

Product Information: Ensure® Plus

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



Usage

- 1 Ensure® Plus is a good source of protein and is high in calories to help people gain or maintain weight. It can be used with or between meals or, in appropriate amounts, as a meal replacement.
- 1 For patients:
 - who need to gain or maintain weight;
 - who have fluid restrictions or require volume-limited feedings.
- 1 For oral feeding.
- 1 May be used as an interim sole source of nutrition.*

Features

- 1 Complete, balanced nutrition.
- 1 40% more protein and 50% more calories per serving than Ensure® Regular.
- 1 Provides 26 vitamins and minerals.
- 1 3 delicious flavors: Vanilla, Chocolate, and Strawberry.
- 1 Gluten-free.
- 1 Kosher.
- 1 Halal.

* Additional fluid may be required.

Ingredients

Liquid Vanilla:

Water, Sugars (Corn Syrup, Sugar), Corn Maltodextrin, Calcium Caseinate, High Oleic Safflower Oil, Canola Oil, Soy Protein, Corn Oil, Soy Lecithin, Natural and Artificial Flavour, Carrageenan, MINERALS (Potassium Citrate, Salt, Tricalcium Phosphate, Potassium Phosphate Dibasic, Magnesium Phosphate Dibasic, Magnesium Chloride, Sodium Citrate, Potassium Chloride, Ferrous Sulphate, Zinc Sulphate, Manganese Sulphate, Copper Sulphate, Sodium Molybdate, Potassium Iodide, Chromium Chloride, Sodium Selenate), 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
6220613	Ensure® Plus®, Vanilla; 235-mL cans; 12/case
6220913	Ensure® Plus®, Chocolate; 235-mL cans; 12/case
6221013	Ensure® Plus®, Strawberry; 235-mL cans; 12/case

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Nutrition Information - Liquid Vanilla

	100 mL	235 mL
	Value	Value
ENERGY, Cal (kJ)	151 (634)	355 (1490)
Protein, g	5.66	13
Fat, g	4.04	9.5
Polyunsaturates, g	0.8	1.9
Linoleic Acid, g	0.77	1.8
Linolenic Acid, g	0.13	0.3
Monounsaturates, g	1.7	4.0
Saturates, g	0.2	0.5
Carbohydrate, g	23	54
Vitamin A, IU	532	1250
Vitamin D, IU	26	61
Vitamin E, IU	1.7	4.0
Vitamin C, mg	6.4	15.0
Thiamine, mcg	138	324
Riboflavin, mcg	181	425
Niacin, mg NE	2.56	6.01
Vitamin B6, mg	0.21	0.49
Folic Acid, mcg	26	61
Vitamin B12, mcg	0.21	0.49
Pantothenic Acid, mg	0.74	1.74
Biotin, mg	0.0149	0.0350
Sodium, mg	107	251
Potassium, mg	196	461
Chloride, mg	164	385
Calcium, mg	128	301
Phosphorus, mg	117	275
Magnesium, mg	27.7	65.1
Iron, mg	1.62	3.81
Zinc, mg	1.70	4.00
Iodide, mcg	17.1	40.2
Copper, mg	0.213	0.5
Manganese, mg	0.55	1.29
Selenium, mcg	5.5	13
Chromium, mcg	4.7	11
Molybdenum, mcg	11.9	28

Product Characteristics

	Value

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Product Characteristics

	Value
Caloric Density (Cal/mL)	1.5
Protein (% of total energy)	15.0
Protein Source	Calcium caseinate, soy protein
Fat (% of total energy)	24.1
MCT oil (% of total fats)	0
Omega-6:Omega-3 Ratio	5.8:1
Fat Source	High oleic safflower oil, canola oil, corn oil, soy lecithin
Carbohydrate (% of total energy)	60.9
Carbohydrate Source	Corn syrup, sugar, corn maltodextrin
Total Cal:g Nitrogen Ratio	169:1
Nonprotein Cal:g Nitrogen Ratio	144:1
Water (g/L)	770
Osmolality (mOsm/kg water)	788
Renal Solute Load (mOsm/L)	466
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.