation

Directions for Use:

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