



Ensure Plus milkshake style

1.5kcal/ml complete, balanced nutritional supplement drink

PRESENTATION

- Presented in 220 ml (330 kcal) bottles
- Available in banana, chocolate, coffee, fruits of the forest, neutral, orange, peach, raspberry, strawberry 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 1000 ml (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).

STORAGE & DIRECTIONS FOR USE

- Store unopened at room temperature.
- Ready for use. Open immediately prior to use.
- Shake well before use.
- Best served chilled unless bolus feeding is indicated, in which case the product should be administered at room temperature.
- May also be served as warm drinks. Do not boil.
- Once opened, unused product should be resealed and stored in a refrigerator. Unused contents should be discarded after 24 hours.
- Date and time of opening can be recorded on the lid sticker.

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.
- 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.
- Unless recommended by a healthcare professional, not intended for use in children.
- When feeding to patients with dysphagia, please thicken the product as appropriate.

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, maltodextrin, hydrolysed corn starch, **milk** proteins, sucrose, vegetable oils (canola, corn), minerals (sodium citrate, potassium citrate, magnesium chloride, potassium chloride, magnesium phosphate dibasic, calcium phosphate tribasic, potassium phosphate dibasic, ferrous sulphate, zinc sulphate, manganese sulphate, cupric sulphate, sodium molybdate, potassium iodide, chromium chloride, sodium selenate), **soy** protein isolate, flavourings, stabilisers (E460, E466, E418), emulsifier: **soy** lecithin, choline chloride, vitamins (C, E, niacinamide, calcium pantothenate, vitamin B₆, vitamin B₁, vitamin B₂, vitamin A palmitate, beta carotene, folic acid, vitamin K₁, biotin, vitamin D₃, vitamin B₁₂).

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

GENERAL INFORMATION

Energy density	1.5 kcal/ml
Energy distribution:	
Protein	16.7%
Carbohydrate	53.8%
Fat	29.5%
Renal solute load	468 mOsm/L
Osmolarity	509 mOsm/L
Osmolality	660 mOsm/kg H ₂ O
Gluten free?	✓
Clinically lactose free?	✓
Milk free?	✗
Suitable for vegetarians?	✓ ^{1,2}

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

1. Certain flavours contain E120 (cochineal) which some people may consider to be a meat product.
2. 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 ml	per 220 ml
Energy	kJ	632	1390
	kcal	150	330
Fat	g	4.92	10.8
- of which saturates	g	0.45	0.99
- of which MCT*	g	0	0
Carbohydrate	g	20.2	44.4
- of which sugars	g	6.50	14.3
Protein (nitrogen)	g	6.25 (1.00)	13.8 (2.21)
Salt	g	0.23	0.51
Fibre	g	0	0
Vitamins			
Vitamin A (RE)	µg	117	257
- of which B-carotene	µg	29	64
Vitamin D ₃	µg	2.0	4.4
Vitamin E (α TE)	mg	2.1	4.7
Vitamin K ₁	µg	12	26
Vitamin C	mg	12	26
Folacin (folic acid)	µg	40	88
Thiamin (vitamin B ₁)	mg	0.20	0.44
Riboflavin (vitamin B ₂)	mg	0.27	0.59
Vitamin B ₆	mg	0.27	0.59
Vitamin B ₁₂	µg	0.55	1.2
Niacin (NE)	mg	2.6	5.7
Pantothenic acid	mg	1.1	2.4
Biotin	µg	6.0	13
Minerals			
Sodium	mg (mmol)	92 (4.00)	202 (8.78)
Potassium	mg (mmol)	160 (4.09)	352 (9.03)
Chloride	mg (mmol)	110 (3.10)	242 (6.82)
Calcium	mg (mmol)	120 (2.99)	264 (6.60)
Phosphorus (phosphate)	mg (mmol)	100 (3.23)	220 (7.04)
Magnesium	mg (mmol)	30 (1.23)	66 (2.75)
Iron	mg	2.1	4.6
Zinc	mg	1.8	4.0
Manganese	mg	0.50	1.1
Copper	µg	180	396
Iodine	µg	22	48
Selenium	µg	8.3	18
Chromium	µg	7.5	17
Molybdenum	µg	16	35
Choline	mg	55	121
Water	g	77.4	170.4

PROTEIN & AMINO ACIDS

	g/100 g protein	g/100 ml	g/220 ml
Protein source			
Milk protein isolate	55.0	3.44	7.57
Calcium caseinate	20.0	1.25	2.75
Sodium caseinate	15.0	0.94	2.07
Soy protein isolate	10.0	0.63	0.35
Amino acids			
- Essential			
Histidine	2.58	0.16	0.35
Isoleucine	4.98	0.31	0.68
Leucine	8.83	0.55	1.21
Lysine	7.48	0.47	1.03
Methionine	2.41	0.15	0.33
Phenylalanine	4.71	0.29	0.64
Threonine	4.39	0.27	0.59
Tryptophan	1.38	0.09	0.20
Valine	6.01	0.38	0.84
Arginine	3.79	0.24	0.53
- Non-essential			
Alanine	3.12	0.20	0.44
Aspartic acid	3.55	0.22	0.48
Cystine	0.60	0.04	0.09
Glutamic acid	9.78	0.61	1.34
Glycine	2.03	0.13	0.29
Proline	9.57	0.60	1.32
Serine	5.44	0.34	0.75
Tyrosine	4.94	0.31	0.68
Asparagine	3.97	0.25	0.55
Glutamine	10.4	0.65	1.43
Non-protein calorie: N	125 :1		

CARBOHYDRATES

	% total carbohydrates	g/100 ml	g/ 220 ml
Carbohydrate source			
Maltodextrin	41.7	8.42	18.52
Corn syrup	30	6.1	13.42
Sucrose	27.6	5.6	12.32
Stabilisers: E460 (cellulose); E466 (carboxymethyl cellulose)	0.79	0.16	0.35

FAT & FATTY ACIDS

	% total fatty acids	g/100 ml	g/220 ml	
Fat source				
Canola oil	60.6	2.98	6.56	
Corn oil	35.9	1.77	3.89	
Lecithin	3.50	0.17	0.37	
Fatty acids				
	g/100 g fat	g/100 ml	g/ 220 ml	
- Essential				
Linoleic acid	C18:2	32.2	1.58	3.48
Linolenic acid	C18:3	5.43	0.27	0.59
- Monounsaturated				
Palmitoleic acid	C16:1	0.18	0.01	0.02
Oleic acid	C18:1	46.6	2.28	5.02
Gadoleic acid	C20:1	0.93	0.05	0.11
Erucic acid	C22:1	0.44	0.02	0.04
- Saturated				
Caproic acid	C6:0	-	-	-
Caprylic acid	C8:0	-	-	-
Capric acid	C10:0	-	-	-
Lauric acid	C12:0	-	-	-
Myristic acid	C14:0	0.09	trace	trace
Palmitic acid	C16:0	6.81	0.33	0.73
Margaric acid	C17:0	0.09	trace	trace
Stearic acid	C18:0	1.84	0.09	0.20
Arachidic acid	C20:0	0.49	0.02	0.04
Behenic acid	C22:0	0.46	0.02	0.04
Tricosanoic acid	C23:0	-	-	-
Lignoceric acid	C24:0	0.15	0.01	0.02
P/S ratio				
		3.76		
n6 : n3		5.9 : 1		

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abbottnutrition.co.uk

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