

# Ensure

Nutrition to stay strong and active

## Product Information

- Ensure is a complete, balanced nutrition with all essential nutrients.
- ENSURE provide good nutrition to help keep you strong and healthy and also help to support recovery.
- Scientifically designed to help malnourished adults to improve their nutritional status and body weight.
- 32 nutrients to help people stay strong and active.
- High quality protein.
- Ensure has balanced macronutrient ratio supporting optimum protein utilization.
- 2 servings of Ensure meets 80% of the RDA for calcium to support strong bones.
- Kosher.
- Halal.
- By nature it is free of gluten.
- Can be consumed after reconstituting either along with water or with milk.

## Safety Precautions

- Not for Parenteral or IV use.
- Not for people with galactosemia and lactose intolerance.
- Not intended for use in children unless recommended by physician or a qualified healthcare professional.

## Ingredients

**Ensure Chocolate:** Skimmed milk powder, maltodextrin, edible VEGETABLE OIL (high oleic sunflower oil, soy oil), sucrose, fructo-oligosaccharides, cocoa powder, fructose, MINERALS\*\*, flavorings and VITAMINS\*\*\*.

**Ensure Vanilla:** Milk solids, maltodextrin, edible VEGETABLE OIL (high oleic sunflower oil, soy oil), sucrose, fructo-oligosaccharides, MINERALS\*\*, flavorings (nature identical) and VITAMINS\*\*\*.

## Preparation

How to make a tasty and delicious mug of Ensure

1. Take water\* or milk.
2. Add Ensure (6 scoops in 190ml of water\* or 3 scoops in 150ml of milk).
3. Mix and enjoy. No need to add sugar.

\*all claims are applicable to mixing 6scoops of Ensure with water.

## Storage instructions

This jar contains a sealed foil pouch. Once foil pouch has been opened, contents should be used within 3 weeks. Please do not empty the contents of the foil into the container. For extra protection, continue to keep the foil pouch inside the jar. After use, close the lid of the jar. Store in cool, dry place (not in refrigerator). Reconstituted Ensure should be used promptly or covered, refrigerated and used within 24hours.

## Nutrition Information

### Ensure Chocolate

NUTRIENT	Ensure Powder(per 100 g)*
Energy	410 kcal
Vitamin D2***	158 IU
Calcium**	450 mg
Phosphorus**	450 mg
Magnesium**	72.0 mg
Vitamin K1***	16.0 mcg
Protein	14.20 g
Fat	10.50 g
Saturated fatty acids	4.00 g
Monounsaturated fatty acids	4.50 g
Polyunsaturated fatty acids	2.60 g
Linoleic acid (Omega 6)	1.51 g
Carbohydrate	61.70 g
Sugar (sucrose)	14.70 g
FOS ( fructo-oligosaccharides)	3.40 g
Vitamin A (Palmitate)***	644 mcg RE
Vitamin C***	50.0 mg
Zinc**	3.00 mg
Vitamin E***	18.5 mg
Folic acid***	140 mcg
Selenium**	15.0 mcg
Iron**	8.00 mg
Manganese**	1.30 mg
Vitamin B12***	2.60 mcg
Vitamin B1***	0.70 mg
Vitamin B2***	1.60 mg
Niacin***	9.90 mg NE
Vitamin B6***	0.81 mg
Pantothenic acid***	3.40 mg
Biotin***	126.0 mcg
Iodine**	32.0 mcg
Copper**	410 mcg

Choline***	100.0 mg
Chromium**	15.0 mcg
Sodium**	260 mg
Chloride**	450 mg
Potassium**	600 mg
Molybdenum**	30.0 mcg
Trans fatty acids	0.20 g
Cholesterol	<50.0 mg

## Ensure Vanilla

NUTRIENT	Ensure Powder(per 100 g)*
Energy	410 kcal
Vitamin D2***	158 IU
Calcium**	450 mg
Phosphorus**	450 mg
Magnesium**	72.0 mg
Vitamin K1***	24.0 mcg
Protein	15.10 g
Fat	11.50 g
Saturated fatty acids	4.00 g
Monounsaturated fatty acids	4.50 g
Polyunsaturated fatty acids	2.60 g
Linoleic acid (Omega 6)	2.20 g
Carbohydrate	61.70 g
Sugar (sucrose)	14.70 g
FOS ( fructo-oligosaccharides)	3.40 g
Vitamin A (palmitate)***	644 mcg RE
Vitamin C***	54.0 mg
Zinc**	3.50 mg
Vitamin E***	18.5 mg
Folic acid***	160 mcg
Selenium**	15.0 mcg
Iron**	8.00 mg
Manganese**	1.30 mg
Vitamin B12***	2.60 mcg
Vitamin B1***	0.70 mg
Vitamin B2***	1.60 mg
Niacin***	11.00 mg NE
Vitamin B6***	1.00 mg
Pantothenic acid***	4.00 mg

Biotin***	130.0 mcg
Iodine**	32.0 mcg
Copper**	410 mcg
Choline***	108.0 mg
Chromium**	15.0 mcg
Sodium**	288 mg
Chloride**	550 mg
Potassium**	600 mg
Molybdenum**	30.0 mcg
Trans fatty acids	0.20 g
Cholesterol	<50.0 mg