

## Product Information: Glucerna® 1.0 Cal

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

# Glucerna® 1.0 Cal

For people with diabetes

- 1 Glucerna 1.0 Cal is a fiber- and fat-containing formula with reduced-carbohydrate designed to help minimize blood glucose response in patients with hyperglycemia.<sup>1,2,3</sup> It provides 34.3% of total calories as carbohydrate, which is designed to help minimize glycemic response. The formulation includes soy fiber to help support digestive health.
- 1 Specialized nutrition for enhanced glycemic management compared to a standard formula.
- 1 For patients with type 1 or type 2 diabetes or elevated glucose response.
- 1 For tube or oral feeding.
- 1 For supplemental or sole-source nutrition.
- 1 Use under medical supervision.
- 1 Glucerna 1.0 Cal contains a fat blend which is within the American Heart Association and American Diabetes Association recommendations favoring monounsaturated and polyunsaturated fats and limiting saturated fat to help manage lipid profiles.<sup>4,5,6</sup>
- 1 Meets or exceeds 100% of the RDIs for 25 essential vitamins and minerals in 1500 Cal (1500 mL).
- 1 Kosher.
- 1 Halal.
- 1 Gluten-free.
- 1 Suitable for lactose intolerance.



## Safety Precautions

- 1 Not for IV use.
- 1 Not suitable for people with galactosemia.

<sup>1</sup> Peters AL, et al. *Am J Med.* 1989;87:178-182.

<sup>2</sup> Peters AL, Davidson MB. *JPEN J Parenter Enteral Nutr.* 1992;16:69-74.

<sup>3</sup> McCargar LJ, et al. *Mol Cell Biochem.* 1998;188:81-89.

<sup>4</sup> Eckel R, et al. *Circulation.* 2014;129:S76-S99.

<sup>5</sup> Lichtenstein A, et al. 2021. *Circulation.* 2021; 144:e472–e487. DOI: 10.1161/CIR.0000000000001031

<sup>6</sup> American Diabetes Association. *Diabetes Care* 2024;47(Suppl. 1):S77–S110

## Ingredients

### Liquid Ready to Hang:

Water, Corn Maltodextrin, High Oleic Safflower Oil, Sodium Caseinate, Soy Fiber, Fructose, Soy Protein Isolate, Milk Protein Concentrate, Canola Oil. Less than 0.5% of: Soy Lecithin, Potassium Citrate, Calcium Phosphate, Natural & Artificial Flavors, Magnesium Chloride, Sodium Citrate, Inositol, Potassium Chloride, Potassium Phosphate, Ascorbic Acid, Magnesium Phosphate, Choline Chloride, L-Carnitine, Carrageenan, Taurine, dl-Alpha-Tocopheryl Acetate, Ferrous Sulfate, Niacinamide, Zinc Sulfate, Calcium Pantothenate, Manganese Sulfate, Thiamine Hydrochloride, Copper Sulfate, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Beta-Carotene, Folic Acid, Chromium Chloride, Sodium Molybdate, Potassium Iodide, Phylloquinone, Sodium Selenate, Biotin, Vitamin D3, and Vitamin B12.

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

## Availability

List Number	Item
62671	Glucerna 1.0 Cal / 33.8 fl oz (1 L) Ready-To-Hang Prefilled Container / 8 ct

