



# Ensure Plus Advance

1.5 kcal/ml nutritional supplement drink with increased protein and vitamin D\*

## PRESENTATION

- Presented in 220 ml (330 kcal) bottles
- Available in banana, chocolate, coffee, strawberry and vanilla flavours.

## USES

Food for Special Medical Purposes: For the dietary management of malnourished, or nutritionally-at-risk, older adults. Complete, balanced nutritional supplement drink with increased levels of protein and vitamin D compared to standard supplements. Also contains fructo-oligosaccharides (FOS).

This product is suitable as a nutritional supplement, to be used under medical supervision. Recommended not to exceed 2 servings per day.

## COMMUNITY USE—PRESCRIPTIONS

Can be prescribed on a FP10 (GP10 in Scotland) for the following indication:

- As a nutritional supplement for frail elderly people (>65 years of age, with a BMI  $\leq 23\text{kg/m}^2$ ), where clinical assessment and nutritional screening show the individual to be at risk of undernutrition.

## 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.
- Once opened, cover, refrigerate and discard unused feed after 24 hours. Date and time of opening can be recorded on the lid sticker.
- Ensure Plus range bottles will attach to all Abbott Nutrition giving sets.

## 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.
- When feeding to patients with dysphagia, please thicken the product as appropriate.

## CONTRA-INDICATIONS

- FOR ENTERAL USE ONLY.
- Not intended for use in children unless recommended by a healthcare professional.
- Not for use in galactosaemia.
- Suitable for people with diabetes provided that routine glucose checks are performed.

## INGREDIENTS

Water, hydrolysed corn starch, **milk** proteins, sucrose, vegetable oils (canola, corn), **soy** protein isolate, minerals (potassium citrate, sodium citrate, calcium phosphate tribasic, magnesium carbonate, potassium chloride, ferrous sulphate, zinc sulphate, manganese sulphate, cupric sulphate, sodium molybdate, potassium iodide, chromium chloride, sodium selenate), fructooligosaccharides, calcium  $\beta$ -hydroxy- $\beta$ -methylbutyrate (HMB), flavouring, emulsifier: **soy** lecithin, stabilisers (E460: cellulose, E466: carboxymethyl cellulose, E418: gellan gum), choline chloride, vitamins (vitamin C, vitamin E, niacinamide, calcium pantothenate, beta carotene, vitamin B<sub>6</sub>, thiamin (vitamin B<sub>1</sub>), riboflavin (vitamin B<sub>2</sub>), vitamin A palmitate, folic acid, vitamin K<sub>1</sub>, vitamin B<sub>3</sub>, biotin, vitamin B<sub>12</sub>), L-carnitine.

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

## GENERAL INFORMATION

Energy density 1.5 kcal/ml

Energy distribution (%):

Protein	24.3%
Carbohydrate	44.8%
Fat	28.8%
Fibre (FOS)	1.00%
HMB	1.10%

Renal solute load 671 mOsm/l

Osmolarity 557 mOsm/l

Osmolality 730 mOsm/kg H<sub>2</sub>O

Gluten free? ✓

Clinically lactose free? ✗

Milk free? ✗

Suitable for vegetarians? ✓<sup>1</sup>

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

1. Vitamin D is synthesised from cholesterol, extracted from the grease in wool sheared from live sheep.

\* Compared to standard supplements