

## Product Information: Ensure® Plus

For more information, contact your Abbott Nutrition Representative or visit  
[www.abbottnutrition.com](http://www.abbottnutrition.com)

- 1 ENSURE PLUS provides concentrated calories and protein to help patients gain or maintain healthy weight. It can benefit patients who have malnutrition, are at nutritional risk, or are experiencing involuntary weight loss.
- 1 For oral use.
- 1 For interim sole-source nutrition.
- 1 To help gain or maintain a healthy weight.
- 1 Complete, Balanced Nutrition®.
- 1 50% more calories than Ensure Original (350 vs 220 Cal/8 fl oz).
- 1 Excellent source of vitamin D and calcium to support bone health.
- 1 Concentrated calories (1.5 Cal/mL) and an excellent source of protein (13 g/8 fl oz).
- 1 Excellent source (650 mg/8 fl oz) of plant-based omega-3 fatty acid alpha-linolenic acid (ALA, 40% of 1.6 g DV) to support heart health.
- 1 Contains 82.5 mg choline per serving, which is 15% of the DV for choline (550 mg).
- 1 #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, Blend of Vegetable Oils (Canola, Corn), Milk Protein Concentrate, Soy Protein Isolate. Less than 0.5% of: Natural & Artificial Flavor, Nonfat Milk, Magnesium Phosphate, Sodium Citrate, Soy Lecithin, Potassium Citrate, Cellulose Gel, Calcium Phosphate, Potassium Chloride, Choline Chloride, Ascorbic Acid, Salt, Cellulose Gum, Carrageenan, Potassium Hydroxide, Ferrous Sulfate, dl-Alpha-Tocopheryl Acetate, Zinc Sulfate, Niacinamide, Manganese Sulfate, Calcium Pantothenate, Copper Sulfate, Vitamin A Palmitate, Thiamine Chloride Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Chromium Chloride, Folic Acid, Sodium Molybdate, Biotin, Sodium Selenate, Potassium Iodide, Phylloquinone, Vitamin D3, and Vitamin B12.

**Allergens:** Contains milk and soy ingredients.

## Availability

List Number	Item
53642	Ensure Plus Nutrition Shake Vanilla / 8 fl oz (237 mL) Bottle / 30 ct
53809	Ensure Plus Nutrition Shake Dark Chocolate / 8 fl oz (237 mL) Bottle / 4 x 6 ct
57263	Ensure Plus Nutrition Shake Vanilla / 8 fl oz (237 mL) Bottle / 4 x 6 ct
57266	Ensure Plus Nutrition Shake Milk Chocolate / 8 fl oz (237 mL) Bottle / 4 x 6 ct
57269	Ensure Plus Nutrition Shake Strawberry / 8 fl oz (237 mL) Bottle / 4 x 6 ct
57272	Ensure Plus Nutrition Shake Butter Pecan / 8 fl oz (237 mL) Bottle / 4 x 6 ct
57755	Ensure Plus Nutrition Shake Vanilla / 8 fl oz (237 mL) Bottle / 24 ct
57756	Ensure Plus Nutrition Shake Milk Chocolate / 8 fl oz (237 mL) Bottle / 24 ct
62932	Ensure Plus Nutrition Shake Vanilla / 8 fl oz (237 mL) Bottle / 16 ct
66544	Ensure Plus Nutrition Shake Milk Chocolate / 8 fl oz (237 mL) Bottle / 16 ct

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### Nutrition Information - Liquid Vanilla

	8 fl oz (237 mL)	
	Value	%RDI / %DV*
Calories	350	
Calories from Fat	100	
Total Fat, g	11	17
Saturated Fat, g	1	5
Trans Fat, g	0	
Polyunsaturated Fat, g	4	
Monounsaturated Fat, g	5	
Cholesterol, mg	10	3
Sodium, mg	220	9
Potassium, mg	400	11
Total Carbohydrate, g	50	17
Dietary Fiber, g	0	0
Sugars, g	20	
Protein, g	13	26
Vitamin A		25
Vitamin C		60
Calcium		30
Iron		25
Vitamin D		80
Vitamin E		30
Vitamin K		25
Thiamin		25
Riboflavin		25
Niacin		25
Vitamin B6		25
Folate		25
Vitamin B12		25
Biotin		25
Pantothenic Acid		25
Phosphorus		30
Iodine		25
Magnesium		25
Zinc		25
Selenium		30
Copper		25
Manganese		60
Chromium		25
Molybdenum		60
Chloride		8

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### Liquid Vanilla Footnotes & References

*Per 8 fl oz (237 mL)*

\*Percent Daily Values (%DV) are based on a 2,000 Calorie diet.

### Preparation

#### Instructions for Use:

- 1 Shake well. Best served chilled.
- 1 Once opened, reclose, refrigerate and **use within 48 hours**.
- 1 If not consumed directly from the container, cover refrigerate, and **use within 24 hours**.