

Product Information: Ensure® High Protein 16 g

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

Ensure® High Protein 16 g

Oral nutritional supplementation

Usage

- 1 Ensure® High Protein 16 g provides more protein and less calories.* It can be used as a supplement between or with meals.
- 1 For patients with increased protein requirements.
- 1 For oral feeding.

Features

- 1 Oral nutritional supplementation.
- 1 50% less sugar and 29% less calories than Ensure High Protein 12 g.
- 1 High in protein, it provides 16 g protein per bottle. Protein helps build muscle mass, repair body tissues, and build antibodies.
- 1 Provides 26 vitamins and minerals.
- 1 2 delicious flavours: Vanilla and Chocolate.
- 1 Gluten-free.
- 1 Kosher.
- 1 Halal.

* Compared to Ensure High Protein 12 g.



Ingredients

Liquid Vanilla:

Water, Milk Protein Concentrate, Corn Maltodextrin, Sugar, Soy Protein, Canola Oil, Natural and Artificial Flavours, Cellulose Gel, Carrageenan, Cellulose Gum, Gellan Gum, Acesulfame-Potassium, Sucralose, MINERALS (Potassium Citrate, Sodium Citrate, Salt, Magnesium Chloride, Ferrous Sulphate, Zinc Sulphate, Manganese Sulphate, Copper Sulphate, Potassium Iodide, Chromium Chloride), VITAMINS (Choline Chloride, Sodium-L-Ascorbate, Niacinamide, Calcium D-Pantothenate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Riboflavin, Vitamin A Palmitate, Folic Acid, Biotin, DL-Alpha-Tocopheryl Acetate, Vitamin D3), and As Needed: Potassium Chloride.

Allergens: Contains: Milk, Soy.

Availability

List Number	Item
6773813	Ensure® High Protein 16 g, Vanilla; 4 x 235-mL bottles; 6/case
6773913	Ensure® High Protein 16 g, Chocolate; 4 x 235-mL bottles; 6/case

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Nutrition Information - Liquid Vanilla

	100 mL	235 mL
	Value	Value
ENERGY, Cal (kJ)	68 (282)	160 (670)
Protein, g	6.75	16
Fat, g	0.84	2.0
Saturates, g	0.21	0.50
Linoleic Acid, g	0.13	0.12
Linolenic Acid, g	0.05	0.31
Cholesterol, mg	8	19
Carbohydrate, g	8.02	19
Sugars, g	3.38	7.9
Fibre, g	0.38	0.89
Acesulfame-potassium, mg	7.36	17
Sucralose, mg	2.62	6.2
Vitamin A, mcg RE	95	223
Vitamin D, mcg	0.42	1.0
Vitamin E, mg	0.95	2.2
Vitamin C, mg	5.7	13
Thiamine, mg	0.15	0.35
Riboflavin, mg	0.16	0.38
Niacin, mg NE	2.36	5.6
Vitamin B6, mg	0.14	0.33
Folate, mcg DFE	30	71
Vitamin B12, mcg	0.14	0.33
Biotin, mcg	11.5	27
Pantothenic Acid, mg	0.55	1.3
Choline, mg	58.0	136
Sodium, mg	87	204
Potassium, mg	198	465
Chloride, mg	88	207
Calcium, mg	138	324
Phosphorus, mg	79	186
Magnesium, mg	17.7	42
Iron, mg	0.76	1.8
Zinc, mg	1.18	2.8
Copper, mg	0.11	0.26
Manganese, mg	0.39	0.92
Selenium, mcg	2.3	5.4
Chromium, mcg	3.0	7.1
Molybdenum, mcg	4.8	11
Iodide, mcg	15.8	37

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Product Characteristics

	Value
Caloric Density (Cal/mL)	0.68
Protein (% of total energy)	40.0
Protein Source	Milk protein concentrate, soy protein
Fat (% of total energy)	11.3
MCT oil (% of total fats)	0.0
Omega-6:Omega-3 Ratio	2.23:1
Fat Source	Canola oil
Carbohydrate (% of total energy)	48.7
Carbohydrate Source	Corn maltodextrin, sugar
Total Cal:g Nitrogen Ratio	64:1
Nonprotein Cal:g Nitrogen Ratio	38:1
Water (g/L)	838
Osmolality (mOsm/kg water)	220
Renal Solute Load (mOsm/L)	502
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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