



# Ensure Plus HP

1.25 kcal/ml complete, balanced nutritional supplement drink

## PRESENTATION

- Presented in 200 ml (250 kcal) bottles
- Available in vanilla and strawberry 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 1442 ml (excluding electrolytes, calculated using the UK Reference Nutrient Intake for men aged 19-50 years).

## INDICATIONS / COMMUNITY USE

Suitable for patients with increased energy or protein requirements (e.g. catabolism) or those who are fluid restricted:

- Acute and chronic wounds
- Poor wound healing (eg. surgical wounds, leg or pressure ulcers)
- Disease-related malnutrition
- Moderate burns
- Pre and post operative nutrition
- Sepsis
- Trauma

Available on the GMS (General Medical Services) Scheme and the DPS (Drugs Payment Scheme).

## 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 qualified 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.
- Not for use in galactosaemia.
- Suitable for people with diabetes provided that routine glucose checks are performed.

## INGREDIENTS

Water, sucrose, maltodextrin, *milk* proteins, vegetable oils (high oleic sunflower, soy, canola), *soy* protein isolate, minerals (potassium citrate, sodium citrate, magnesium chloride, calcium carbonate, potassium chloride, calcium phosphate tribasic, ferrous sulphate, zinc sulphate, manganese sulphate, cupric sulphate, potassium iodide, sodium molybdate, chromium chloride, sodium selenate), stabilisers (E460, E466, E418), flavouring, emulsifier: *soy* lecithin, choline chloride, vitamins (C, E, niacinamide, calcium pantothenate, B1, B6, vit. A palmitate, B2, folic acid, K1, biotin, D3, B12).

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

## GENERAL INFORMATION

Energy density 1.25 kcal/ml

Energy distribution:

Protein	25.3%
Carbohydrate	50.9%
Fat	23.8%

Renal solute load 595 mOsm/L

Osmolarity 523 mOsm/L

Osmolality 650 mOsm/kg H<sub>2</sub>O

Gluten free? ✓

Clinically lactose free? ✓

Milk free? ✗

Suitable for vegetarians? ✓<sup>1,2</sup>

For suitability for other diets and free-from information, please contact Abbott Nutrition.

1. Strawberry flavour contains 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.