

Ensure Plus crème

1.4 kcal/g complete, balanced, dessert-style nutritional supplement

FOR HEALTHCARE PROFESSIONAL USE ONLY

PRESENTATION

- Presented in 4 x 125 g (171 kcal) pots.
- Available in banana, chocolate, neutral and vanilla flavours.

USES

Food for Special Medical Purposes, for use under medical supervision. Suitable as a nutritional supplement or as a sole source of nutrition for patients who cannot or will not eat sufficient quantities of everyday food and drink to meet their nutritional requirements.

Nutritionally complete for vitamins and minerals in 1100 g (excluding electrolytes, calculated using the UK Reference Nutrient Intake for men aged 19-50 years).

COMMUNITY USE—PRESCRIPTIONS

Can be prescribed on a FP10 (GP10 in Scotland) for the following indications:

- Disease-related malnutrition
- Total gastrectomy
- Short bowel syndrome
- Bowel fistulae
- Intractable malabsorption
- Pre-operative preparation of patients who are malnourished
- Proven inflammatory bowel disease
- CAPD
- Haemodialysis
- Dysphagia

All prescriptions should be endorsed ACBS (Advisory Committee on Borderline Substances).

Also available on the DPS (Drugs Payment Scheme) and the GMS (General Medical Services) Scheme in Ireland.

STORAGE & DIRECTIONS FOR USE

- Store unopened at room temperature.
- Ready for use. Open immediately prior to use.
- Best served chilled.
- Once opened, unused product should be covered and stored in a refrigerator. Unused contents should be discarded after 24 hours.

PRECAUTIONS

- In patients receiving some medications there may be a risk of drug nutrient interactions (e.g. warfarin and vitamin K). Careful prescribing and monitoring practices will serve to reduce the risk (please refer to pharmacist).
- Patients should not make any additions to the feed without consulting their pharmacist or dietitian.
- Unless recommended by a healthcare professional, not intended for use in children.
- Many nutritional products contain sucrose and other sugars. It is important for patients who are taking supplements as sip feeds to observe good oral hygiene. It is suggested that patients consult with their dentist for further advice.

CONTRA-INDICATIONS

- FOR ENTERAL USE ONLY.
- Do not use in children under 1 year of age.
- Not for use in galactosaemia.
- Suitable for people with diabetes provided that routine glucose checks are performed.

INGREDIENTS

Water, sucrose, **milk** protein, vegetable oils (canola, high oleic sunflower, corn), modified corn starch, maltodextrin, minerals (sodium citrate, potassium citrate, magnesium phosphate, potassium chloride, magnesium chloride, ferrous sulphate, zinc sulphate, manganese sulphate, tricalcium phosphate, cupric sulphate, sodium molybdate, potassium iodide, sodium selenate, chromium chloride), **soy** protein isolate, flavourings, emulsifier: **soy** lecithin, thickeners (E460, E466), vitamins (C, E, niacinamide, calcium pantothenate, B₆, B₁, B₂, beta-carotene, vitamin A palmitate, folic acid, K₁, biotin, D₃, B₁₂), choline chloride.

Note: all information based on vanilla flavour. Some minor differences exist between flavours.

GENERAL INFORMATION

Energy density	1.4 kcal/g
Energy distribution:	
Protein	16.8%
Carbohydrate	54.4%
Fat	28.8%

Renal solute load	479 mOsm/L
Osmolarity	602 mOsm/L
Osmolality	778 mOsm/kg H ₂ O
Gluten free?	✓
Clinically lactose free?	✓
Milk free?	✗
Suitable for vegetarians?	✓ ¹

For suitability for other diets and free-from information, please contact the Freephone Nutrition Helpline on 0800 252882.

