

Product Information: Ensure® Original Shake

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

Ensure® Original Shake

Complete, Balanced Nutrition®

- 1 ENSURE ORIGINAL can benefit patients who are malnourished, at risk of malnutrition, or experiencing involuntary weight loss.
- 1 For oral use.
- 1 For interim sole-source nutrition.
- 1 Good source of protein (9 g/8 fl oz).
- 1 Good source of 27 essential vitamins and minerals.
- 1 Excellent source (320 mg/8 fl oz) of plant-based omega-3 fatty acid alpha-linolenic acid (ALA, 20% of 1.6 g DV) to support heart health.
- 1 Excellent source of vitamin D to support bone health.
- 1 Ensure is the #1 doctor recommended brand.
- 1 Kosher.
- 1 Halal.
- 1 Gluten-free.
- 1 Suitable for lactose intolerance.



Safety Precautions

- 1 Not for IV use.
- 1 Not for people with galactosemia.

Ingredients

Liquid Vanilla:

Water, Corn Maltodextrin, Sugar, Milk Protein Concentrate, Blend of Vegetable Oils (Canola, Corn), Soy Protein Isolate, Nonfat Milk. Less than 0.5% of: Vitamins & Minerals (Potassium Citrate, Magnesium Phosphate, Calcium Carbonate, Sodium Citrate, Ascorbic Acid, Choline Chloride, Calcium Phosphate, Potassium Chloride, Potassium Hydroxide, Ferrous Sulfate, dl-Alpha-Tocopheryl Acetate, Zinc Sulfate, Niacinamide, Calcium Pantothenate, Manganese Sulfate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Copper Sulfate, Riboflavin, Vitamin A Palmitate, Folic Acid, Potassium Iodide, Chromium Chloride, Sodium Selenate, Sodium Molybdate, Phylloquinone, Biotin, Vitamin D3, Vitamin B12), Natural & Artificial Flavors, Cellulose Gel, Salt, Cellulose Gum, Monoglycerides, Soy Lecithin, Carrageenan, and Sucralose.

Allergens: Contains milk and soy ingredients.

Availability

List Number	Item
53432	Ensure Original Shake Vanilla / 8 fl oz (237 mL) Bottle / 16 ct
53623	Ensure Original Shake Milk Chocolate / 8 fl oz (237 mL) Bottle / 16 ct
53806	Ensure Original Shake Dark Chocolate / 8 fl oz (237 mL) Bottle / 4 x 6 ct
57231	Ensure Original Shake Milk Chocolate / 8 fl oz (237 mL) Bottle / 4 x 6 ct
57234	Ensure Original Shake Strawberry / 8 fl oz (237 mL) Bottle / 4 x 6 ct
57237	Ensure Original Shake Coffee Latte / 8 fl oz (237 mL) Bottle / 4 x 6 ct
57240	Ensure Original Shake Butter Pecan / 8 fl oz (237 mL) Bottle / 4 x 6 ct
57243	Ensure Original Shake Vanilla / 8 fl oz (237 mL) Bottle / 4 x 6 ct
63389	Ensure Original Shake Strawberry / 8 fl oz (237 mL) Bottle / 16 ct
66910	Ensure Original Shake Banana Nut / 8 fl oz (237 mL) Bottle / 4 x 6 ct

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Nutrition Information - Liquid Vanilla

	8 fl oz (237 mL)	
	Value	%RDI / %DV*
Calories	220	
Total Fat, g	6	8
Saturated Fat, g	1	5
Trans Fat, g	0	
Polyunsaturated Fat, g	2	
Monounsaturated Fat, g	3	
Cholesterol, mg	<5	<2
Sodium, mg	210	9
Total Carbohydrate, g	32	12
Dietary Fiber, g	<1	<3
Total Sugars, g	10	
Added Sugars, g	9	18
Protein, g	9	18
Vitamin D, mcg	8	40
Calcium, mg	330	25
Iron, mg	4.5	25
Potassium, mg	470	10
Vitamin A		25
Vitamin C		80
Vitamin E		50
Vitamin K		20
Thiamin		25
Riboflavin		30
Niacin		35
Vitamin B6		30
Folate		25
Folic Acid, mcg	60	
Vitamin B12		25
Biotin		25
Pantothenic Acid		30
Phosphorus		20
Iodine		25
Magnesium		20
Zinc		30
Selenium		25
Copper		25
Manganese		25
Chromium		25
Molybdenum		35

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Nutrition Information - Liquid Vanilla

	8 fl oz (237 mL)	
	Value	%RDI / %DV*
Chloride		10
Choline		25

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. Best served chilled.
- 1 After opening, refrigerate and consume product within 48 hours. If consuming product directly from the container, refrigerate and consume within 24 hours.

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