

Product Information: Ensure® Regular

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

Usage

- 1 Ensure® Regular provides complete, balanced nutrition and protein, which helps build strong muscles and antibodies. Patients can drink Ensure® Regular with or between meals.
- 1 For patients:

○ with or at risk of malnutrition;

○ with involuntary weight loss;

○ recovering from illness or injury;

○ with anorexia (loss of appetite);

○ requiring a low-residue diet;

○ on consistency-modified diets.
- 1 For oral feeding.



Features

- 1 Complete, balanced nutrition.
- 1 Provides 27 vitamins and minerals.*
- 1 4 delicious flavours to prevent flavour fatigue: Vanilla, Chocolate, Strawberry, and Butter Pecan.
- 1 Gluten-free.
- 1 Kosher.
- 1 Halal.

* Per 235 mL.

Ingredients

Liquid Vanilla:

Water, Corn Maltodextrin, Sugar, Milk Protein Concentrate, Canola Oil, Soy Protein, Corn Oil, Dry or Concentrated Skim Milk, Natural and Artificial Flavour, Cellulose Gel, Cellulose Gum, Monoglycerides, Soy Lecithin, Carrageenan, MINERALS (Potassium Citrate, Magnesium Phosphate Dibasic, Sodium Citrate, Tricalcium Phosphate, Calcium Carbonate, Salt, Potassium Chloride, Ferrous Sulphate, Zinc Sulphate, Manganese Sulphate, Copper Sulphate, Chromium Chloride, Potassium Iodide, Sodium Selenate, Sodium Molybdate), VITAMINS (Choline Chloride, Ascorbic Acid, DL-Alpha-Tocopheryl Acetate, Niacinamide, Calcium D-Pantothenate, Pyridoxine Hydrochloride, Thiamine Chloride Hydrochloride, Riboflavin, Vitamin A Palmitate, Folic Acid, Phylloquinone, D-Biotin, Vitamin D3, and Cyanocobalamin).

Allergens: Contains: Milk, Soy.

Availability

List Number	Item
6831913	Ensure® Regular, Vanilla; 235-mL bottles; 4 x 6/case
6832013	Ensure® Regular, Chocolate; 235-mL bottles; 4 x 6/case
6832113	Ensure® Regular, Strawberry; 235-mL bottles; 4 x 6/case
6832213	Ensure® Regular, Butter Pecan; 235-mL bottles; 4 x 6/case
6890713	Ensure® Regular, Vanilla; 235-mL bottles; 24/case
6890813	Ensure® Regular, Chocolate; 235-mL bottles; 24/case
6890913	Ensure® Regular, Strawberry; 235-mL bottles; 24/case

Nutrition Information - Liquid Vanilla

	235 mL	100 mL
	Value	Value
ENERGY, Cal (kJ)	240 (984)	100 (418)
Protein, g	9	3.79
Fat, g	6	2.54
Saturates, g	1	0.42
Trans, g	0	0
Carbohydrate, g	36	15.32
Fibre, g	0	0
Sugars, g	18	7.6
Vitamin A, mcg	240	95
Vitamin D, mcg	5	2.11
Vitamin E, mg	7.5	3.2
Vitamin K, mcg	24	10.1
Vitamin C, mg	45	19
Thiamine, mg	0.33	0.13
Riboflavin, mg	0.43	0.17
Niacin, mg	5.5	2.36
Vitamin B6, mg	0.43	0.18
Folic Acid, mcg DFE	100	42
Vitamin B12, mcg	0.6	0.25
Pantothenic Acid, mg	1.5	0.63
Biotin, mcg	7.5	3.2
Choline, mg	140	58
Sodium, mg	210	89
Potassium, mg	450	198
Chloride, mg	225	97
Calcium, mg	350	139
Phosphorus, mg	250	106
Magnesium, mg	80	35.5
Iron, mg	4.5	1.90
Zinc, mg	3.5	1.39
Iodine, mcg	40	16.2
Copper, mg	0.21	0.09
Manganese, mg	0.55	0.24
Selenium, mcg	14	5.8
Chromium, mcg	9.4	3.7
Molybdenum, mcg	15.5	6.6

Product Characteristics

	Value
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Caloric Density (Cal/mL)	1.0
Protein (% of total energy)	15.7
Protein Source	Milk protein concentrate, soy protein, dry or concentrated skim milk
Fat (% of total energy)	23.5
MCT oil (% of total fats)	0.0
Omega-6:Omega-3 Ratio	4.57:1
Fat Source	Canola oil, corn oil
Carbohydrate (% of total energy)	60.9
Carbohydrate Source	Sugar, corn maltodextrin
Total Cal:g Nitrogen Ratio	160:1
Nonprotein Cal:g Nitrogen Ratio	135:1
Water (g/L)	831
Osmolality (mOsm/kg water)	534
Renal Solute Load (mOsm/L)	331
Recommended Tube Size for Gravity/Pump Feeding (Fr)	N/A
Fibre	No

Preparation

Directions for Use:

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