

Ensure® Protein Max 30 g

Complete nutrition, very high in protein, with 1 g of sugar.[†]

✓ 30 g protein[†]
(PDCAAS 1.0[‡])

✓ 1 g sugar[†]

✓ 150 Calories[†]
(0.5 Cal/mL)

✓ 2 g fibre[†]

✓ 27 vitamins
and minerals[†]



For full product details,
visit www.abbottnutrition.ca.



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Ensure® Protein Max 30 g – Chocolate



INGREDIENTS: 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, cyanocobalamin). **Contains: Milk.**

Nutrition Facts

Per 330 mL

Calories 150

% Daily Value*

Fat 1.5 g 2 %
Saturated 0.5 g 2 %
+ Trans 0 g

Carbohydrate 6 g 7 %
Fibre 2 g 1 %
Sugars 1 g

Protein 30 g 7 %
Cholesterol 20 mg 10 %
Sodium 240 mg

Potassium 400 mg 9 %
Calcium 500 mg 38 %
Iron 4.50 mg 25 %
Vitamin A 300 µg 30 %
Vitamin D 14.0 µg 70 %
Vitamin E 5.50 mg 37 %
Vitamin K 30.0 µg 25 %
Vitamin C 45.0 mg 50 %
Thiamine 0.300 mg 25 %
Riboflavin 0.350 mg 27 %
Niacin 8.00 mg 50 %
Vitamin B₆ 0.450 mg 26 %
Folate DFE 100 µg 25 %
Vitamin B₁₂ 0.600 µg 25 %
Choline 80.0 mg 15 %
Pantothenate 1.30 mg 26 %
Biotin 7.50 µg 25 %
Magnesium 110 mg 26 %
Phosphorous 500 mg 40 %
Zinc 2.50 mg 23 %
Iodide 40 µg 27 %
Manganese 0.600 mg 26 %
Copper 0.220 mg 24 %
Chloride 225 mg 10 %
Selenium 14.0 µg 25 %
Chromium 9.0 µg 26 %
Molybdenum 11.5 µg 26 %

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

Less than 1 g of lactose per serving. Gluten-free.

Ensure® Protein Max 30 g – Vanilla



INGREDIENTS: Water, Milk protein concentrate, Calcium caseinate, Natural and artificial flavours, Inulin, Corn maltodextrin fibre, Sunflower oil, Cellulose gel, Cellulose gum, Acesulfame-potassium [44 mg/serving], Carrageenan, Sucralose [27.6 mg/serving], Minerals (magnesium phosphate, potassium chloride, potassium phosphate dibasic, sodium phosphate dibasic, potassium hydroxide, salt, ferrous sulphate, zinc sulphate, manganese sulphate, cupric sulphate, potassium iodide, chromium chloride, 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, cyanocobalamin). **Contains: Milk.**

Nutrition Facts

Per 330 mL

Calories 150

% Daily Value*

Fat 1.5 g 2 %
Saturated 0.5 g 2 %
+ Trans 0 g

Carbohydrate 6 g 7 %
Fibre 2 g 1 %
Sugars 1 g

Protein 30 g 7 %
Cholesterol 25 mg 10 %
Sodium 140 mg 6 %

Potassium 450 mg 10 %
Calcium 600 mg 44 %
Iron 4.50 mg 25 %
Vitamin A 300 µg 30 %
Vitamin D 14.0 µg 70 %
Vitamin E 5.50 mg 37 %
Vitamin K 30.0 µg 25 %
Vitamin C 45.0 mg 50 %
Thiamine 0.300 mg 25 %
Riboflavin 0.350 mg 25 %
Niacin 8.00 mg 50 %
Vitamin B₆ 0.450 mg 25 %
Folate DFE 100 µg 25 %
Vitamin B₁₂ 0.600 µg 25 %
Choline 80.0 mg 15 %
Pantothenate 1.30 mg 25 %
Biotin 7.50 µg 25 %
Magnesium 110 mg 25 %
Phosphorous 500 mg 40 %
Zinc 2.50 mg 25 %
Iodide 40 µg 25 %
Manganese 0.600 mg 25 %
Copper 0.220 mg 26 %
Chloride 225 mg 10 %
Selenium 14.0 µg 25 %
Chromium 8.50 µg 25 %
Molybdenum 11.5 µg 25 %

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

Less than 1.5 g of lactose per serving. Gluten-free.

Usage and safety precautions:

- For adults only.
- 1 serving maximum per day.
- Ensure® Protein Max 30 g can be used throughout the day to increase your nutrition intake and help meet your daily needs.
- Not intended to replace a meal.
- Consult your health care professional if you plan to consume more or if you are taking blood thinners.

Directions for use:

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

* Per serving (330 mL).

† Protein Digestibility Corrected Amino Acid Score.

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