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	33.8 fl oz (1 L) *	
	Value	%RDI / %DV
Protein, g	41.8	
Fat, g	54.4	
Saturated Fat, g	4	
Polyunsaturated Fat, g	8.5	
Monounsaturated Fat, g	38	
Carbohydrate, g	95.6	
Dietary Fiber, g	14.4 <sup>†</sup>	
Total Sugars, g	21	
Added Sugars, g	21	
L-Carnitine, mg	144	
Taurine, mg	106	
Water, mL	840	
Calories	1000	
Vitamin A, mcg RAE	635 <sup>‡</sup>	
Vitamin D, mcg	15.2	
Vitamin E, mg	50.6	
Vitamin K, mcg	101	
Vitamin C, mg	211	
Folate, mcg DFE	600	
Folic Acid, mcg	360	
Thiamin (Vitamin B1), mg	1.81	
Riboflavin (Vitamin B2), mg	2.53	
Vitamin B6, mg	2.53	
Vitamin B12, mcg	9.28	
Niacin, mg NE	21.1	
Choline, mg	380	
Biotin, mcg	42.2	
Pantothenic Acid, mg	8.9	
Inositol, mg	844	
Sodium, mg	800	
Potassium, mg	1650	
Chloride, mg	810	
Calcium, mg	890	
Phosphorus, mg	890	
Magnesium, mg	295	
Iodine, mcg	105	
Manganese, mg	2.32	
Copper, mg	1.18	
Zinc, mg	7.6	

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	33.8 fl oz (1 L) <sup>*</sup>	
	Value	%RDI / %DV
Iron, mg	12.7	
Selenium, mcg	38	
Chromium, mcg	42	
Molybdenum, mcg	72	

## Liquid Ready to Hang Footnotes & References

**Per 33.8 fl oz (1 L)<sup>\*</sup>**

<sup>\*</sup>Helps minimize the blood sugar spike from consuming Glucerna compared to high-glycemic carbohydrates.

<sup>†</sup>14.4 g of total dietary fiber from soy fiber.

<sup>‡</sup>320 mcg RAE of Vitamin A activity supplied by 0.8 mg Beta-Carotene.

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## Preparation

### Instructions for Use:

#### 8 fl oz Container

- 1 Store unopened at room temperature; avoid extreme temperatures.
- 1 Shake well prior to opening.
- 1 After opening, refrigerate and consume product within 48 hours. If consuming product directly from the container, refrigerate and consume within 24 hours.

#### Oral Feeding

- 1 May be used for total or supplemental nutrition.
- 1 May be fed at room temperature or chilled.

#### Tube Feeding

- 1 Follow physician's instructions.
- 1 Adjust flow rate and volume according to patient's condition and tolerance.
- 1 Feed at room temperature using a feeding pump or syringe.
- 1 Additional fluid requirements should be met by giving water between or after feedings or when flushing the tube.
- 1 Avoid contamination during preparation and use.

#### Ready-To-Hang Container

All medical foods, regardless of type of administration system, require careful handling because they can support microbial growth. Follow these instructions for clean technique and proper setup to reduce the potential for microbial contamination.

NOTE: Failure to follow the **INSTRUCTIONS FOR USE** increases the potential for microbial contamination and may reduce hangtime.

- 1 Administer product at room temperature.
- 1 THOROUGHLY wash hands with soap and water before handling container or feeding set.
- 1 Turn container upside down and SHAKE VIGOROUSLY, using a twisting motion for at least 10 seconds.
- 1 DO NOT touch any part of the container or feeding set that comes into contact with the formula.
- 1 When initiating feeding, follow physician's instructions. Adjust flow rate and volume according to patient's condition and tolerance.
- 1 Additional fluid requirements should be met by giving water between or after feedings or when flushing the tube.

#### For Use with Enteral Feeding Pumps:

- 1 Remove dust cover from RTH Safety Screw Cap.
- 1 Remove dust cover from feeding set connector.
- 1 Insert feeding set connector into port of RTH Safety Screw Cap and completely pierce foil.
- 1 Turn connector collar clockwise until it is securely fastened.
- 1 Close clamp on set before inverting container.
- 1 Invert container and suspend, using hanging ring on bottom of container.

#### Precautions

- 1 Follow directions for use provided by manufacturer of feeding sets.
- 1 Unless a shorter hang time is specified by the set manufacturer, hang product for up to 48 hours after initial connection when clean technique and only one new set are used. Otherwise hang for no more than 24 hours.