

Product Information: Ensure® Light Nutrition Shake

For more information, contact your Abbott Nutrition Representative or visit
www.abbottnutrition.com

Ensure® Light Nutrition Shake

Targeted nutrition

- 1 ENSURE LIGHT has smart nutrition in 70-80 calories to help you balance your diet.
- 1 For oral use.
- 1 60% fewer calories than Ensure Original (70-80 vs 220 Cal/8 fl oz).
- 1 22 vitamins & minerals.
- 1 Excellent source of protein (12 g/8 fl oz).
- 1 0 g sugar.
- 1 #1 Doctor recommended brand.
- 1 Kosher.
- 1 Halal.
- 1 Gluten-free.
- 1 Suitable for lactose intolerance.



Safety Precautions

- 1 Notice: Use this product as a food supplement only. Do not use for weight reduction.
- 1 Not for IV use.
- 1 Not for people with galactosemia.

Ingredients

Liquid Vanilla:

Water, Milk Protein Concentrate, Soy Protein Isolate, Canola Oil. Less than 0.5% of: Vitamins & Minerals (Potassium Citrate, Sodium Citrate, Magnesium Phosphate, Ascorbic Acid, Calcium Phosphate, dl-Alpha-Tocopheryl Acetate, Ferrous Sulfate, Niacinamide, Zinc Gluconate, Calcium Pantothenate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Riboflavin, Manganese Gluconate, Folic Acid, Beta-Carotene, Biotin, Chromium Chloride, Potassium Iodide, Phylloquinone, Sodium Molybdate, Sodium Selenite, Vitamin D3, Vitamin B12), Natural & Artificial Flavor, Cellulose Gum, Salt, Acesulfame Potassium, Soy Lecithin, Cellulose Gel, Carrageenan, Gellan Gum, and Sucralose.

Allergens: Contains milk and soy ingredients.

Availability

List Number	Item
64121	Ensure Light Nutrition Shake Milk Chocolate / 8 fl oz (237 mL) Bottle / 4 x 6 ct
64123	Ensure Light Nutrition Shake Vanilla / 8 fl oz (237 mL) Bottle / 4 x 6 ct

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2 of 4



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Nutrition Information - Liquid Vanilla

	8 fl oz (237 mL)	
	Value	%RDI / %DV*
Calories	70	
Total Fat, g	2	3
Saturated Fat, g	0.5	3
Trans Fat, g	0	
Cholesterol, mg	10	3
Sodium, mg	230	10
Total Carbohydrate, g	2	1
Dietary Fiber, g	0	0
Total Sugars, g	0	
Added Sugars, g	0	0
Protein, g	12	24
Vitamin D, mcg	1.5	8
Calcium, mg	200	15
Iron, mg	4.5	25
Potassium, mg	290	6
Vitamin A		25
Vitamin C		20
Vitamin E		25
Vitamin K		15
Thiamin		25
Riboflavin		25
Niacin		40
Vitamin B6		20
Folate		70
Folic Acid, mcg	160	
Vitamin B12		40
Biotin		150
Pantothenic Acid		40
Phosphorus		15
Iodine		15
Magnesium		15
Zinc		25
Selenium		25
Manganese		15
Chromium		70
Molybdenum		25

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Liquid Vanilla Footnotes & References

Per 8 fl oz (237 mL)

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Preparation

Instructions for Use:

- 1 Shake well.
- 1 Serve cold.
- 1 Refrigerate after opening.

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