

Product Information: Ensure® Protein Max 30 g

For more information, contact your Abbott Nutrition sales representative or visit
www.abbottnutrition.ca

Ensure® Protein Max 30 g

Oral nutritional supplement

Usage

- 1 Ensure® Protein Max 30 g is very high in protein, low in fat and lower in Calories*, with 1 g of sugar per 330-mL serving. It can be used to supplement oral intake with or between meals.
- 1 For patients with increased protein requirements.
- 1 For oral feeding.

Features

- 1 Very high protein, it provides 30 g protein per bottle. Protein helps build strong muscles, build and repair body tissues, and build antibodies.
- 1 Provides an excellent source of high-quality protein, with a PDCAAS† score of 1.0.
- 1 Contains 150 Calories and only 1 g of sugar per 330 mL.
- 1 Provides 27 vitamins and minerals.
- 1 Low in fat, with 1.5 g per serving.
- 1 2 delicious flavours: Vanilla and Chocolate.
- 1 Gluten-free.
- 1 Kosher.
- 1 Halal.



Safety Precautions

- 1 Not intended to replace a meal.
- 1 Consult your health care professional if you plan to consume more or if you are taking blood thinners.

* Compared to Ensure® Regular.
† Protein Digestibility Corrected Amino Acid Score.

Ingredients

Liquid Chocolate:

Water, Milk Protein Concentrate, Calcium Caseinate, Cocoa Powder, Natural and Artificial Flavours, Inulin, Corn Maltodextrin Fibre, Sunflower Oil, Cellulose Gel, Acesulfame-Potassium (82.2 mg/serving), Cellulose Gum, Carrageenan, Sucralose (33.9 mg/serving), MINERALS (Magnesium Phosphate Dibasic, Salt, Potassium Phosphate Dibasic, Sodium Phosphate Dibasic, Ferrous Sulphate, Zinc Sulphate, Manganese Sulphate, Cupric Sulphate, Potassium Iodide, Sodium Molybdate, Sodium Selenate), VITAMINS (Sodium Ascorbate, Choline Chloride, DL-Alpha-Tocopheryl Acetate, Niacinamide, Calcium D-Pantothenate, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Folic Acid, Phyloquinone, Vitamin D3, Biotin, and Cyanocobalamin).

Allergens: Contains: Milk

Availability

List Number	Item
6689913	Ensure® Protein Max 30 g, Chocolate; 330-mL cartons; 3 x 4/case
6716513	Ensure® Protein Max 30 g, Vanilla; 330-mL cartons; 3 x 4/case

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Nutrition Information - Liquid Chocolate

	330 mL	100 mL
	Value	Value
Energy, Cal (kJ)	150 (627)	45.5 (190)
Protein, g	30	9.09
Fat, g	1.5	0.45
Saturates, g	0.5	0.15
Trans, g	0	0
Cholesterol, mg	20	6.1
Carbohydrate, g	6	1.82
Fibre, g	2	0.61
Sugars, g	1	0.30
Vitamin A, mcg RE	300	81.8
Vitamin D, mcg	14.0	4.24
Vitamin E, mg	5.50	1.70
Vitamin K, mcg	30.0	9.10
Vitamin C, mg	45.0	13.6
Thiamine, mg	0.300	0.090
Riboflavin, mg	0.350	0.098
Niacin, mg	8.00	2.420
Vitamin B6, mg	0.450	0.130
Folic Acid, mcg DFE	100	18.2
Vitamin B12, mcg	0.600	0.180
Pantothenate, mg	1.30	0.379
Biotin, mcg	7.50	2.30
Choline, mg	80.0	25
Sodium, mg	240	72.7
Potassium, mg	400	127
Chloride, mg	225	68.5
Calcium, mg	500	197
Phosphorus, mg	500	152
Magnesium, mg	110	31.8
Iron, mg	4.50	1.36
Zinc, mg	2.50	0.830
Iodide, mcg	40	12
Copper, mg	0.220	0.068
Manganese, mg	0.600	0.176
Selenium, mcg	14.0	4.18
Chromium, mcg	9.0	2.65
Molybdenum, mcg	11.5	3.42

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	Value
Caloric Density (Cal/mL)	0.45
Protein (% of total energy)	79.0
Protein Source	Milk protein concentrate, calcium caseinate
Fat (% of total energy)	8.9
MCT oil (% of total fats)	0
Omega-6:Omega-3 Ratio	5.53:1
Fat Source	Sunflower oil, milk protein concentrate, calcium caseinate
Carbohydrate (% of total energy)	12.1
Carbohydrate Source	Cocoa powder, inulin, corn maltodextrin fibre, cellulose gel and gum, carrageenan
Total Cal:g Nitrogen Ratio	31.9:1
Nonprotein Cal:g Nitrogen Ratio	6.38:1
Water (g/L)	905
Osmolality (mOsm/kg water)	171
Renal Solute Load (mOsm/L)	602
Minimum Tube Size for Gravity/Pump Feeding (Fr)	N/A
Fibre	Yes

Liquid Chocolate Footnotes & References

Per 330 mL

*5% or less is a little, 15% or more is a lot.

Per 100 mL

*5% or less is a little, 15% or more is a lot.

Preparation

Directions for Use:

- 1 Shake well - serve cold.
- 1 Once opened, refrigerate and use within 24 hours.

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