



# Ensure Plus savoury

## 1.5 kcal/ml complete, balanced nutritional supplement drink

### PRESENTATION

- Presented in 200 ml (300 kcal) bottles.
- Available in chicken flavour.

### 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.

Nutritionally complete for vitamins and minerals in 1000 ml (excluding electrolytes, calculated using the UK Reference Nutrient Intake for men aged 19-50 years).

### 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
- CAPD
- Dysphagia
- Haemodialysis

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 warmed, like a soup. Pour into a saucepan and heat gently, stirring. Do not boil.
- If bolus feeding is indicated, the product should be administered at room temperature.
- Once opened, unused product should be resealed and stored in a refrigerator. Unused contents should be discarded after 24 hours.
- Do not reheat.
- 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.
- 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, **milk** proteins, vegetable oils (canola, corn), minerals (potassium citrate, sodium chloride, calcium phosphate tribasic, magnesium chloride, calcium carbonate, magnesium phosphate dibasic, potassium chloride, magnesium carbonate, ferrous sulphate, zinc sulphate, manganese sulphate, copper sulphate, sodium molybdate, potassium iodide, chromium chloride, sodium selenate), **soy** protein isolate, flavouring (**milk, barley**), flavour enhancer: E621, emulsifier: **soy** lecithin, stabilisers (E460, E466, E418), choline chloride, vitamins (C, E, niacinamide, calcium pantothenate, B<sub>6</sub>, B<sub>1</sub>, B<sub>2</sub>, beta-carotene, vitamin A palmitate, folic acid, K<sub>1</sub>, biotin, D<sub>3</sub>, B<sub>12</sub>).

### GENERAL INFORMATION

Energy density	1.5 kcal/ml
----------------	-------------

Energy distribution:

Protein	16.7%
Carbohydrate	53.8%
Fat	29.5%

Renal solute load	569 mOsm/L
-------------------	------------

Osmolarity	517 mOsm/L
------------	------------

Osmolality	670 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.