

## Product Information: Ensure® Regular

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

## Usage

- 1 Ensure® Regular is complete, balanced nutrition. It can be used as a supplement between or with meals, or, in appropriate amounts, as a meal replacement.
- 1 For patients:
  - with or at risk of malnutrition;
  - with involuntary weight loss;
  - recovering from illness or injury;
  - with anorexia (loss of appetite);
  - requiring a low-residue diet;
  - on consistency-modified diets.
- 1 For oral feeding.

## Features

- 1 Complete, balanced nutrition.
- 1 Provides 26 vitamins and minerals.
- 1 5 delicious flavours to prevent flavour fatigue: Vanilla, Chocolate, Strawberry, Butter Pecan, and Mixed Berry.
- 1 Low-residue.
- 1 Gluten-free.
- 1 Kosher.
- 1 Halal.



## Ingredients

### Liquid Vanilla:

Water, Sugar, Corn Maltodextrin, Milk Protein Concentrate, Soy Oil, Soy Protein Isolate, Canola Oil, Corn Oil, Natural and Artificial Flavours, Soy Lecithin, Carrageenan, MINERALS (Potassium Citrate, Magnesium Phosphate, Sodium Citrate, Calcium Phosphate, Salt, Potassium Chloride, Calcium Carbonate, Potassium Hydroxide, Zinc Sulphate, Ferrous Sulphate, Manganese Sulphate, Cupric Sulphate, Sodium Molybdate, Chromium Chloride, Potassium Iodide, Sodium Selenate), VITAMINS (Ascorbic Acid, Niacinamide, DL-Alpha-Tocopheryl Acetate, Calcium D-Pantothenate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Thiamine Chloride Hydrochloride, Riboflavin, Folic Acid, Biotin, Vitamin D3, and Cyanocobalamin).

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

## Availability

List Number	Item
50746848	Ensure® Regular, Butter Pecan; 235-mL bottles; 4 x 6/case
50747848	Ensure® Regular, Mixed Berry; 235-mL bottles; 4 x 6/case
57231848	Ensure® Regular, Chocolate; 235-mL bottles; 4 x 6/case
57234848	Ensure® Regular, Strawberry; 235-mL bottles; 4 x 6/case
57243848	Ensure® Regular, Vanilla; 235-mL bottles; 4 x 6/case

## Nutrition Information - Liquid Vanilla

	235 mL	100 mL
	Value	Value
ENERGY, Cal (kJ)	235 (983)	100 (418)
Protein, g	9.4	4.0
Fat, g	6.7	2.9
Polyunsaturates, g	3.3	1.4
Linoleic Acid, g	2.6	1.1
Linolenic Acid, g	0.4	0.17
Monounsaturates, g	2.0	0.9
Saturates, g	1.0	0.4
Carbohydrate, g	35.0	14.9
Vitamin A, IU	1250	532
Vitamin D, IU	60.0	25.5
Vitamin E, IU	4.1	1.7
Vitamin C, mg	15.0	6.38
Thiamine, mg	0.325	0.138
Riboflavin, mg	0.425	0.181
Niacin, mg NE	6.0	2.55
Vitamin B6, mg	0.501	0.213
Folic Acid, mg	0.060	0.0255
Vitamin B12, mg	0.00050	0.00021
Pantothenic Acid, mg	1.75	0.745
Biotin, mg	0.035	0.0149
Sodium, mg	250	106
Potassium, mg	375	160
Chloride, mg	250	106
Calcium, mg	300	128
Phosphorus, mg	275	117
Magnesium, mg	65.0	27.6
Iron, mg	3.80	1.62
Zinc, mg	4.00	1.70
Iodine, mg	0.040	
Copper, mg	0.50	0.21
Manganese, mg	1.30	0.55
Selenium, mg	0.013	0.006
Chromium, mg	0.011	0.005
Molybdenum, mg	0.028	0.012

## Product Characteristics

	Value
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## Product Characteristics

	Value
Caloric Density (Cal/mL)	1.0
Protein (% of total energy)	15.7
Protein Source	Milk protein concentrate, soy protein isolate
Fat (% of total energy)	25.7
MCT oil (% of total fats)	0.0
Omega-6:Omega-3 Ratio	6.5:1
Fat Source	Soy oil, canola oil, corn oil
Carbohydrate (% of total energy)	58.6
Carbohydrate Source	Sugar, corn maltodextrin
Total Cal:g Nitrogen Ratio	200:1
Nonprotein Cal:g Nitrogen Ratio	168:1
Water (g/L)	840
Osmolality (mOsm/kg water)	573
Renal Solute Load (mOsm/L)	385
Recommended Tube Size for Gravity/Pump Feeding (Fr)	N/A

## Preparation

### Directions for Use:

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