

## Product Information: Glucerna® Shake

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

# Glucerna® Shake

For people with diabetes

- 1 GLUCERNA SHAKE is designed as a meal or snack replacement to help minimize blood sugar spikes compared to high-glycemic carbohydrates.
- 1 For oral use.
- 1 For supplemental nutrition.
- 1 Use under medical supervision as part of a diabetes management plan.
- 1 Has CARBSTEADY®, a unique blend of slow-release carbohydrates designed to help minimize blood sugar spikes compared to high-glycemic carbohydrates.
- 1 10 g of protein.
- 1 26 essential vitamins and minerals.
- 1 1 carbohydrate choice per 8 fl oz.
- 1 Replace one poor meal or snack choice per day.
- 1 Kosher.
- 1 Halal.
- 1 Gluten-free.
- 1 Suitable for lactose intolerance.



## Safety Precautions

- 1 Not for tube feeding.
- 1 Not for sole-source nutrition.
- 1 Not for IV use.
- 1 Not for people with galactosemia.

## Ingredients

### Liquid Homemade Vanilla:

Water, Milk Protein Concentrate, Canola Oil. Less than 2% of: Glycerin, Fructose, Corn Maltodextrin, Soy Protein Isolate, Short-chain Fructooligosaccharides, Corn Oil, Soluble Corn Fiber, Potassium Citrate, Magnesium Phosphate, Natural & Artificial Flavor, Cellulose Gel, Salt, Choline Chloride, Ascorbic Acid, Calcium Carbonate, Soy Lecithin, Monoglycerides, Cellulose Gum, Carrageenan, Calcium Phosphate, Sodium Citrate, Potassium Chloride, Acesulfame Potassium, dl-Alpha-Tocopheryl Acetate, Ferrous Sulfate, Gellan Gum, Sucralose, Zinc Sulfate, Niacinamide, Calcium Pantothenate, Manganese Sulfate, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Copper Sulfate, Folic Acid, Chromium Chloride, Potassium Iodide, Sodium Selenate, Phylloquinone, Sodium Molybdate, Biotin, Vitamin D3, and Vitamin B12.

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

## Availability

| List Number | Item   |
|-------------|--|
| 57801       | Glucerna Shake Homemade Vanilla / 8 fl oz (237 mL) Bottle / 4 x 6 ct     |
| 57804       | Glucerna Shake Rich Chocolate / 8 fl oz (237 mL) Bottle / 4 x 6 ct       |
| 57807       | Glucerna Shake Creamy Strawberry / 8 fl oz (237 mL) Bottle / 4 x 6 ct    |
| 57810       | Glucerna Shake Classic Butter Pecan / 8 fl oz (237 mL) Bottle / 4 x 6 ct |
| 59890       | Glucerna Shake Rich Chocolate / 8 fl oz (237 mL) Bottle / 24 ct          |
| 59891       | Glucerna Shake Homemade Vanilla / 8 fl oz (237 mL) Bottle / 24 ct        |
| 62933       | Glucerna Shake Rich Chocolate / 8 fl oz (237 mL) Bottle / 16 ct          |
| 63458       | Glucerna Shake Creamy Strawberry / 8 fl oz (237 mL) Bottle / 16 ct       |
| 64398       | Glucerna Shake Homemade Vanilla / 8 fl oz (237 mL) Bottle / 16 ct        |
| 66794       | Glucerna Shake Chocolate Caramel / 8 fl oz (237 mL) Bottle / 4 x 6 ct    |

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## Nutrition Information - Liquid Homemade Vanilla

|                        | 8 fl oz (237 mL) |             |
|------------------------|------------------|-------------|
|                        | Value            | %RDI / %DV* |
| Calories               | 180              |             |
| Total Fat, g           | 9                | 12          |
| Saturated Fat, g       | 1                | 5           |
| Trans Fat, g           | 0                |             |
| Polyunsaturated Fat, g | 4                |             |
| Monounsaturated Fat, g | 4                |             |
| Cholesterol, mg        | <5               | <2          |
| Sodium, mg             | 210              | 9           |
| Total Carbohydrate, g  | 16               | 6           |
| Dietary Fiber, g       | 4                | 14          |
| Total Sugars, g        | 4                |             |
| Added Sugars, g        | 4                | 8           |
| Protein, g             | 10               | 20          |
| Vitamin D, mcg         | 12               | 60          |
| Calcium, mg            | 260              | 20          |
| Iron, mg               | 3.6              | 20          |
| Potassium, mg          | 380              | 8           |
| Vitamin A              |                  | 25          |
| Vitamin C              |                  | 100         |
| Vitamin E              |                  | 40          |
| Vitamin K              |                  | 25          |
| Thiamin                |                  | 25          |
| Riboflavin             |                  | 25          |
| Niacin                 |                  | 30          |
| Vitamin B6             |                  | 25          |
| Folate                 |                  | 25          |
| Folic Acid, mcg        | 60               |             |
| Vitamin B12            |                  | 25          |
| Biotin                 |                  | 25          |
| Pantothenic Acid       |                  | 25          |
| Phosphorus             |                  | 20          |
| Iodine                 |                  | 25          |
| Magnesium              |                  | 25          |
| Zinc                   |                  | 25          |
| Selenium               |                  | 25          |
| Copper                 |                  | 20          |
| Manganese              |                  | 20          |
| Chromium               |                  | 50          |
| Molybdenum             |                  | 35          |

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|          | 8 fl oz (237 mL) |             |
|----------|------------------|-------------|
|          | Value            | %RDI / %DV* |
| Chloride |                  | 10          |
| Choline  |                  | 25          |

## Liquid Homemade Vanilla Footnotes & References

### Per 8 fl oz (237 mL)

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Preparation

### Instructions for Use:

- 1 Shake well. Best served chilled.
- 1 Once opened, reclose, refrigerate and **use within 48 hours**.
- 1 If not consumed directly from the container, cover, refrigerate, and **use within 24 hours**.