1. Vitamin D is synthesised from cholesterol, extracted from the grease in wool sheared from live sheep.

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NUTRITION INFORMATION

	units	per 100 g	per 125 g
Energy	kJ	574	718
	kcal	137	171
Fat	g	4.47	5.59
- of which saturates	g	0.47	0.59
- of which MCT*	g	trace	trace
Carbohydrate	g	18.4	23.0
- of which sugars	g	12.3	15.4
Fibre	g	0	0
Protein (nitrogen)	g	5.68 (0.91)	7.10 (1.14)
Salt	g	0.25	0.31
Vitamins			
Vitamin A (RE)	µg	106	133
- of which β-carotene	µg	26	33
Vitamin D	µg	1.53	1.91
Vitamin E (α TE)	mg	2.2	2.8
Vitamin K	µg	10.9	13.6
Vitamin C	mg	10.9	13.6
Folacin (folic acid)	µg	30	38
Thiamin (vitamin B₁)	mg	0.18	0.23
Riboflavin (vitamin B₂)	mg	0.25	0.31
Vitamin B₆	mg	0.25	0.31
Vitamin B₁₂	µg	0.59	0.74
Niacin (NE)	mg	2.36	2.95
Pantothenic acid	mg	1.00	1.25
Biotin	µg	5.5	6.9
Minerals			
Sodium	mg (mmol)	100 (4.35)	125 (5.44)
Potassium	mg (mmol)	164 (4.19)	205 (5.24)
Chloride	mg (mmol)	82 (2.31)	103 (2.89)
Calcium	mg (mmol)	100 (2.50)	125 (3.12)
Phosphorus (phosphate)	mg (mmol)	84 (2.71)	105 (3.39)
Magnesium	mg (mmol)	27.3 (1.12)	34.1 (1.40)
Iron	mg	1.91	2.39
Zinc	mg	1.45	1.81
Manganese	mg	0.45	0.56
Copper	mg	0.16	0.2
Iodine	µg	20.0	25.0
Selenium	µg	7.6	9.5
Chromium	µg	6.8	8.5
Molybdenum	µg	14.6	18.3
Choline	mg	50.0	62.5

PROTEIN & AMINO ACIDS

	g/100 g protein	g/100 g	g/125 g
Protein source			
Milk protein isolate	87.7	4.98	6.23
Soy protein isolate	12.3	0.70	0.88
Amino acids			
- Essential			
Histidine	2.57	0.15	0.19
Isoleucine	4.79	0.27	0.34
Leucine	9.60	0.55	0.69
Lysine	7.55	0.43	0.54
Methionine	2.21	0.13	0.16
Phenylalanine	4.87	0.28	0.35
Threonine	4.17	0.24	0.30
Tryptophan	1.29	0.07	0.09
Valine	5.84	0.33	0.41
Arginine	3.52	0.20	0.25
- Non-essential			
Alanine	3.41	0.19	0.24
Aspartic acid / Asparagine	7.98	0.45	0.56
Cystine	0.56	0.03	0.04
Glutamic acid / Glutamine	21.7	1.23	1.54
Glycine	2.15	0.12	0.15
Proline	9.60	0.55	0.69
Serine	5.45	0.31	0.39
Tyrosine	2.74	0.16	0.20
Non-protein calorie: N	127	1	

CARBOHYDRATES

	% total carbohydrates	g/100 g	g/125 g
Carbohydrate source			
Sucrose	64.3	11.8	14.8
Modified corn starch	18.9	3.48	4.35
Maltodextrin	16.8	3.09	3.86

FAT & FATTY ACIDS

	% total fatty acids	g/100 g	g/125 g	
Fat source				
Canola oil	36.7	1.64	2.05	
High oleic sunflower oil	36.7	1.64	2.05	
Corn oil	18.5	0.83	1.03	
Milk fat	4.6	0.21	0.26	
Lecithin	3.43	0.15	0.19	
Fatty acids				
		g/100 g fat	g/100 ml	g/125 g
- Essential				
Linoleic acid	C18:2	23.6	1.06	1.33
Linolenic acid	C18:3	3.69	0.17	0.21
- Monounsaturated				
Palmitoleic acid	C16:1	0.15	0.01	0.01
Oleic acid	C18:1	61.4	2.75	3.44
Gadoleic acid	C20:1	0.73	0.03	0.04
Erucic acid	C22:1	0.13	trace	trace
- Saturated				
Caproic acid	C6:0	-	-	-
Caprylic acid	C8:0	-	-	-
Capric acid	C10:0	-	-	-
Lauric acid	C12:0	0.05	trace	trace
Myristic acid	C14:0	0.19	0.01	0.01
Palmitic acid	C16:0	6.00	0.27	0.34
Margaric acid	C17:0	0.07	trace	trace
Stearic acid	C18:0	2.47	0.11	0.14
Arachidic acid	C20:0	0.41	0.02	0.03
Behenic acid	C22:0	0.49	0.02	0.03
Tricosanoic acid	C23:0	-	-	-
Lignoceric acid	C24:0	0.19	0.01	0.01
P/S ratio				
		2.57		
n6 : n3		6 : 1		

*medium-chain triglycerides (C6:0 - C12:0)

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