



# Ensure Plus milkshake style

1.5kcal/ml complete, balanced nutritional supplement drink

## PRESENTATION

- Presented in 200 ml (300 kcal) bottles
- Available in banana, chocolate, fruits of the forest, raspberry, strawberry and vanilla 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 1000 ml (excluding electrolytes, calculated using the UK Reference Nutrient Intake for men aged 19-50 years).

Suitable for patients with increased nutritional requirements and for the following indications:

- Disease-related malnutrition
- Total gastrectomy
- Short bowel syndrome
- Bowel fistulae
- Intractable malabsorption
- Pre-operative preparation of patients who are malnourished
- Proven inflammatory bowel disease
- CAPD
- Haemodialysis
- Dysphagia

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

## 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 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.
- Do not use in children under 1 year of age.
- Not for use in galactosaemia.
- Suitable for people with diabetes provided that routine glucose checks are performed.

## INGREDIENTS

Water, maltodextrin, hydrolysed corn starch, **milk** proteins, sucrose, vegetable oils (canola, corn), minerals (sodium citrate, potassium citrate, magnesium chloride, potassium chloride, magnesium phosphate dibasic, calcium phosphate tribasic, potassium phosphate dibasic, ferrous sulphate, zinc sulphate, manganese sulphate, cupric sulphate, sodium molybdate, potassium iodide, chromium chloride, sodium selenate), **soy** protein isolate, flavourings, stabilisers (E460, E466, E418), emulsifier: **soy** lecithin, choline chloride, vitamins (C, E, niacinamide, calcium pantothenate, B<sub>6</sub>, B<sub>1</sub>, B<sub>2</sub>, vitamin A palmitate, beta carotene, folic acid, K<sub>1</sub>, biotin, D<sub>3</sub>, B<sub>12</sub>).

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

## GENERAL INFORMATION

Energy density	1.5 kcal/ml
Energy distribution:	
Protein	16.7%
Carbohydrate	53.8%
Fat	29.5%
Renal solute load	468 mOsm/L
Osmolarity	509 mOsm/L
Osmolality	660 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. Certain flavours contain 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.



# Ensure Plus juice

## 1.5 kcal/ml fruit juice style nutritional supplement drink

### PRESENTATION

- Presented in 220 ml (330 kcal) bottles
- Available in apple, fruit punch, lemon & lime, orange, peach, and strawberry flavours.

### USES

Food for Special Medical Purposes, for use under medical supervision. Suitable as a nutritional supplement for patients who cannot or will not eat sufficient quantities of everyday food and drink to meet their nutritional requirements. Not suitable as a sole source of nutrition.

It is particularly suitable for patients who have taste aberrations or an aversion to 'milky' supplements.

### COMMUNITY USE—PRESCRIPTIONS

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

- Disease-related malnutrition
- Total gastrectomy
- Short bowel syndrome
- Bowel fistulae
- Intractable malabsorption
- Pre-operative preparation of patients who are malnourished
- Proven inflammatory bowel disease
- Dysphagia

All prescriptions should be endorsed ACBS (Advisory Committee on Borderline Substances).

### 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.
- Ensure Plus range bottles will attach to all Abbott Nutrition giving sets.
- 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).
- Do not make any additions to the feed without consulting your 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 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.
- Do not use in children under 1 year of age.
- Not for use in galactosaemia.
- Suitable for people with diabetes provided that routine glucose checks are performed.

### INGREDIENTS

Water, maltodextrin, sucrose, *milk* protein, acidity regulators (E507, E330, E296), flavouring, colour: E150c, vitamins (C, E, niacinamide, calcium pantothenate, vitamin A palmitate, B<sub>1</sub>, B<sub>6</sub>, B<sub>2</sub>, folic acid, K<sub>1</sub>, biotin, D<sub>3</sub>), minerals (ferrous sulphate, zinc sulphate, manganese sulphate, cupric sulphate, potassium iodide, sodium molybdate, chromium chloride, sodium selenate).

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

### GENERAL INFORMATION

Energy density	1.5 kcal/ml
Energy distribution:	
Protein	12.8%
Carbohydrate	87.2%
Fat	n/a
Renal solute load	323 mOsm/L
Osmolarity	660 mOsm/L
Osmolality	870 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 the Freephone Nutrition Helpline on 0800 252882.

1. Certain flavours contain 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.