

Product Information: Ensure® High Protein 12 g

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

Ensure® High Protein 12 g

Complete, balanced nutrition

Usage

- 1 Ensure® High Protein 12 g is complete, balanced nutrition with 33% more protein per bottle* Protein helps build muscle mass. It can be used as a supplement between or with meals, or, in appropriate amounts, as a meal.
- 1 For patients:
 - With or at risk of malnutrition;
 - With involuntary weight loss;
 - With increased protein requirements;
 - Recovering from illness or injury.
- 1 For oral feeding.

Features

- 1 Complete, balanced nutrition.
- 1 Provides 12 g of protein per bottle.
- 1 Provides 25 vitamins and minerals.
- 1 3 delicious flavors: Vanilla, Chocolate, and Strawberry.
- 1 Low-residue.
- 1 Gluten-free.
- 1 Kosher.
- 1 Halal.

* Compared to Ensure® Regular.



Ingredients

Liquid Vanilla:

Water, Sugar, Corn Maltodextrin, Calcium Caseinate, High Oleic Safflower Oil, Canola Oil, Soy Protein Isolate, Sodium Caseinate, Corn Oil, Natural and Artificial Flavour, Soy Lecithin, Carrageenan, MINERALS (Potassium Citrate, Sodium Citrate, Tricalcium Phosphate, Magnesium Phosphate Dibasic, Magnesium Chloride, Salt, Potassium Phosphate Dibasic, Zinc Sulphate, Ferrous Sulphate, Manganese Sulphate, Copper Sulphate, Potassium Iodide, Sodium Molybdate, Sodium Selenate, Chromium Chloride), VITAMINS (Ascorbic Acid, Niacinamide, DL-Alpha-Tocopheryl Acetate, Calcium D-Pantothenate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Thiamine Chloride Hydrochloride, Riboflavin, Folic Acid, D-Biotin, Vitamin D3, and Cyanocobalamin).

Allergens: Contains: Milk, Soy.

Availability

List Number	Item
5725013	Ensure® High Protein 12 g, Vanilla; 235-mL bottles; 4 x 6/case
5725313	Ensure® High Protein 12 g, Chocolate; 235-mL bottles; 4 x 6/case
5942213	Ensure® High Protein 12 g, Strawberry; 235-mL bottles; 4 x 6/case
6823913	Ensure® High Protein 12 g, Vanilla; 235-mL bottles; 16/case
6824013	Ensure® High Protein 12 g, Chocolate; 235-mL bottles; 16/case

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Abbott Nutrition Abbott Laboratories Co.
Saint-Laurent, Quebec, Canada H4S 1Z6
1-866-767-7411



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Nutrition Information - Liquid Vanilla

	100 mL	235 mL
	Value	Value
ENERGY, Cal (kJ)	96 (402)	225 (940)
Protein, g	5.02	12
Fat, g	2.55	6
Polyunsaturates, g	0.5	1.2
Linoleic Acid, g	0.43	1
Linolenic Acid, g	0.08	0.2
Monounsaturates, g	1.0	2.4
Saturates, g	0.2	0.5
Carbohydrate, g	13.2	31
Vitamin A, mcg RE	149	350
Vitamin D, mcg	0.53	1.3
Vitamin E, mg	1.07	2.5
Vitamin C, mg	6.4	15
Thiamine, mg	0.138	0.32
Riboflavin, mg	0.184	0.43
Niacin, mg NE	2.55	6
Vitamin B6, mg	0.2	0.47
Folic Acid, mcg DFE	43	101
Vitamin B12, mcg	0.21	0.49
Pantothenic Acid, mg	0.74	1.7
Biotin, mcg	14.9	35
Sodium, mg	123	289
Potassium, mg	182	428
Chloride, mg	107	251
Calcium, mg	117	275
Phosphorus, mg	117	275
Magnesium, mg	27.7	65
Iron, mg	1.49	3.5
Zinc, mg	1.7	4
Iodide, mcg	17	40
Copper, mg	0.21	0.5
Manganese, mg	0.55	1.3
Selenium, mcg	5.1	12
Chromium, mcg	4.3	10
Molybdenum, mcg	11.9	28

Product Characteristics

	Value

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	Value
Caloric Density (Cal/mL)	0.96
Protein (% of total energy)	21
Protein Source	Sodium and calcium caseinate, soy protein isolate
Fat (% of total energy)	24
MCT oil (% of total fats)	0
Omega-6:Omega-3 Ratio	7.40:1
Fat Source	High oleic safflower oil, canola oil, corn oil
Carbohydrate (% of total energy)	55
Carbohydrate Source	Sugar, corn maltodextrin
Total Cal:g Nitrogen Ratio	122:1
Nonprotein Cal:g Nitrogen Ratio	96.1:1
Water (g/L)	837
Osmolality (mOsm/kg water)	546
Renal Solute Load (mOsm/L)	417
Recommended Tube Size for Gravity/Pump Feeding (Fr)	N/A

Preparation

Directions for Use:

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

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