

## Product Information: Ensure® Protein Max

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[www.abbottnutrition.ca](http://www.abbottnutrition.ca)

# Ensure® Protein Max

Advanced nutrition with 20 g of protein and HMB

## Usage

- 1 Ensure® Protein Max is our most advanced oral nutritional supplement formulation for adults, providing complete, balanced nutrition and high-quality protein to help build strong muscles.
- 1 For hospitalized or community-based patients with increased protein requirements due to:
  - muscle mass loss or involuntary weight loss;
  - presence or risk of malnutrition;
  - preparing for and recovering from surgery;
  - recovering from illness or injury;
  - with increased energy requirements.
- 1 Prescribe in a medication pass program, given as 60-90 mL, between 3 times per day (TID) and 4 times per day (QID), with or without medications.\*
- 1 For oral feeding.



## Features

- 1 In a clinical study, Ensure® Protein Max significantly improved nutritional status within 90 days.<sup>1,†</sup>
- 1 Excellent source of high-quality protein, with 20 g per bottle.
- 1 Provides 1.5 g of CaHMB, a dietary source of HMB:
  - HMB supplementation may positively impact muscle mass.<sup>2,‡</sup>
  - HMB is a metabolite of the essential amino acid leucine and works to reduce muscle protein breakdown.<sup>2</sup>
- 1 Provides 3 g of scFOS fibre per bottle, which may help promote the growth of beneficial bacteria in the large bowel.<sup>3</sup>
- 1 Calorically dense, with 1.5 Cal/mL.
- 1 Source of Omega-3 polyunsaturated fats.
- 1 Provides 26 vitamins and minerals.
- 1 2 delicious flavours to prevent flavour fatigue: Vanilla and Chocolate.
- 1 Low-residue.
- 1 Gluten-free.
- 1 Kosher.
- 1 Halal.

\* Confirm with pharmacist for drug-nutrient interactions.

† In a clinical trial with over 600 undernourished people (Subjective Global Assessment [SGA] B or C) aged 65 and older with heart or lung disease, those using Ensure® Protein Max twice daily significantly improved their nutritional status over placebo within 90 days of hospital discharge.

‡ When used in conjunction with exercise.

<sup>1</sup> Deutz NE, et al. *Clin Nutr.* 2016;35:18-26.

<sup>2</sup> Wilson GJ, et al. *Nutr Metab (Lond.)* 2008;5:1.

<sup>3</sup> Bouhnik Y, et al. *Nutr J.* 2006;5(8):1-6.

## Ingredients

### Liquid Vanilla:

Water, Corn Syrup, Sodium Caseinate, Sucrose, Canola Oil, Soy Protein Isolate, Short-Chain Fructooligosaccharides (scFOS), Corn Oil, Milk Protein Concentrate, Calcium Beta-Hydroxy-Beta-Methylbutyrate (CaHMB), Whey Protein Concentrate, Natural and Artificial Flavours, Cellulose Gel, Monoglycerides, Soy Lecithin, Choline Chloride, Cellulose Gum, MINERALS (Potassium Citrate, Magnesium Phosphate, Potassium Phosphate, Salt (Sodium Chloride), Potassium Chloride, Zinc Sulphate, Ferrous Sulphate, Manganese Sulphate, Cupric Sulphate, Potassium Iodide, Calcium Carbonate, Chromium Chloride, Sodium Molybdate, Sodium Selenate), VITAMINS (Ascorbic Acid, Niacinamide, DL-Alpha-Tocopheryl Acetate, Calcium D-Pantothenate, Vitamin A Palmitate, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Folic Acid, Biotin, Vitamin D3, and Cyanocobalamin).

**Allergens:** Contains: Milk, Soy.

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## Availability

List Number	Item
66309899	Ensure® Protein Max, Chocolate; 235-mL bottles; 4 x 4/case
66310899	Ensure® Protein Max, Vanilla; 235-mL bottles; 4 x 4/case
66311825	Ensure® Protein Max, Vanilla; 235-mL bottles; 24/case
66312825	Ensure® Protein Max, Chocolate; 235-mL bottles; 24/case

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## Nutrition Information - Liquid Vanilla

	235 mL	100 mL
	Value	Value
ENERGY, Cal (kJ)	350 (1460)*	149 (620)*
Protein, g	20	8.5
Fat, g	11	4.7
Polyunsaturates, g	4.11	1.75
Linoleic Acid, g	3.5	1.5
Linolenic Acid, g	0.59	0.25
Monounsaturates, g	5.6	2.4
Saturates, g	1.3	0.55
Carbohydrate, g	44.2	18.8
Fibre, g	3	1.3
Short-chain fructooligosaccharides (scFOS), g	3	1.3
CaHMB, g	1.5	0.64
Vitamin A, IU	1250	532
Vitamin D, IU	60	25.5
Vitamin E, IU	4.1	1.74
Vitamin C, mg	15	6.4
Thiamine, mg	0.32	0.14
Riboflavin, mg	0.41	0.174
Niacin, mg	5.9	2.5
Vitamin B6, mg	0.41	0.175
Folic Acid, mg	0.061	0.026
Vitamin B12, mg	0.00028	0.00012
Pantothenic Acid, mg	1.3	0.55
Biotin, mg	0.035	0.0149
Choline, mg	82	34.9
Sodium, mg	259	110
Potassium, mg	470	200
Chloride, mg	155	66
Calcium, mg	250	106
Phosphorus, mg	251	107
Magnesium, mg	65	28
Iron, mg	2.6	1.11
Zinc, mg	3.7	1.58
Iodide	0.042	
Copper, mg	0.50	0.213
Manganese, mg	1.1	0.485
Selenium, mg	0.012	0.00468
Chromium, mg	0.011	0.005
Molybdenum, mg	0.026	0.011

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## Product Characteristics

	Value
Caloric Density (Cal/mL)	1.5
Protein (% of total energy)	22.8
Protein Source	Sodium caseinate, soy protein, milk protein concentrate, whey protein concentrate
Fat (% of total energy)	28.4
MCT oil (% of total fats)	0.0
Omega-6:Omega-3 Ratio	5.3:1
Fat Source	Canola oil, corn oil
Carbohydrate (% of total energy)	47.4
Carbohydrate Source	Corn syrup, sucrose, scFOS
Total Cal:g Nitrogen Ratio	111:1
Nonprotein Cal:g Nitrogen Ratio	86.7:1
Water (g/L)	681
Osmolality (mOsm/kg water)	890
Renal Solute Load (mOsm/L)	600
Recommended Tube Size for Gravity/Pump Feeding (Fr)	N/A

## Liquid Vanilla Footnotes & References

### Per 235 mL

\*CaHMB is approximately 1.4% of total energy and providing 3.2 Cal/g.

### Per 100 mL

\*CaHMB is approximately 1.4% of total energy and providing 3.2 Cal/g.

## Preparation

### Directions for Use:

- 1 Shake well — serve cold.
- 1 Once opened, refrigerate and use within 24 hours.